

✓ Sadness

Can be expressed by crying or moaning

Numb
Fine
Okay
Unhappy
Upset
Sad
Hurt
Grief
Miserable
Bored
Helpless
Lonely
Mournful
Flat
Depressed
Unloved
Distraught

Can be expressed by shaking

✓ Fear

Anxious
Nervous
Impatient
Worried
Scared
Frightened
Terrified
Concerned

✓ Envy

Competitive
Jealous
Superior
Inferior
Inflated
Deflated
Unsure

✓ Regret

Embarrassed
Ashamed
Guilty
Disgusted

✓ Anger

Can be expressed by shouting or pushing

Annoyed
Irritated
Frustrated
Resentful
Furious
Disgusted
Angry
Rage

An Emotions Thesaurus



Body & Energy

(not emotions)

Tired
Exhausted
In Pain

Be aware of using them to avoid expressing emotions!

♥ Joy

Happy
Cheerful
Buoyant
Overjoyed
Blissful
Delighted
Ecstatic
Pleased
Contented

♥ Grateful

Appreciative
Thankful
Grateful
Proud
Glad
Touched

♥ Peace

Calm
Quiet
Composed
Secure
Relaxed
Peaceful

♥ Connected

Trusting
Loving
Friendly
Kind
Honest

♥ Hope

Enthusiastic
Hopeful
Excited
Inspired
Optimistic

♥ Learning

Confident
Curious
Interested
Intrigued
Surprised
Astonished
Fascinated
Amazed

All Emotions are Healthy (and they each have a message!)

	Healthy Challenging Emotions			Urgent Painful Emotions	
The Healthy Emotions	<p>When we feel a challenging emotion, there is some kind of obstacle to the flow of life energy, preventing joy. These are healthy emotions, and though they can be hard to feel, if we allow ourselves to feel them they give us important information.</p>			<p>These emotions carry an urgent message to feel and listen to a healthy challenging emotion because we haven't been able to...</p> <ol style="list-style-type: none"> 1. Feel the healthy challenging emotion 2. Hear the important thing it is telling us 3. Take what it allows us 4. Return to our natural state of joy 	
Joy When life energy & love flow freely, with a sense of peace. Joy	Sadness	Tells us: "It's time to say goodbye."	Can turn into...	Depression	Tells us: "There is an important message from sadness that has been unfelt and ignored for too long."
		Allows us: To love, to let go, and to heal.			Can cause: A sense of hopelessness or stuckness & an inability to heal.
	Anger	Tells us: "This isn't okay for me."		Rage	Tells us: "There is an important message from anger that has been unfelt and ignored for too long."
		Allows us: To say no & have healthy boundaries.			Can cause: Violence, hurting ourselves and/or others.
	Fear	Tells us: "I might be harmed or cause harm here."		Anxiety	Tells us: "There is an important message from fear that has been unfelt and ignored for too long."
		Allows us: To take appropriate risks to grow safely, creating new ways of being whilst minimising the risk of harm.			Can cause: Being unable to take risk in any form, and so being unable to do anything, stuck in terror.
	Regret	Tells us: "I don't want to do that again."		Shame	Tells us: "There is an important message from regret that has been unfelt and ignored for too long."
		Allows us: The motivation to find new ways of doing things to minimise harm.			Can cause: Self-hating, and feeling guilty. Believing one-self to be a bad person (rather than a good person who has done an unhelpful thing but is willing to change).
	Envy	Tells us: "I want to be, do or have that too."		Jealousy	Tells us: "There is an important message from envy that has been unfelt and ignored for too long."
		Allows us: Find positive inspiration from the world around us, and grow healthily.			Can cause: Competing with others, wanting to be better than them, wanting to make things worse for them to improve your relative position (even if it harms them).

My Favourite Quote from my Favourite Book.

“**Grief** is a natural emotion. It is the part of you which allows you to say goodbye when you don’t want to say goodbye; to express – push out, propel – the sadness within you at the experience of any kind of loss. It could be the loss of a loved one or the loss of a contact lens.

When you are allowed to express your grief, you get rid of it. Children who are allowed to be sad when they are sad feel very healthy about sadness when they are adults, and therefore usually move through their sadness very quickly.

Children who are told, “There, there, don’t cry,” have a hard time crying as adults. After all, they’ve been told all their life not to do that. So they repress their grief.

Grief that is continually repressed becomes chronic depression, a very unnatural emotion.

People have killed because of chronic depression. Wars have started, nations have fallen

•
Anger is a very natural emotion. It is the tool you have which allows you to say, “No, thank you.” It does not have to be abusive, and it never has to be damaging to another.

When children are allowed to express their anger they bring a very healthy attitude about it to their adult years, and therefore usually move through their anger very quickly.

Children who are made to feel that their anger is not okay – that it is wrong to express it, and, in fact, that they shouldn’t even experience it – will have a difficult time appropriately dealing with their anger as adults.

Anger that is continually repressed becomes rage, a very unnatural emotion.

People have killed because of rage. Wars have started, nations have fallen.

Envy is a very natural emotion. It is the emotion that makes a five-year-old wish he could reach the door knob the way his sister can – or ride that bike. Envy is the natural emotion that makes you want to do it again; to try harder; to continue striving until you succeed. It is very healthy to be envious, very natural. When children are allowed to express their envy, they bring a very healthy attitude about it to their adult years, and therefore usually move through their envy very quickly.

Children who are made to feel that envy is not okay – that it is wrong to express it, and, in fact, that they shouldn't even experience it – will have a difficult time appropriately dealing with their anger as adults.

Envy that is continually repressed becomes jealousy, a very unnatural emotion.

People have killed because of jealousy. Wars have started, nations have fallen.

Fear is a very natural emotion. All babies are born with only two fears; the fear of falling, and the fear of loud noises. All other fears are learned responses, brought to the child by its environment, taught to the child by its parents. The purpose of natural fear is to build in a bit of caution. Caution is a tool that helps keep the body alive. It is an outgrowth of love. Love of Self.

Children who are made to feel that fear is not okay – that it is wrong to express it, and, in fact, that they shouldn't even experience it – will have a difficult time appropriately dealing with their fear as adults.

Fear that is continually repressed becomes panic, a very unnatural emotion.

People have killed because of panic. Wars have started, nations have fallen.

Love is a very natural emotion. When it is allowed to be expressed, and received, by a child, normally and naturally, without limitation or condition, inhibition or embarrassment, it does not require anything more. For the joy of love expressed in this way is sufficient unto itself. Yet love which has been conditioned, limited, warped by rules and regulations, rituals and restrictions, controlled, manipulated, and withheld, becomes unnatural.

Children who are made to feel that their natural love is not okay – that it is wrong to express it, and, in fact, that they shouldn't even experience it – will have a difficult time appropriately dealing with their love as adults.

Love that is continually repressed becomes possessiveness, a very unnatural emotion.

People have killed because of possessiveness. Wars have started, nations have fallen.

And so it is that the natural emotions, when repressed, produce unnatural reactions and responses. And most natural emotions are repressed in most people. Yet these are your friends. These are your gifts. These are your divine tools, with which to craft your experience.

You are given these tools at birth. They are to help you negotiate life.”

Neale Donald Walsch

Accepting Challenging Feelings and Experiences.

Pick a feeling or experience that you have a hard time accepting, one that's leading to unhelpful resistance. Start small. Then envision one of the following for at least a minute.

- Hold your experience as you would hold a delicate flower in your hand
- Embrace your experience as you would embrace a crying child
- Sit with your experience the way you would sit with a person who has a serious illness
- Look at your experience the way you would look at an incredible painting
- Walk around the room with your experience the way you would walk while carrying a sobbing infant
- Honour your experience the way you would honour a friend, by listening carefully even if it was hard
- Inhale your experience the way you would take a deep breath
- Abandon the fight with your experience the way a soldier might put down his weapons to walk home
- Take in and carry your experience the way you would drink a glass of pure cold water
- Carry your experience the way you carry a picture in your wallet

These metaphorical ways of treating your feelings, memories and current experiences are often powerful in building acceptance. That's true even if as you consider them your mind says "I don't know how to do that." Give them a try over time with different memories, experiences, emotions, urges or thoughts.