



FEELINGS

Feelings are like cards on a Rolodex. They move in an orderly fashion, from one to another. If there is one that you refuse to accept, one to which you have an aversion, you stop the Rolodex and clog the system. Just as the malfunction of the respiratory system can cause shortness of breath, so, the malfunction of the emotional system can cause stress, pain, and unhappiness. When we speak of feelings we are not referring to responses such as fear, anger, etc. The feelings we speak of are simply that...feelings...feelings of being abandoned or rejected, accomplished, or secure. Depending upon how you relate to the feeling, you will respond with alarm, or embarrassment, satisfaction or relief. You will then judge the feeling and say "I feel awful," "shameful," "marvelous," or "terrific." Those are not feelings, but judgments of feelings. The following list will give you an idea of the difference.

<u>FEELINGS</u>	<u>RESPONSES</u>	<u>JUDGEMENTS</u>
Abundant	Satisfaction	Comfortable
Appreciated	Optimism	Good
Betrayed	Pain	Bad
Creative	Excitement	Wonderful
Purposeless	Boredom	Awful
Insecure	Anxiety	Uncomfortable
Powerful	Exhilaration	Fine
Successful	Cheerfulness	Great
Used	Anger	Sad
Victimized	Frustration	Terrible



FEELINGS

Just a few

Acknowledged...Unacknowledged

Appreciated.... Unappreciated

Average...Unique

Complete...Incomplete

Connected...Disconnected

Full.....Empty

Good Enough.... Not Good Enough

Important...Unimportant

Included...Excluded

Inspired...Uninspired

Purposeful...Purposeless

Special...Ordinary

Understood...Misunderstood

Validated...Invalidated

Worthy.....Unworthy



PROCESS

Everything is a picture of a feeling

"What we see `out there,' depends upon what we feel `in here'!"

This process is to be done with a partner. Take turns going over each of the following in order to become more fluent with your feelings.

1: I like to: _____.

I use it to reflect my feeling(s) of: _____.

2: I don't like to: _____.

I use it to reflect my resistance to the feeling(s) of:

_____.

3: I use (object) to reflect my feeling of: _____.



The following are judgments and not feelings. They won't help you become fluent or specific with your feelings:

Good, Bad, Happy, Sad, Comfortable, Uncomfortable.

The following are feelings that will help you pinpoint your experience of any activity:

Free, Important, Responsible, Inadequate, Fulfilled,
Secure, Appreciated, Drudgery, Limited, Purposeless.