FEELINGS

Feelings are like cards on a Rolodex. They move in an orderly fashion, from one to another. If there is one that you refuse to accept, one to which you have an aversion, you stop the Rolodex and clog the system. Just as the malfunction of the respiratory system can cause shortness of breath, so, the malfunction of the emotional system can cause stress, pain, and unhappiness. When we speak of feelings we are not referring to responses such as fear, anger, etc. The feelings we speak of are simply that...feelings...feelings of being abandoned or rejected, accomplished, or secure. Depending upon how you relate to the feeling, you will respond with alarm, or embarrassment, satisfaction or relief. You will then judge the feeling and say "I feel awful," "shameful," "marvelous," or "terrific." Those are not feelings, but judgments of feelings. The following list will give you an idea of the difference.

<table>
<thead>
<tr>
<th>FEELINGS</th>
<th>RESPONSES</th>
<th>JUDGEMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abundant</td>
<td>Satisfaction</td>
<td>Comfortable</td>
</tr>
<tr>
<td>Appreciated</td>
<td>Optimism</td>
<td>Good</td>
</tr>
<tr>
<td>Betrayed</td>
<td>Pain</td>
<td>Bad</td>
</tr>
<tr>
<td>Creative</td>
<td>Excitement</td>
<td>Wonderful</td>
</tr>
<tr>
<td>Purposeless</td>
<td>Boredom</td>
<td>Awful</td>
</tr>
<tr>
<td>Insecure</td>
<td>Anxiety</td>
<td>Uncomfortable</td>
</tr>
<tr>
<td>Powerful</td>
<td>Exhilaration</td>
<td>Fine</td>
</tr>
<tr>
<td>Successful</td>
<td>Cheerfulness</td>
<td>Great</td>
</tr>
<tr>
<td>Used</td>
<td>Anger</td>
<td>Sad</td>
</tr>
<tr>
<td>Victimized</td>
<td>Frustration</td>
<td>Terrible</td>
</tr>
</tbody>
</table>
FEELINGS

Just a few

Acknowledged...Unacknowledged
Appreciated.... Unappreciated
Average...Unique
Complete...Incomplete
Connected...Disconnected
Full..........Empty
Good Enough.... Not Good Enough
Important...Unimportant
Included...Excluded
Inspired...Uninspired
Purposeful...Purposeless
Special...Ordinary
Understood...Misunderstood
Validated...Invalidated
Worthy.........Unworthy
PROCESS

Everything is a picture of a feeling

"What we see `out there,' depends upon what we feel `in here'!"

This process is to be done with a partner. Take turns going over each of the following in order to become more fluent with your feelings.

1: I like to: ________________.
   I use it to reflect my feeling(s) of: _____________________.

2: I don't like to: ________________.
   I use it to reflect my resistance to the feeling(s) of:
   _____________________.

3: I use ____(object) to reflect my feeling of: _______________.

Page | 3
The following are judgments and not feelings. They won't help you become fluent or specific with your feelings:

Good, Bad, Happy, Sad, Comfortable, Uncomfortable.

The following are feelings that will help you pinpoint your experience of any activity:

Free, Important, Responsible, Inadequate, Fulfilled,
Secure, Appreciated, Drudgery, Limited, Purposeless.