



Emotions Are Wisdom

Living From Spirit



I believe that emotions are messages from your core, your Spirit. They provide energy and valuable insight to help you identify your pain, your joy and your needs, to understand yourself and to make healthy choices for yourself. *Many times we cannot easily express our feelings because we are experiencing many emotions at once. Many of them are conflicting. These lists may help you become AWARE of how you feel in your independent life and in your relationships.*

What emotions do you most often experience?

<p>HAPPY?</p> <p>Affectionate Loved Blissful Love-struck Calm Lucky Caring Grateful Centered Meditative Confident Motivated Cared for Optimistic Comfortable Passionate Connected Peaceful Content Playful Curious Pleasant Ecstatic Purposeful Elated Relieved Empathetic Satisfied Energized Spiritual Generous Supported Grateful Sympathetic Inspired Thoughtful Interested Trusting Kind Understood Valued</p>	<p>SAD?</p> <p>Alone Fragile Rejected Abandoned Grieving Self-doubt Agonized Guilty Sorry Apathetic Hopeless Tired Apologetic Hurt Toxic Ashamed Indifferent Unappealing Bitter Invisible Victimized Bored Isolated Vulnerable Bullied Lonely Cold Low Confused Mechanical Defeated Melancholy Depressed Miserable Devalued Misunderstood Disappointed Needy Disconnected Oppressed Disoriented Pained Dismissed Perplexed Distant Powerless Exhausted Regretful</p>	<p>FEARFUL?</p> <p>Anxious Submissive Bewildered Suspicious Captive Threatened Confused Traumatized Desperate Wary Dread Worry Fight, Flight Freeze Frightened Hesitant Horrorified Hysteria Nervous Obligated Overwhelmed Paranoid Powerless Scared Shocked Stressed</p>	<p>ANGRY?</p> <p>Aggressive Agitated Annoyed Cranky Critical Combative Defensive Explosive Exasperated Frustrated Furious Moody Reactive Obstinate Argumentative Rage Resentful Violent</p>
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1. **Put a check beside the above emotions you are feeling?**
2. **What needs can you identify, based on what your emotions are telling you?**

<input type="checkbox"/> Physical safety	<input type="checkbox"/> To be valued	<input type="checkbox"/> To be taken seriously	<i>list more needs</i>
<input type="checkbox"/> Emotional safety	<input type="checkbox"/> To feel fulfilled	<input type="checkbox"/> To be understood	_____
<input type="checkbox"/> Intellectual safety	<input type="checkbox"/> To be successful	<input type="checkbox"/> To be believed in	_____
<input type="checkbox"/> Spiritual safety	<input type="checkbox"/> To belong	<input type="checkbox"/> To be connected to others	_____
<input type="checkbox"/> Financial security	<input type="checkbox"/> To learn	<input type="checkbox"/> To be acknowledged	_____
<input type="checkbox"/> To be powerful in life	<input type="checkbox"/> To be healthy	<input type="checkbox"/> To be creative	_____
<input type="checkbox"/> To be respected	<input type="checkbox"/> To make a difference	<input type="checkbox"/> To have peace of mind	_____
<input type="checkbox"/> To be supported	<input type="checkbox"/> To be worthy	<input type="checkbox"/> To feel competent	_____
<input type="checkbox"/> To be heard	<input type="checkbox"/> To be needed		_____
<input type="checkbox"/> To be loved	<input type="checkbox"/> To be trusted		_____
<input type="checkbox"/> To be included	<input type="checkbox"/> To be skilled		
<input type="checkbox"/> To be appreciated	<input type="checkbox"/> To be resourceful		

3. **What INTERNAL choices can you make to RESPOND to your needs? (energy/mindset)**

4. **What EXTERNAL choices can you make to RESPOND to your needs? (behavior/problem solving)**
