

## Range of Emotional Feelings

If you are on an emotional roller coaster, find out which feelings are driving you. You may be new to this language of feelings and need some help.

Did you know that just as colors and sounds have a range, so do feelings? We noted this range of feelings as we worked with our clients over the years. As there is no finite set of feelings, you are invited to expand, amend, or revise this range of emotions based on your own personal experience.

Make sure though that you don't want to delete the socially unacceptable feelings. It could be that you've been ashamed of these feelings and left situations and people rather than feel them.

Why not check off those feelings that you experience the most often while at work.

### Victim feelings

These feelings lead us to crying in distress for a hero to save us.

- ❑ Feeling like quitting and running away to hide
- ❑ Feeling of being controlled
- ❑ Feeling hurt or taken advantage of
- ❑ Feeling of being manipulated
- ❑ Feeling of being shocked or surprised
- ❑ Feeling disillusioned
- ❑ Feeling naïve
- ❑ Feeling rejected
- ❑ Feeling unwanted
- ❑ Feeling shame

- ❑ Feeling inadequate
- ❑ Feeling anguish
- ❑ Feeling guilty
- ❑ Feeling a deep sense of loss
- ❑ Feeling emotional pain
- ❑ Feeling afraid
- ❑ Feeling full of terror
- ❑ Feeling like giving up
- ❑ Feeling needy
- ❑ Feeling helpless
- ❑ Feeling fragile
- ❑ Feeling hopeless
- ❑ Feeling confused
- ❑ Feeling depressed
- ❑ Feeling like dying
- ❑ Feeling numb or dead

## **Villain feelings**

These feelings lead us to harmful actions if not dealt with.

- ❑ Feeling like harming someone
- ❑ Feeling pleasure in having hurt someone
- ❑ Feel malicious
- ❑ Feeling abusive
- ❑ Feeling destructive
- ❑ Feeling revengeful
- ❑ Feeling justified
- ❑ Feeling clever

- ❑ Feeling cruel
- ❑ Feeling mean
- ❑ Feeling hateful
- ❑ Feeling of being out of control
- ❑ Feeling of going insane or mad
- ❑ Feeling like screaming
- ❑ Feeling arrogant
- ❑ Feeling superior
- ❑ Feeling like lying
- ❑ Feeling critical
- ❑ Feeling judgmental
- ❑ Feeling like blaming
- ❑ Feeling like accusing
- ❑ Feeling rage
- ❑ Feeling angry
- ❑ Feeling upset
- ❑ Feeling hard
- ❑ Feeling emotionally cold (unfeeling)

## **Hero/Heroine feelings**

These feelings are our reward for saving others. Once we've helped others enough times, usually we learn to become our own hero. That's when we feel these feelings most of the time, not only when we have just saved someone else.

- ❑ Feelings of love
- ❑ Feeling helpful
- ❑ Feeling important
- ❑ Feeling compassionate

- ❑ Feeling acceptance
- ❑ Feeling wanted
- ❑ Feeling useful
- ❑ Feeling resourceful
- ❑ Feeling of justice
- ❑ Feeling of adventure
- ❑ Feeling of caring
- ❑ Feeling of courage
- ❑ Feelings of happiness
- ❑ Feeling accepted
- ❑ Feeling in control
- ❑ Feeling strong
- ❑ Feeling passionate
- ❑ Feeling helpful
- ❑ Feeling enthusiastic
- ❑ Feeling passionate
- ❑ Feeling determined
- ❑ Feeling capable