How do I feel?

All feelings have a place and are ok. Even the ones that we might label as 'bad'…

Practice by saying "I feel ……. and that's awesome!"

By acknowledging and allowing our feelings it provides us acceptance of what we feel.

Affectionate	**Confident**	**Grateful**	**Peaceful**
Compassionate	Empowered	Appreciative	Calm
Friendly	Open	Moved	Clear headed
Loving	Proud	Thankful	Comfortable
Open-hearted	Safe	Touched	Centred
Sympathetic	Secure		Composed
Tender			Content
Warm		**Inspired**	Fulfilled
	Excited	Amazed	Mellow
	Amazed	Awed	Quiet
Engaged	Animated	Wonder	Relaxed
Absorbed	Ardent		Relieved
Alert	Aroused		Satisfied
Curious	Astonished	**Joyful**	Serene
Engrossed	Dazzled	Amused	Still
Enchanted	Eager	Delighted	Tranquil
Entranced	Energetic	Glad	Trusting
Fascinated	Giddy	Happy	
Interested	Invigorated	Jubilant	
Intrigued	Lively	Pleased	**Refreshed**
Involved	Passionate	Ticked	Enlivened
Spellbound	Surprised		Rejuvenated
Stimulated	Vibrant		Renewed
		Exhilarated	Rested
Hopeful		Blissful	Restored
Expectant		Ecstatic	Revived
Encouraged		Elated	Thrilled
Optimistic		Enthralled	
		Exuberant	
		Radiant	
		Rapturous	

Afraid	**Annoyed**	**Confused**	**Disquiet**
Apprehensive	Aggravated	Ambivalent	Agitated
Dread	Dismayed	Baffled	Alarmed
Foreboding	Disgruntled	Bewildered	Discombobulated
Frightened	Displeased	Dazed	Disconcerted
Mistrustful	Exasperated	Hesitant	Disturbed
Panicked	Frustrated	Lost	Perturbed
Petrified	Impatient	Mystified	Rattled
Scared	Irritated	Perplexed	Restless
Suspicious	Irked	Puzzled	Shocked
Terrified		Torn	Startled
Wary			Surprised
Worried	**Aversion**		Troubled
	Animosity	**Disconnected**	Turbulent
	Appalled	Alienated	Uncomfortable
Angry	Contempt	Aloof	Uneasy
Enraged	Disgust	Apathetic	Unnerved
Furious	Dislike	Bored	Unsettled
Incensed	Hate	Cold	Upset
Indignant	Horrified	Detached	
Irate	Hostile	Distant	**Tense**
Livid	Repulsed	Distracted	Anxious
Outraged		Indifferent	Cranky
Resentful		Numb	Distraught
	Vulnerable	Removed	Edgy
	Fragile	Uninterested	Fidgety
Sad	Guarded	Withdrawn	Frazzled
Depressed	Helpless		Irritable
Dejected	Insecure		Jittery
Despair	Leery	**Fatigue**	Nervous
Despondent	Reserved	Beat	Overwhelmed
Disappointed	Sensitive	Burnt out	Restless
Discouraged	Shaky	Depleted	Stressed out
Disheartened		Exhausted	
Forlorn		Lethargic	**Embarrassed**
Heavy-hearted	**Yearning**	Listless	Ashamed
Hopeless	Envious	Sleepy	Chagrined
Melancholy	Jealous	Tired	Flustered
Unhappy	Longing	Weary	Guilty
Wretched	Nostalgic	Worn out	Mortified
	Pining		Self-conscious