

SECURE MARRIAGE'S FEELING WORDS

Using the following Feelings Words is helpful for men and women that have a difficult time finding and describing their feelings.

INSTRUCTIONS

1. Pick the best and worst part of your day.
2. Take TWO minutes and pick words off the Feeling Chart (next page) that articulate, the most precisely, those two parts of your day.
3. Only add the "Why" after you have picked an emotion (This helps you to focus on what you are actually feeling).
4. Share this with our spouse.
5. When you are done, it's your spouse's turn.
6. Practice this every day over the next week.

FEELING WORDS

WHEN NEEDS ARE NOT BEING MET	WHEN NEEDS ARE BEING MET
HOSTILE Appalled, Contempt, Disgusted, Hate	EXHILARATED Ecstatic, Elated, Enthralled, Exuberant
ANGRY Enraged, Furious, Irate, Livid, Mad, Outraged	EXCITED Eager, Energetic, Passionate, Alive
ANNOYED Aggravated, Bitter, Exasperated, Frustrated	INSPIRED Amazed, Thrilled, Wonder, Astonished
UPSET Agitated, Disturbed, Uneasy, Uncomfortable	JOYFUL Delighted, Glad, Happy, Pleased
TENSE Anxious, Edgy, Nervous, Overwhelmed	RELAXED Carefree, Comfortable, Open
AFRAID Apprehensive, fearful, frightened, Hesitant	CURIOUS Adventurous, Interested, Intrigued
VULNERABLE Cautious, Guarded, Helpless, Insecure	CONFIDENT Empowered, Proud, Safe, Secure
CONFUSED Ambivalent, Hesitant, Lost, Puzzled, Skeptical	ENGAGED Absorbed, Curious, Alert, Involved
EMBARRASSED Ashamed, Guilty, Humiliated, Self-Conscious	HOPEFUL Expectant, Encouraged, Optimistic
LONGING Envious, Jealous, Nostalgic	GRATEFUL Appreciative, Moved, Thankful, Touched
TIRED Burned Out, Exhausted, Depleted	REFRESHED Rejuvenated, Rested, Energetic, Restored
DISCONNECTED Bored, Distant, Distracted, Lonely, Numb	AFFECTIONATE Compassionate, Friendly, Sympathetic, Warm
SAD Depressed, Disappointed, Grief, Hopeless	PEACEFUL Calm, Centered, Clear-headed, Mellow
SHOCKED Appalled, Dismay, Disbelief, Horrified	RELIEVED Composed, Cool, Trusting
PAIN Agony, Devastated, Heartbroken, Miserable	CONTENT Glad, Cheerful, Fulfilled, Satisfied

Adapted and used with permission from The Center For School Transformation