

## Tools & Techniques

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By naming your emotions precisely you provide yourself with the opportunity to:

- Restore hope to your inner man wherever your core needs were not fully met in the past.
- Let your primal/child brain feel comfort by being seen, heard, understood, and accepted.
- Begin retraining your brain to respond vs. react to the events that prompt your emotions.

Examine this list of emotions whenever you are triggered or flooded emotionally. Choose words that best express your feelings. Process your situation by:

- Journaling
- Practicing healing prayer
- Using the handout “Tools & Techniques: I Feel But God Says,”
- Asking Holy Spirit, the Spirit of Truth, to guide you into biblical truth that will bring freedom and wholeness as you meditate on it over time.

Acceptance	Cheerfulness	Eagerness
Admiration	Claustrophobic	Ecstasy
Adoration	Comfortable	Elation
Affection	Confident	Embarrassment
Afraid	Confusion	Empathy
Agitation	Contempt	Enchanted
Agony	Content	Enjoyment
Aggressive	Courage	Enlightened
Alarm	Cowardly	Enthusiasm
Alienation	Cruelty	Envy
Amazement	Curiosity	Epiphany
Ambivalence	Cynicism	Euphoria
Amusement	Dazed	Exasperated
Anger	Delighted	Excitement
Anguish	Demoralized	Expectancy
Annoyed	Depressed	Fascination
Anticipating	Desire	Fear
Anxious	Despair	Focused
Apathy	Determined	Fondness
Apprehension	Disappointment	Fright
Arrogant	Disbelief	Frustrated
Assertive	Discombobulated	Fury
Astonished	Discomfort	Glee
Attentiveness	Discontentment	Gloomy
Attraction	Disgruntled	Glumness
Aversion	Disgust	Gratitude
Awe	Disheartened	Greed
Baffled	Dislike	Grief
Betrayed	Dismay	Grouchiness
Bewildered	Disoriented	Grumpiness
Bitter	Dispirited	Guilt
Bitter sweetness	Displeasure	Happiness
Bliss	Distraction	Hate
Bored	Distress	Helpless
Brooding	Disturbed	Homesickness
Calm	Dominant	Hope
Carefree	Doubt	Hopeless
Careless	Dread	Horrorified
Caring	Driven	Hospitable
Charity	Dumbstruck	Humiliation

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Humility	Outrage	Serenity
Hurt	Overwhelmed	Shame
Hysteria	Panicked	Shameless
Idleness	Paranoid	Shocked
Impatient	Passion	Smug
Indifference	Patience	Sorrow
Indignant	Pensiveness	Spite
Infatuation	Perplexed	Stressed
Infuriated	Persevering	Strong
Insecurity	Pessimism	Stubborn
Insightful	Pity	Stuck
Insulted	Pleased	Submissive
Interest	Positive	Suffering
Intrigued	Possessive	Sullenness
Irritated	Powerless	Surprise
Isolated	Pride	Suspense
Jealousy	Puzzled	Suspicious
Joy	Rage	Sympathy
Jubilation	Rash	Tenderness
Kind	Rattled	Tension
Lazy	Regret	Terror
Liking	Rejected	Thankfulness
Loathing	Relaxed	Thrilled
Lonely	Relieved	Tired
Longing	Reluctant	Tolerance
Love	Remorse	Torment
Lust	Resentment	Triumphant
Mad	Resignation	Troubled
Melancholy	Restlessness	Trust
Miserable	Revulsion	Uncertainty
Miserliness	Ruthless	Undermined
Mixed up	Sadness	Uneasiness
Modesty	Satisfaction	Unhappy
Moody	Scared	Unnerved
Mortified	Scorn	Unsettled
Mystified	Self-caring	Unsure
Nasty	Self-compassionate	Upset
Nauseated	Self-confident	Vengeful
Negative	Self-conscious	Vicious
Neglect	Self-critical	Vigilance
Nervous	Self-loathing	Vulnerable
Nostalgic	Self-motivated	Weak
Numb	Self-pity	Woe
Obstinate	Self-respecting	Worried
Offended	Self-understanding	Worthy
Optimistic	Sentimental	Wrath

All the emotions are important, so it's critical to continue naming all your feelings, uncovering those beneath the surface. At the deepest level, you will find at least one of these three:

<b>Sad</b>	<b>Scared</b>	<b>Lonely</b>
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This list was adapted from a publication by the Berkeley Well-Being Institute