WHAT’S UNDERNEATH?

Taking the time to slow down and identify what we are really experiencing can help us feel better and can improve our communications and relationships with others.

Using the prompts below, think of a specific action (this could be something you did, or something someone else did) or event and fill in the blank to identify what’s underneath. The feelings list on this page can help you build your mental collection of feelings. This type of activity takes practice, but once you start doing it you’ll find it easier over time.

**I FELT BAD WHEN**

_(ACTION OR EVENT). BUT WHAT I WAS REALLY FEELING WAS ________, ________, AND _________.

**I FELT SAD WHEN**

_(ACTION OR EVENT). BUT WHAT I WAS REALLY FEELING WAS ________, ________, AND _________.

**I FELT MAD WHEN**

_(ACTION OR EVENT). BUT WHAT I WAS REALLY FEELING WAS ________, ________, AND _________.

**I FELT GOOD WHEN**

_(ACTION OR EVENT). BUT WHAT I WAS REALLY FEELING WAS ________, ________, AND _________.

**I FELT HAPPY WHEN**

_(ACTION OR EVENT). BUT WHAT I WAS REALLY FEELING WAS ________, ________, AND _________.

### POSITIVE FEELINGS

- Admiration
- Adoration
- Affection
- Appreciation
- Delight
- Fondness
- Pleasure
- Regard
- Amazement
- Confidence
- Bold
- Courageous
- Positive
- Fearless
- Optimistic
- Encouraged
- Powerful
- Proud
- Trusting
- Secure
- Brave
- Empowered
- Excited
- Enthusiastic
- Delighted
- Amazed
- Dazzled
- Energetic
- Awakened
- Eager
- Charged
- Joyful
- Cheerful
- Festive
- Lighthearted
- Upbeat
- Glad
- Merry
- Elated
- Delighted
- Jubilant
- Hopeful
-tickled
- Pleased
- Peaceful
- Calm
- Quiet
- Trusting
- Fulfilled
- Steady
- Collected
- Composed
- Comfortable
- Centered
- Content
- Relieved
- Mellow
- Level
- Restful
- Still
- At ease
- Satisfied
- Relaxed
- Clear
- Reassured
- Refreshed
- Stimulated
- Replenished
- Exhilarated
- Reinvigorated
- Revived
- Enlivened
- Restored
- Liberated
- Lively
- Passionate
- Vibrant
- Rested
- Inclined
- Engaged
- Connected
- Supported
- Heard
- Respected
- Involved
- Intrigued
- Absorbed
- Fascinated
- Interested
- Charmed
- Entertained
- Captivated
- Engrossed
- Curious
- Surprised
- Curious
- Intrigued
- Absorbed
- Fascinated
- Interested
- Charmed
- Entertained
- Captivated
- Engrossed
- Curious
- Surprised

### NEGATIVE FEELINGS

- Admiration
- Adoration
- Affection
- Appreciation
- Delight
- Fondness
- Pleasure
- Regard
- Amazement
- Confidence
- Bold
- Courageous
- Positive
- Fearless
- Optimistic
- Encouraged
- Powerful
- Proud
- Trusting
- Secure
- Brave
- Empowered
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- Curious
- Surprised
- Curious
- Intrigued
- Absorbed
- Fascinated
- Interested
- Charmed
- Entertained
- Captivated
- Engrossed
- Curious
- Surprised
- Afraid
- Nervous
- Dread
- Frightened
- Cowardly
- Terrified
- Alarmed
- Panicked
- Suspicious
- Worried
- Apprehensive
- Agitated
- Bothered
- Uncomfortable
- Uneasy
- Frenzied
- Irritated
- Offended
- Disturbed
- Troubled
- Unsettled
- Unnerved
- Restless
- Upset
- Angry
- Furious
- Livid
- Irrate
- Resentful
- Hostile
- Aggressive
- Worked up
- Provoked
- Outraged
- Defensive
- Anxious
- Shaky
- Distressed
- Edgy
- Fidgety
- Frazzled
- Irritable
- Jittery
- Overwhelmed
- Restless
- Preoccupied
- Flustered
- Confusion
- Lost
- Disoriented
- Puzzled
- Chaotic
- Uncertain
- Stuck
- Indecisive
- Foggy
- Dazed
- Baffled
- Flustered
- Perturbed
- Perplexed
- Hesitant
- Immobilized
- Ambivalent
- Torn
- Disconnected
- Lonely
- Isolated
- Bored
- Distant
- Removed
- Detached
- Separate
- Broken
- Alloof
- Numb
- Withdrawn
- Rejected
- Out-of-place
- Indifferent
- Misunderstood
- Abandoned
- Alienated
- Disgust
- Appalled
- Horrified
- Disturbed
- Repugnant
- Contempt
- Spiteful
- Animosity
- Hostile
- Bitter
- Embarassment
- Awkward
- Self-conscious
- Silly
- Mortified
- Humiliated
- Flustered
- Chagrined
- Ashamed
- Put down
- Guilty
- Disgraced
- Envy
- Jealous
- Competitive
- Covetous
- Reckless
- Longing
- Insecure
- Inadequate
- Yearning
- Helpless
- Paralyzed
- Weak
- Defenseless
- Powerless
- Invalid
- Abandoned
- Alone
- Incapable
- Useless
- Inferior
- Vulnerable
- Empty
- Distressed
- Pain
- Remorseful
- Regretful
- Disappointed
- Guilty
- Grief
- Miserable
- Agony
- Anguish
- Bruised
- Crushed
- Sadness
- Heartbroken
- Disappointed
- Hopeless
- Regretful
- Depressed
- Pessimistic
- Melancholy
- Sorrowful
- Heavy-hearted
- Low
- Gloomy
- Miserable
- Stress
- Overwhelmed
- Frazzled
- Uneasy
- Cranky
- Distraught
- Dissatisfied
- Weighed down
- Overworked
- Anxious
- Shocked
- Frustrated
- Tired
- Bored
- Fatigued
- Exhausted
- Uninterested
- Worn out
- Fed up
- Drained
- Weary
- Burned out
- Lethargic
- Sleepy
- Depleted
- Vulnerable
- Insecure
- Exposed
- Unguarded
- Sensitive
- Unsafe
- Inferior
- Weak
- Judged
- Inadequate