

# HOW DO YOU FEEL WHEN...

The purpose of this activity is to increase your awareness as to how specific events can trigger both feelings and physical responses. Read each statement listed below and write down the first feeling that comes to mind. Pause and reflect on any physical responses you notice (e.g. racing heart, sweaty palms, clenched teeth etc...) and note them in the space provided.

It is not uncommon to use the same *feeling* words more than once. But do these same words accurately convey how you are really feeling? Take a look at the *Feeling Word Vocabulary* on the next page to see if another word may more accurately describe how you feel.

| Statement   | Feeling | Physical Response |
|---|---------|-------------------|
| 1. You get a registered letter from the IRS.  |         |                   |
| 2. You watch the sun set after spending the day with a close friend.  |         |                   |
| 3. You get a voicemail from your doctor's office 3 hours after a routine physical with the message, "Please call us as soon as you get this message."                             |         |                   |
| 4. You are so absorbed in your favorite hobby; you forget what time it is.  |         |                   |
| 5. The stock market drops more than 200 points for the 3 <sup>rd</sup> day in a row.  |         |                   |
| 6. You get a birthday card from someone you have not seen or talked to in years with a note telling you what a difference you made in his life.                                   |         |                   |
| 7. Rumor has it that more layoffs are coming. It is 3:00 on Friday afternoon and you just picked up a message from your boss asking you to "stop by at 4:00 for a quick meeting." |         |                   |
| 8. After a grueling week at work, you walk into your home and smell your favorite meal cooking.   |         |                   |
| 9. The airline announces that your flight is cancelled...AGAIN!   |         |                   |
| 10. A child in your life gives you a hug.   |         |                   |

# FEELING WORD VOCABULARY

| HAPPY        | SCARED       | SAD          | CONFIDENT    |
|--------------|--------------|--------------|--------------|
| elated       | fearful      | hopeless     | determined   |
| exuberant    | panicked     | sorrowful    | secure       |
| ecstatic     | afraid       | defeated     | capable      |
| jubilant     | overwhelmed  | drained      | strong       |
| energized    | terrified    | dejected     | hopeful      |
| joyful       | insecure     | empty        | proud        |
| cheerful     | shaken       | distraught   | competent    |
| alive        | anxious      | demoralized  | effective    |
| serene       | unsure       | alienated    | sharp        |
| peaceful     | nervous      | disheartened | self-reliant |
| optimistic   | apprehensive | resigned     | successful   |
| fortunate    | vulnerable   | disappointed | assured      |
| content      | intimidated  | crushed      | accomplished |
| gratified    | desperate    | depressed    | encouraged   |
| EXCITED      | FRUSTRATED   | ANGRY        | TIRED        |
| alert        | distressed   | upset        | exhausted    |
| curious      | helpless     | exasperated  | apathetic    |
| energetic    | let down     | offended     | worn out     |
| thrilled     | dissatisfied | outraged     | swamped      |
| engaged      | stuck        | humiliated   | numb         |
| enthusiastic | hindered     | hostile      | checked out  |
| involved     | restless     | enraged      | empty        |
| eager        | irritable    | betrayed     | weary        |
| ready        | futile       | agitated     | weak         |
| anticipatory | confused     | used         | vulnerable   |
| stimulated   | uneasy       | furious      | disengaged   |
| optimistic   | stifled      | disgusted    | lethargic    |
| open         | aggravated   | provoked     | fatigued     |
| connected    | annoyed      | resentful    | shut down    |
| cooperative  | uptight      | mad          | listless     |