

MY PEOPLE PATTERNS

# THE FEELINGS CHART

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# THE FEELINGS CHART

This feelings chart helps people identify their feelings by paying attention to two things that are going on inside of us when we're wondering what we are feeling. The amount of energy we have - how alert, excited or tired and sedentary we feel. It also asks us to qualify if the feeling we have by asking '*Does it feel good, or does it feel bad?*'

## QUANTITY THE ENERGY SCALE

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We are usually quite aware of how much energy we have inside of us, how tired we feel or how excited and vibrant we feel. This scale is asking us to pay attention to how much energy the feeling we are trying to identify has, is it vibrating through us or is it more sedating, subtle or sneaky?

## QUALITY NEGATIVE ..... POSITIVE

As children, we learn about our feelings by identifying if we are feeling "mad, sad, or glad". These are the foundations of our emotional life. As adults, we still all know generally if a feeling we're trying to identify has a positive quality or a negative quality to it, this just takes it one step further.

# THE FEELINGS CHART

## NOTICE

Close your eyes. Notice how you're feeling right now. What emotion has been present for you most of the day

## RATE

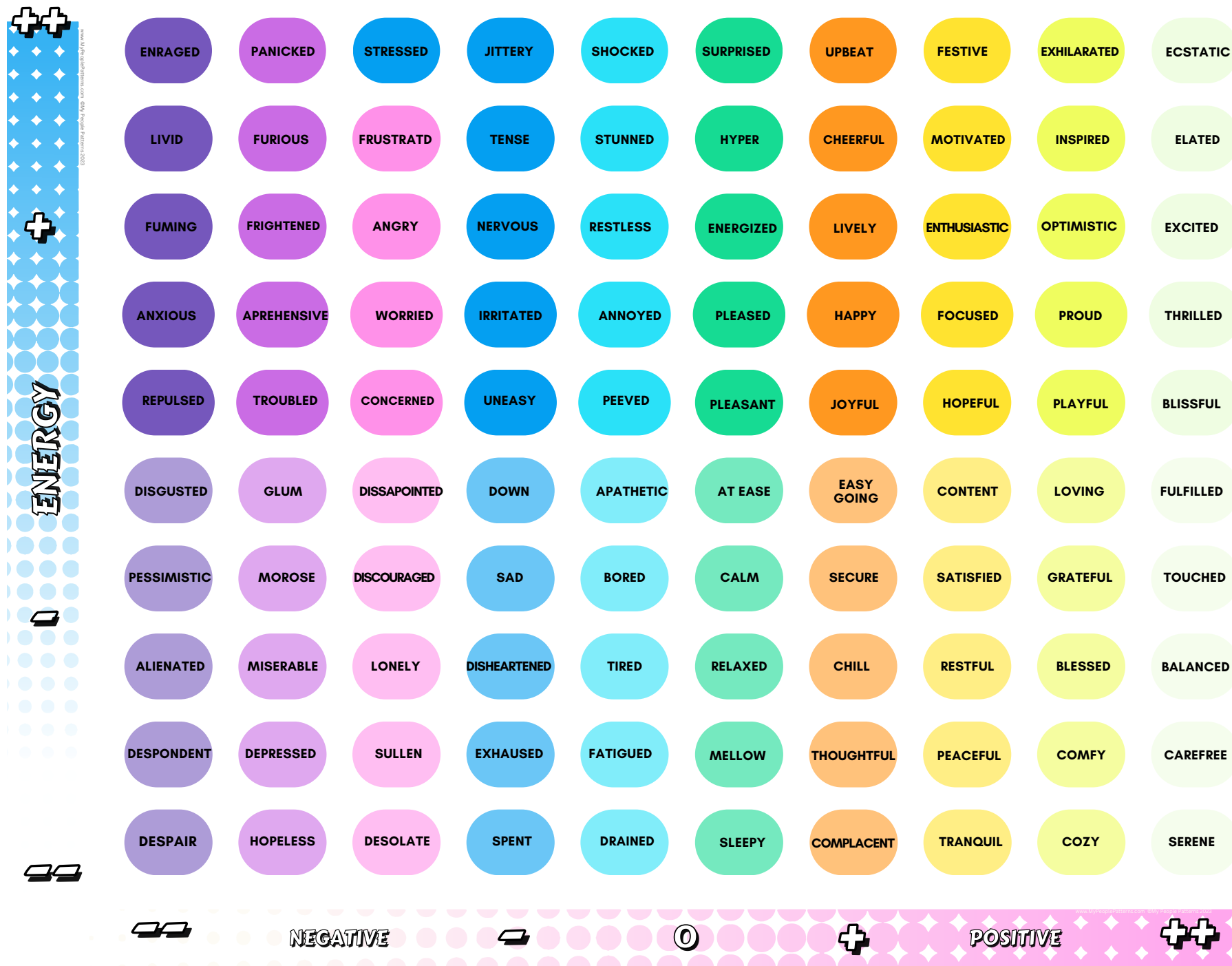
Using a scale of 1-10  
1 (very unpleasant), 10 (very pleasant)  
rate how pleasant the emotion is.  
Using a scale of 1-10  
1 (very low energy), 10 (very high energy)  
rate how high your energy is right now

## PLOT

Find the corresponding numbers on each scale to locate the matching emotion on the chart.  
Example:  
pleasantness 4, energy 6  
emotion = uneasy

## REFLECT

Find the corresponding numbers on each scale to locate the matching emotion on the chart. Example: pleasantness 4, energy 6 emotion = uneasy





## SERENE



ENRAGED	PANICKED	STRESSED	JITTERY	SHOCKED	SURPRISED	UPBEAT	FESTIVE	EXHILARATED	ECSTATIC
LIVID	FURIOUS	FRUSTRATED	TENSE	STUNNED	HYPER	CHEERFUL	MOTIVATED	INSPIRED	ELATED
FUMING	FRIGHTENED	ANGRY	NERVOUS	RESTLESS	ENERGIZED	LIVELY	ENTHUSIASTIC	OPTIMISTIC	EXCITED
ANXIOUS	APREHENSIVE	WORRIED	IRRITATED	ANNOYED	PLEASED	HAPPY	FOCUSED	PROUD	THRILLED
REPULSED	TROUBLED	CONCERNED	UNEASY	PEEVED	PLEASANT	JOYFUL	HOPEFUL	PLAYFUL	BLISSFUL
DISGUSTED	GLUM	DISSAPOINTED	DOWN	APATHETIC	AT EASE	EASY GOING	CONTENT	LOVING	FULFILLED
PESSIMISTIC	MOROSE	DISCOURAGED	SAD	BORED	CALM	SECURE	SATISFIED	GRATEFUL	TOUCHED
ALIENATED	MISERABLE	LONELY	DISHEARTENED	TIRED	RELAXED	CHILL	RESTFUL	BLESSED	BALANCED
DESPONDENT	DEPRESSED	SULLEN	EXHAUSED	FATIGUED	MELLOW	THOUGHTFUL	PEACEFUL	COMFY	CAREFREE
DESPAIR	HOPELESS	DESOLATE	SPENT	DRAINED	SLEEPY	COMPLACENT	TRANQUIL	COZY	SERENE