

Kick Butt Therapy

IDENTIFYING FEELINGS...

AN EXERCISE FOR DEVELOPING AWARENESS

People often deny or ignore their feelings. Once you are in a recovery process, you can explore what previous feelings mean to you. You will begin to view feelings as a wonderful part of you to be listened to instead of avoided. Allow feelings to be a natural, integral part of you that gives you clues and signals. The first step in allowing your feelings to work for you is to begin to identify the feelings you experiences in the course of a day. At the end of your day, check off the feelings below that you remember experiencing that day. One check per box. After a week or two of doing this, you will find yourself much more adept at being able to identify specific feelings as they occur and process them in real time.

FEELING	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Affectionate														
Afraid														
Angry														
Anxious														
Ashamed														
Calm														
Caring														
Confident														
Confused														
Determined														
Disappointed														
Disrespected														
Embarrassed														
Excited														
Frustrated														
Guilty														
Happy														
Hateful														
Hurt														
Inhibited														
Insecure														
Jealous														
Lonely														
Loving														
Misunderstood														
Numb														
Powerless														
Remorseful														
Resentful														
Sad														
Secure														
Strong														
Suspicious														
Worried														
Worthless														

After completion, analyze your chart both across and down. You will see what feelings you are unaware of or were taboo when you were growing up. What you have an excess of, and what happened on highly charged days will be obvious. You are attaching to yourself.

@ Cathy Zipp