

IDENTIFYING EMOTIONS



Helping YOU
Choose a happier,
More fulfilling life

This matrix is designed to help you recognize your feelings, the messages that underlie the feelings, the gift of the emotion, and what you can do in response to the feeling to honor it, and to shift it.

Basic Emotion	Other Forms	Where Felt	Their Message	Their Gift	Ask Yourself	What You Can Do
Joy	Happy Elated Hopeful	All over Body Smile Lightness/ Brightness	"I am getting what I want" "I love my life"	Happiness	How do I add more of these experiences to my life?	Enjoy!
Sadness or Pain	Hurt Grief Regret	Heart/Lower Chest Pain Tearful	"I believe I lost something." "I have been hurt."	Self-care, grieving	Is this a true loss? Do I need to ask for something?	Accept loss, grieve. What can I do for someone else?
Anger	Frustrated Irritated Resentful Mad	All over Body Energy – heat from skin Power Eyes, face blazing	"I have been wronged!" "I feel hurt or threatened"	Has a boundary been crossed?	What is being threatened? Is there something I need to do to take care of myself?	Take a deep breath to help calm myself. Ask "what is my part in this?" Set a boundary. Move out of the threatening situation. Express myself calmly.
Fear	Nervous Threatened Anxious Worried Apprehensive	Stomach – fluttery or upset Upper chest – tightness or suffocation	"I need to protect myself from some threat." "I am vulnerable."	Safety, what can I do to protect myself?	What do I need to do to protect myself?	Make myself safe, then let go of worrying about things I can't or won't change.
Love	Compassionate Caring Tender	Heart – Swelling, expanding Warmth	"I feel connected, and open."	Connection	Can I love without expectation?	Express my affection (appropriately). Let people know I care!
Loneliness	Abandoned Unloved	Heart – pain Feeling invisible	"I've been rejected." "I feel unloved and unlovable."	Seek connection/ Help someone else.	Who can I reach out to? Who else might be lonely?	I need to love and appreciate myself. What can I do for someone else?
Enthusiasm	Passionate Zestful	All over body Energy Spontaneity	"This energizes me" "I am passionate about this."	This is part of my passion.	How do I make time for this activity in my life?	Build these activities into my life.
Guilt	Regret Remorse	Gut Gnawing sensation	"I have done something that violates my values."	Stop doing this. Make amends.	What value did I violate?	How can I make amends?
Shame	Embarrassment about existing	Face, neck and upper chest Warmth, heat, redness Desire to hide	"I am a bad person." This may be <i>carried shame</i> , a result of someone shaming you.	Remind myself you have value, just for being, even if I did something wrong.	What makes me feel unworthy?	I am worthy. I am human and therefore imperfect.