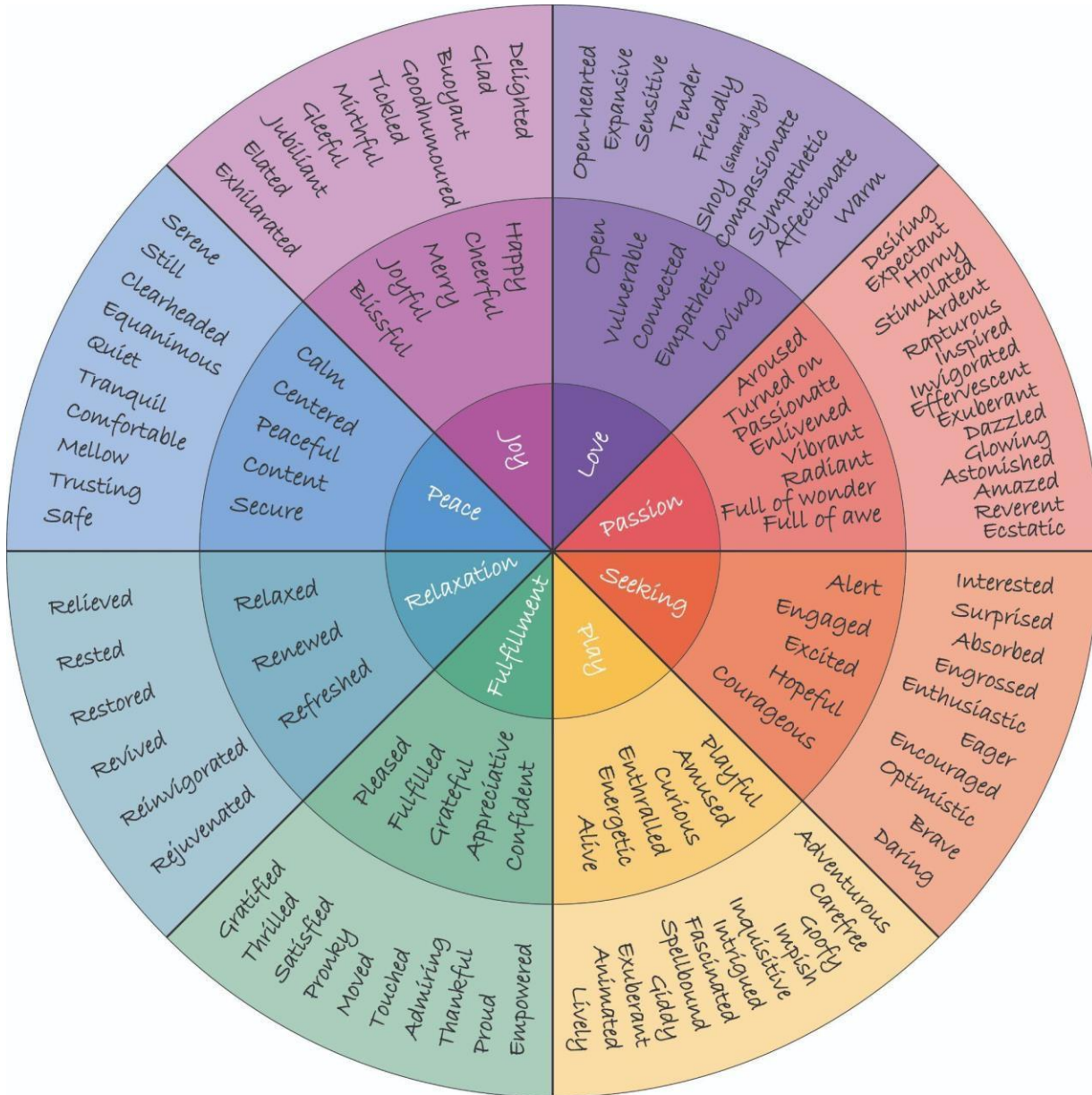
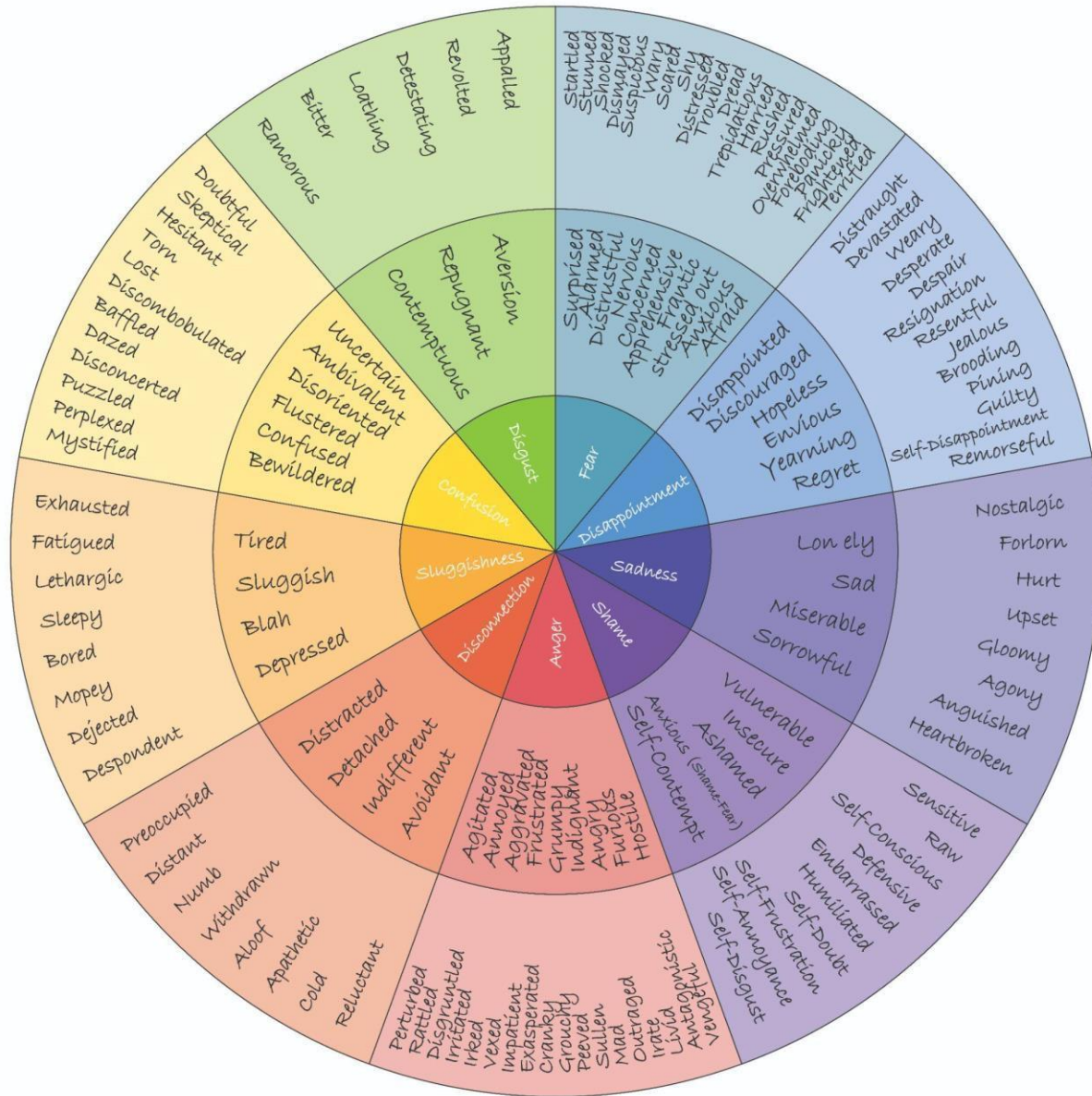


# Emotions Wheels & Feelings Lists

*Emotions that are typically pleasant:*



**Emotions that are typically unpleasant:**



## **Body Sensations**

### *Sensations that are usually more pleasant*

Airy, Awake, Bouncy, Bright, Bubbly, Calm, Centered, Cool, Effervescent, Energetic, Expansive, Flexible, Floating, Grounded, Light, Mobilized, Relaxed, Open, Ready, Released, Smooth, Soft, Spacious, Still, Warm

### *Sensations that might feel either pleasant or unpleasant*

Big, Buzzing, Cold, Electric, Fluttery, Full, Hard, Held, Holding, Hot, Leaning Forward, Leaning Back, Little, Moving, Numb, Pressure, Pulling, Pulsing, Pushing, Radiating, Sensitive, Squeezing, Streaming, Sweaty, Taking up space, Tender, Tingly, Urge, Vibrating, Wound up

### *Sensations that are usually less pleasant*

Achey, Antsy, Barren, Bloated, Blocked, Breathless, Brittle, Bruised, Burning, Choking, Clenched, Closed, Congested, Constricted, Contracted, Cramped, Craving, Dark, Dense, Disconnected, Dizzy, Drained, Dull, Edgy, Empty, Fidgety, Frazzled, Frozen, Hard to Breathe, Heavy, Hollow, Hungry, Icy, Imploding, Itchy, Jittery, Jumpy, Knotted, Nauseous, Painful, Pounding, Pressure, Prickly, Queasy, Raw, Restless, Rigid, Shaky, Sharp, Shivery, Short of breath, Sinking, Slunched, Sore, Spacey, Spinny, Stabbing, Stiff, Strain, Suffocated, Tense, Thick, Thirsty, Throbbing, Tight, Tired, Trembly, Twitchy, Unsettled, Vacant, Wobbly, Wooden

## **False Feelings**

I include false feelings as a red flag. These words masquerade as feelings but are not actually feelings. They're projections, stories we make up about another person's actions or our own. If you feel compelled to use these words in conversation with another person, pause and get curious about what physical sensations or emotions you're actually experiencing.

Here's a partial list:

Abandoned, Abused, Accepted, Accused, Alienated, Attacked, Belittled, Betrayed, Blamed, Boxed-in, Bullied, Cheapened, Cheated, Coerced, Condemned, Controlled, Cornered, Criticized, Detestable, Devalued, Diminished, Disapproved of, Discredited, Dismissed, Disparaged, Disrespected, Distrusted, Excluded, Harassed, Ignored, Important, Inadequate, Inferior, Insignificant, Insulted, Interrupted, Intimidated, Invalidated, Isolated, Judged, Let down, Manipulated, Micromanaged, Misunderstood, Mistrusted, Neglected, Offended, Oppressed, Patronized, Pressured, Provoked, Put down, Rejected, Ridiculed, Ripped off, Scapegoated, Shamed, Taken for granted, Threatened, Tricked, Trivialized, Unappreciated, Unheard, Unloved, Unseen, Unsupported, Unwanted, Used, Victimized, Vilified, Violated, Worthless, Wronged