

Feeling Word List

Primary Emotions

Lonely	Scared/Fear
Powerless	Rejection (fear)
Helpless/Hopeless	Abandonment (fear)
Stuck/Trapped	Unappreciated (fear)
Bored	Unloved (fear)
Stressed/Tense	Inadequate (fear)
Shocked/Surprised	Insecure(fear)
Blah	Worth-less (fear)
Guilty	Ignored (fear)
Regret	Anxious/Worried (fear)
Torn	Uncertain (fear)
Sad	Discouraged (fear)
Grief/Loss	Confused
Distant/Disconnected	Restless
Overwhelmed	Tired

Happy/Joy	Rested
Hopeful	Energetic
Grateful	Calm/Peaceful
Love(d)	Relaxed
Connected	Serene
Playful	Surprised

Secondary Emotions*

Shame (embarrassed)	Jealousy
Anger (frustrated, irritated, annoyed, hate, upset, resentful)	

*Secondary emotions are important to recognize and validate within ourselves; however, they typically motivate us to hide or attack rather than take care of ourselves and be assertive with others. Thus, we move from secondary to primary to find the tools to care for ourselves and connect with others.

Needs List

Physiological/physical needs:

Breath
Water/Food
Sleep
Hygiene
Health (including exercise)

Safety/Security needs:

Physical security (from violence, aggression, crime, etc.)
Financial
Space/Privacy
Structure, predictability, stability, order
Justice and Mercy (balance)
Relational competence

Esteem needs

Identity
Cultural security (identity in community)
Self-respect (worth)
Respect for others
Contribution
Competence (adequacy)
Achievement/productivity
Expression
Power/Freedom/Control/Agency/Choice

Growth needs

Learn (explore, discover, create, curiosity)
Stewardship (responsibility)

Love/Acceptance/Intimacy needs:

Friendship/Social
Support/Nurture
Guidance/Mentoring
Belonging (Family, Community, Higher Power)
Sexual intimacy
Versions of acceptance
—heard
—acknowledged
—recognized
—noticed
—understood
—admired
—appreciated
—approved of
—important
—needed
—valued
—worthy
—respected

Spiritual needs

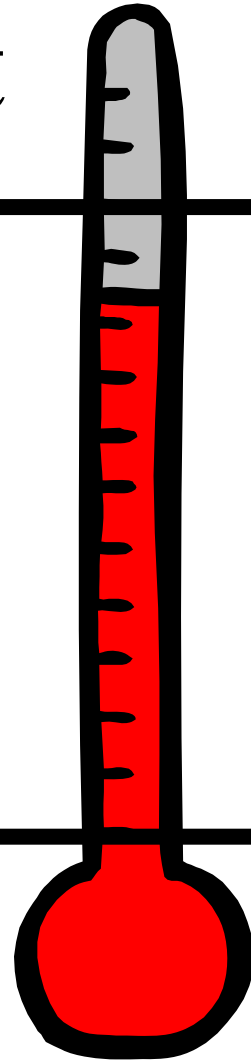
Connectedness (see love/acceptance)
Mindfulness
—connection w/ and awareness of self
Purpose/meaning (including stewardship)
Hope

Rejuvenation

Play
Relaxation/Soothing
Novelty/Variety
Connection
Excitement

The Thermometer – Tools for Managing Emotion

1) Time-Out



2) Soothe/calm

3) Emotions

4) Tools

A) Emotional Folders

5) Reconnect

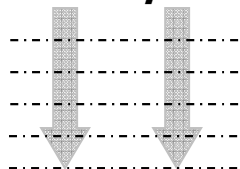
A) I feel (emotion) because _____.

B) When you did _____, I felt (emotion).

And **Plan B's**.

Trauma Cycle

Traumas / Genetics



Painful Emotions

Fear
Powerless
Uncertain
Lonely
Inadequate
Ignored
Stressed
Empty

Coping Skills

Trauma Response

Hypervigilance
Denial
Avoidance
Arousal
Anger (Rage)
Withdrawal
Shock

Codependency

Emotional Consequences

Short-term

Work

Long-term

Freedom

Emotional Consequences

Short-term

High/Energy

Release/Relief

Certainty

Powerful

Adequate/Accepted

Connected

Long-term

Hopelessness

Stress/Anxiety

Uncertainty

Powerlessness

Inadequate

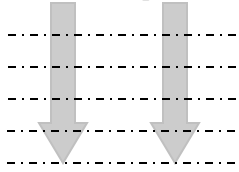
Guilty & Isolated



*Healing
and
Recovery*

Pathway to Addictions

Traumas / Genetics



Painful Emotions

- Lonely
- Bored
- Inadequate
- Overwhelmed
- Stressed
- Empty
- Fear
- Powerless

Coping Skills



Emotional Consequences

Short-term

Long-term

Work

Freedom

Escapes



Emotional Consequences

Short-term

Long-term

Alcohol/Drugs

Eating Disorders

Sexual Addiction

Rage

Gambling/Gaming

Codependency

Computer Gaming

Shopping

Lying

High

Hopelessness

Release/Relief

Stress/Anxiety

Connectedness

Isolated/Distant

Powerful

Powerlessness

Adequate

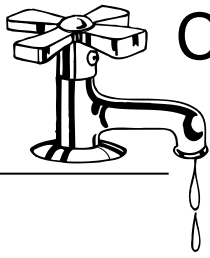
Inadequate

Accepted

Guilty



*Healing
and
Recovery*



Coping Skills

This is what you can control—fill your tank.

Escapes

These negatives will fill your life if you don't do it yourself.

Higher Power

Family

Friends

Dating/Marital

Start by trying to fill your life to here to prevent escapes from coming so easily. The eventual goal is to fill the tank even more.

Every person has a different balance personally, and every person's balance changes over time. The goal isn't to find some magical combination but to make the process a continual part of your life that fits your needs at the different times in your life.

Personal

It is often best to use the areas that are already filled (or easier to fill naturally) to help you support your efforts to fill the areas that take more risk/effort. In other words, if family is a difficult area for you, use friend support to help you begin risks to establish good family relationships. If you struggle with relationships in general, reliance on your higher power can provide a support that will carry you through struggles to invite others into your life. Therapy can also help provide support.

50%

The max you can fill your tank by yourself.

You are powerless to do it alone!!

The Recovery Hill

Prevention

**Intervention
(Lapse)**

Tank

Planning
Coping

Rituals

Morning
VSE's
Night

Emotions

Indicators (Triggers)

- 1) Emotions
- 2) Thoughts
- 3) Behaviors
- 4) Physical
- 5) People, Places, Things
- 6) Relational
- 7) Spiritual

Shore Line

Fire Drill Zone

Point of no return

Slip

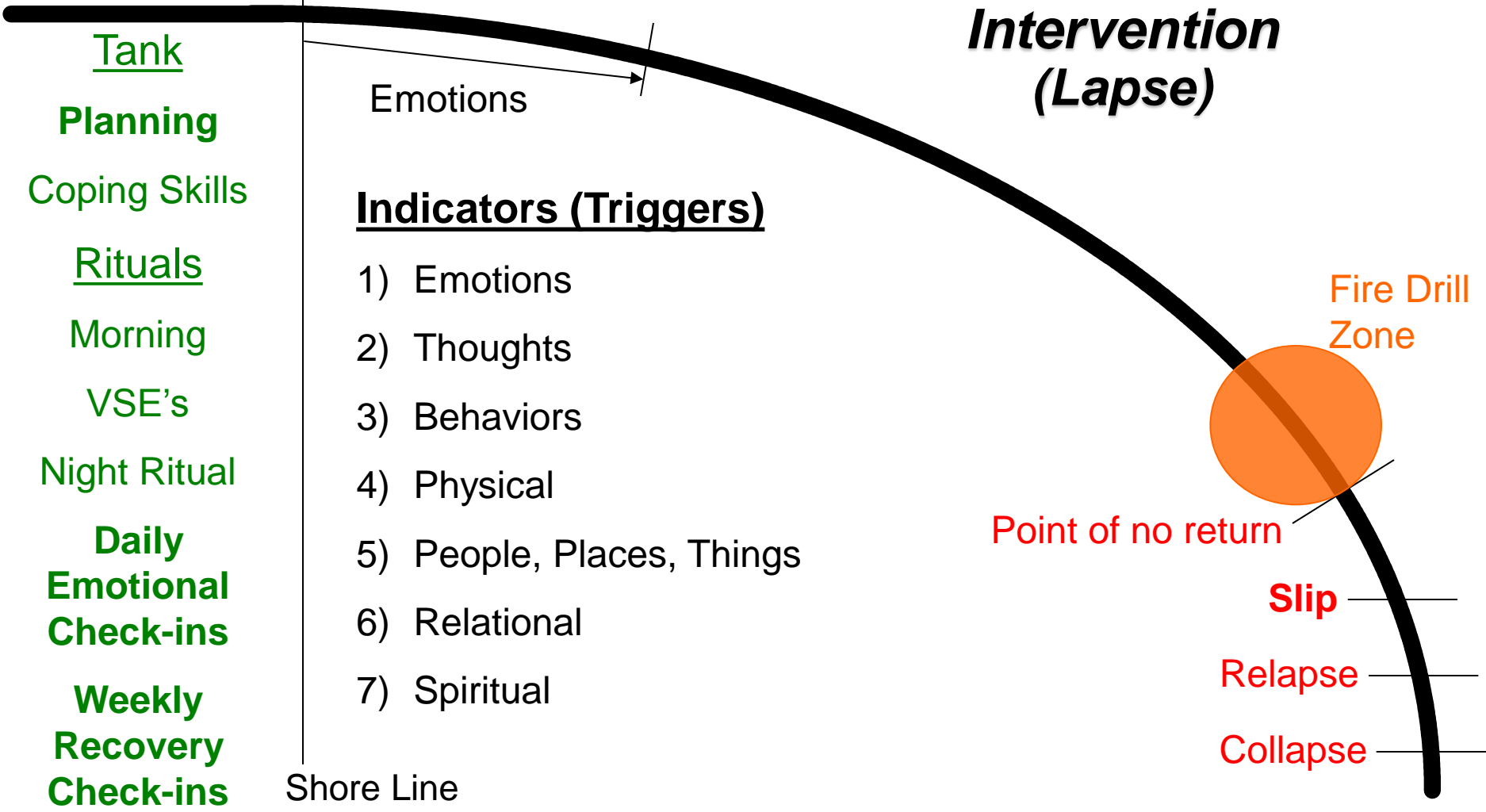
Relapse

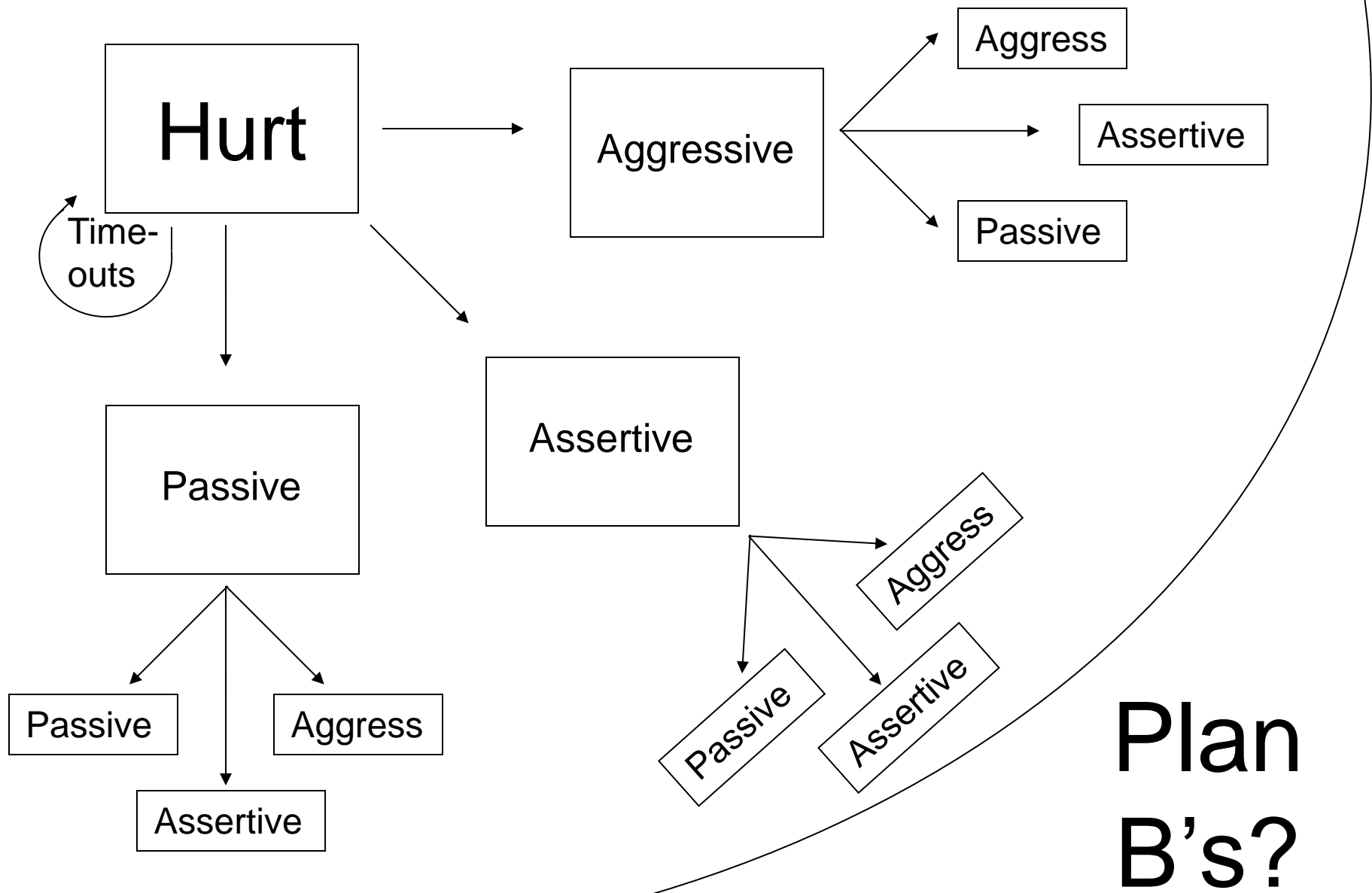
Collapse

The Recovery Hill

Prevention

Intervention (Lapse)





Plan
B's?