

EMOTIONAL RANGE

Anger

Low	Medium	High
Annoyed	Agitated	Enraged
Bored	Disgusted	Furious
Bothered	Frustrated	Hostile
Dissatisfied	Indignant	Livid
Irritable	Irritated	Outraged
Tense	Resentful	Vengeful

*As a mood below the line:
Resentment, bitterness*

Fear

Low	Medium	High
Concerned	Apprehensive	Frightened
Guarded	Edgy	Frozen
Hesitant	Jumpy	Panicked
Reluctant	Nervous	Petrified
Suspicious	Startled	Shocked
Vulnerable	Worried	Terrified

*As a mood below the line:
Anxiety*

Sexual Feelings

Low	Medium	High
Aroused	Glowing	Enthralled
Attracted	Excited	Euphoric
Interested	Gleeful	Intoxicated
Inspired	Hot	Orgasmic
Stimulated	Passionate	Prolific
Tickled	Sensual	Rapturous

*As a mood below the line:
Lust*

Sadness

Low	Medium	High
Blue	Discouraged	Agony
Down	Gloomy	Anguished
Lonely	Hopeless	Devastated
Somber	Melancholic	Heartbroken
Solemn	Regretful	Grief-stricken
Unhappy	Sorrowful	Mourning

*As a mood below the line:
Apathy*

Joy

Low	Medium	High
Calm	Cheerful	Blissful
Carefree	Excited	Delighted
Content	Graceful	Ecstatic
Light-hearted	Optimistic	Enthusiastic
Peaceful	Proud	Elated
Relaxed	Thankful	Expansive

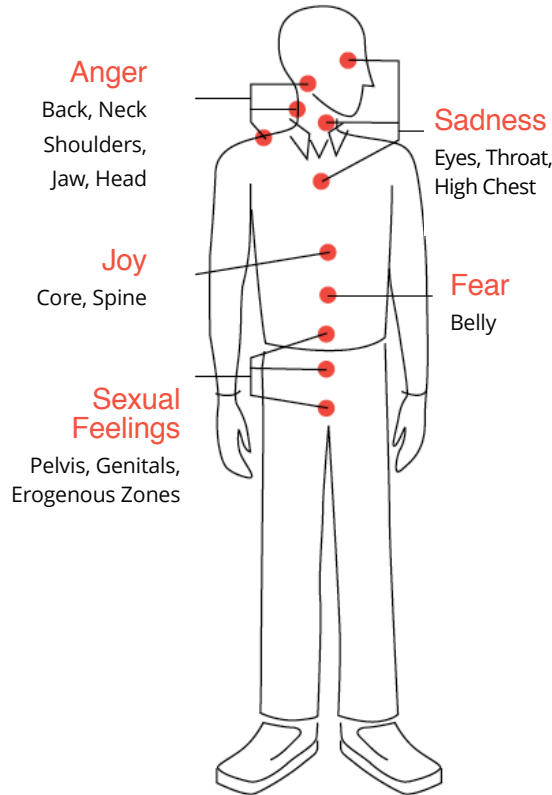
*As a mood below the line:
Denial*

EMOTIONAL INTELLIGENCE

Step 1 Name the feeling that is here now. (sad, scared, angry, joyful, sexual)

Step 2 Identify where the feeling is located in the body

Clenching
Tingling
Pulling
Swirling
Churning
Swelling
Tickling
Buzzing
Warming
Fluttering
Pinching
Tightening
Itching
Flowing
Numbing



Pounding
Softening
Twisting
Burning
Opening
Pressing
Squeezing
Quivering
Throbbing
Cooling
Expanding
Vibrating
Bubbling
Streaming
Knotting

Step 3 Describe how the sensation is expressing itself - use words ending in "ing"

Step 4 Breathe in and through the sensation or match it with movement or non-verbal sound until it shifts

Step 5 Listen for the wisdom of the emotion

Sadness - What wants to be let go of or mourned?

Anger - What is no longer serving you or others? What wants to be stopped, changed, ended?

Fear - What wants to become known?

Joy - What wants to be celebrated?

Sexual Feelings - What wants to be created? What is attractive?