

HOW DO WE RECOGNIZE OUR FEELINGS?

OUR FEELINGS HELP US MAKE SENSE OF OUR EXPERIENCES. IT HELPS US TO SURVIVE, FORM AND MAINTAIN CONNECTIONS.

IF I ASK YOU RIGHT NOW "HOW DO YOU FEEL?" YOU'LL PROBABLY SAY I AM FEELING HAPPY, SAD, ANGRY, ETC. YOU MAY ALSO TAKE A MINUTE TO OBSERVE

IF YOU STILL ARE UNABLE TO UNDERSTAND YOU MAY FINALLY SAY "I AM FEELING OK". BUT WHAT DOES IT MEAN TO FEEL "OK"?

OUR BODY TELLS US WHAT WE ARE FEELING THROUGH SENSATIONS. LIKE HOLLOWNESS IN THE STOMACH MAY MEAN YOU ARE FEELING INSECURE, OR A FLUSHED FACE BECAUSE YOU ARE EMBARRASSED. THEY MAY NOT ALWAYS BE CLEAR, LIKE 'HEAVINESS' IN THE CHEST OR WEAKNESS' IN THE KNEES. YET, IT IS STILL NICE TO BE AWARE OF. SIMPLY NAMING OUR EMOTION GIVES SOME RELIEF

LET'S TAKE THE HELP OF THE CHECKLIST BELOW. READ THE LIST OF EMOTIONS BELOW AND ASK YOURSELF PATIENTLY WHICH FEELING ARE YOU MOST LIKELY EXPERIENCING NOW. THE WORD 'NOW' IS KEY.

PLEASANT FEELINGS

GLAD

JOYFUL

APPRECIATED

SATISFIED

LOVED

ENTHUSIASTIC

CHEERFUL

GRATEFUL

RELAXED

PEACEFUL

UNPLEASANT FEELINGS

ASHAMED

IRRITATED

HURT

LONELY

UNLOVED

ANGRY

CONFUSED

EMBARRASSED

JEALOUS

DISAPPOINTED