

The Connecting With Your Feelings Worksheet

Our thoughts, feelings, emotions and physical sensations give us all the information we need to realize when we are not at peace—when we are believing a story—and to manifest lasting change in our lives.

Learning to let those sensations guide us, or rather, unlearning the lessons that taught us to use those sensations as blocks, or obstacles, frees us to look. By remaining in the feeling, letting it live and run its course with our compassionate attention focused on it, we are looking; looking at our self-imposed obstacles. The looking exposes them and once exposed, they let go their hold on us, leaving space for peace to emerge.

This is not about blame. Nor is it a therapeutic attempt to repair the past. We are not interested so much in the content, but more in how we experience ourselves with the coming and passing of emotional energy. In noticing our experience, we meet ourselves on deeper, more intimate levels.

For each emotion or feeling, take some time to recall a time in your life when you felt that feeling/emotion most intensely. Once you have the memory, be still with it a while. Attempt to notice what happens as you recall/relive the experience. Scan your body, notice what you are able, and write about what comes to your awareness in the space provided.

It does not matter to which feelings we apply this practice of looking. The list on the following pages is merely a representation of a few common feelings/emotions. The point is not which label we apply to the feeling so much as the awareness that comes with focusing our attention on the experience itself.

The practice of looking, and the use of this worksheet is also quite beneficial if you attempt it while you are actually in, or experiencing a powerful feeling/emotion.

This worksheet is intended for personal use.

For Personal inquiry and personal awareness only.

LOVE

considerate, affectionate, sensitive, tender
selfless, committed, devoted, admiration
strong affection for another arising out of kinship or personal ties
attraction based on sexual desire : affection and tenderness felt by lovers
affection based on admiration, benevolence, or common interests
warm attachment, enthusiasm, or devotion
the object of attachment, devotion, or admiration
unselfish loyal and benevolent concern for the good of another:

Brief statement about your love experience:

Pause, Ponder, Explore – What thoughts are you aware of that lead to your feeling of love?
Scan your body with your attention. What physical sensations are you aware of as you consider
the memory?

What I mean by that is...

What I mean by that is...

Spew – Write anything else that wants to be expressed about your experience of yourSelf while
experiencing love, and NOT about the event (the event, situation, circumstance is irrelevant).

FEAR

alarmed, anxious, apprehensive, cowardly, fearful, frightened,
hesitant, scared, shaky, terrified, threatened, trembling, worried.

filled with fear or apprehension

filled with concern or regret over an unwanted situation

having a dislike for something

Brief statement about your fear experience:

Pause, Ponder, Explore – What thoughts are you aware of that lead to your feeling of fear?
Scan your body with your attention. What physical sensations are you aware of as you consider
the memory?

What I mean by that is...

What I mean by that is...

Spew – Write anything else that wants to be expressed about your experience of yourSelf while
experiencing fear, and NOT about the event (the event, situation, circumstance is irrelevant).

ANXIETY

Eager, future thoughts, jittery, fidgety, tight, hurried, fearful,
characterized by extreme uneasiness of mind or brooding fear about some contingency

Brief statement about your anxiety experience:

Pause, Ponder, Explore – What thoughts are you aware of that lead to your feeling of anxiety?
Scan your body with your attention. What physical sensations are you aware of as you consider
the memory?

What I mean by that is...

What I mean by that is...

Spew – Write anything else that wants to be expressed about your experience of yourSelf while
experiencing anxiety, and NOT about the event (the event, situation, circumstance is irrelevant).

HURT

mournful, aching, victimized, tortured, sad, crushed, heartbroken,
in pain, suffering, pathetic, injured, distressed
to cause emotional pain or anguish:
to suffer pain or grief - to cause damage or distress

Brief statement about your experience of feeling hurt:

Pause, Ponder, Explore – What thoughts are you aware of that lead to your feeling of hurt?
Scan your body with your attention. What physical sensations are you aware of as you consider
the memory?

What I mean by that is...

What I mean by that is...

Spew – Write anything else that wants to be expressed about your experience of yourSelf while
experiencing hurt, and NOT about the event (the event, situation, circumstance is irrelevant).

ANGER

Bitter, mad, worked up, resentful, irritated, indignant, annoyed,
Enraged, irate, provoked, furious, inflamed
*a strong feeling of displeasure and usually of antagonism
an intense emotional state induced by displeasure.*

Brief statement about your anger experience:

Pause, Ponder, Explore – What thoughts are you aware of that lead to your feeling of being angry? Scan your body with your attention. What physical sensations are you aware of as you consider the memory?

What I mean by that is...

What I mean by that is...

Spew – Write anything else that wants to be expressed about your experience of yourself while experiencing anger, and NOT about the event (the event, situation, circumstance is irrelevant).

HAPPY

joyous, festive, lighthearted, lively, merry, peaceful,
playful, cheerful, sunny, glad, contented, free and easy, tranquil, satisfied
enjoying or characterized by well-being and contentment

Brief statement about your happy experience:

Pause, Ponder, Explore – What thoughts are you aware of that lead to your feeling of happiness? Scan your body with your attention. What physical sensations are you aware of as you consider the memory?

What I mean by that is...

What I mean by that is...

Spew – Write anything else that wants to be expressed about your experience of yourSelf while experiencing happiness, and NOT about the event (the event, situation, circumstance is irrelevant).

SHAME / ASHAMED

disgrace, bad conscience, contempt, degradation, remorse dishonor,
humiliation, loss of face, embarrassment, self-disgust,
*feeling arising from the consciousness of something dishonorable, improper,
ridiculous, etc., done by oneself or another:
a fact or circumstance bringing disgrace or regret*

Brief statement about your shameful experience:

Pause, Ponder, Explore – What thoughts are you aware of that lead to your feeling of being ashamed? Scan your body with your attention. What physical sensations are you aware of as you consider the memory?

What I mean by that is...

What I mean by that is...

Spew – Write anything else that wants to be expressed about your experience of yourSelf while experiencing shame, and NOT about the event (the event, situation, circumstance is irrelevant).

SAD

Somber, joyless, low, glum, down, downcast, clouded, dark,
Dreadful, sorrowful, heavy-hearted, dejected, depressed, spiritless, dreadful,
affected with or expressive of grief or unhappiness :

Brief statement about your sad experience:

Pause, Ponder, Explore – What thoughts are you aware of that lead to your feeling sad? Scan your body with your attention. What physical sensations are you aware of as you consider the memory?

What I mean by that is...

What I mean by that is...

Spew – Write anything else that wants to be expressed about your experience of yourSelf while experiencing sadness, and NOT about the event (the event, situation, circumstance is irrelevant).

GUILT

blame; bad conscience over responsibility, dishonor, error, failing, self-condemnation, fault, liability, misconduct, penitence, regret, remorse, disgrace, responsibility, self-reproach, wrong
feeling of responsibility or remorse for some offense, crime, wrongdoing, etc., whether real or imagined.

Brief statement about your guilt experience:

Pause, Ponder, Explore – What thoughts are you aware of that lead to your feeling guilty? Scan your body with your attention. What physical sensations are you aware of as you consider the memory?

What I mean by that is...

What I mean by that is...

Spew – Write anything else that wants to be expressed about your experience of yourSelf while experiencing guilt, and NOT about the event (the event, situation, circumstance is irrelevant).

JOY

great happiness, pleasure, alleviation, amusement, animation, bliss, cheer, comfort, delight, ecstasy, elation, exultation, gladness, jubilation, satisfaction, *emotion of great delight or happiness caused by something exceptionally good or satisfying a source or cause of keen pleasure or delight;*

Brief statement about your joyous experience:

Pause, Ponder, Explore – What thoughts are you aware of that lead to your feeling of joy? Scan your body with your attention. What physical sensations are you aware of as you consider the memory?

What I mean by that is...

What I mean by that is...

Spew – Write anything else that wants to be expressed about your experience of yourSelf while experiencing joy, and NOT about the event (the event, situation, circumstance is irrelevant).
