

THE SEVEN PRIMARY FEELINGS

from Relational Life Therapy Founder Terry Real's bestselling book
"The New Rules of Marriage: What You Need to Know to Make Love Work"
adapted from the work of Pia Mellody

If you believe that you don't have many emotions, you may be surprised to learn that you have plenty of feelings, but somewhere along the way you learned to stop paying attention to them. To get back in touch with your emotions, take some time each day to focus on what you are feeling. Three to six times each day stop and take a minute to ask yourself:
"What am I feeling right now?"

JOY

Happy	Determined	Optimistic
Glad	Wonder	Inspired
Excited	Excited	Jubilant
Amused	Cheerful	Satisfaction
Enthusiastic	Hopeful	Calm
Grateful	Elated	Serene
Calm	Proud	Schadenfreude
Triumphant	Relieved	Ecstatic
Confident	Pleased	Relaxed
Contented	Delighted	Bliss
Couragous	Euphoric	Gleeful

PAIN

Awkward	Dismayed	Empty
Bored	Distressed	Hurt
Confused	Embarrassed	Lonely
Disappointed	Lost	Powerless
Envious	Heart-broken	Restless
Disgusted	Grief-stricken	Rejected
Jealous	Vengeful	Sad
Bewildered	Helpless	Overwhelmed
Longing	Hopeless	Stressed
Despairing	Humiliated	Upset
Tormented	Jealous	Tense

ANGER

Contemptuous	Disgusted	Revolted
Outraged	Sickened	Humiliated
Annoyed	Vengeful	Insulted
Irritated	Hateful	Pressured
Frustrated	Horrorified	Disbelief
Exasperated	Rage	Trapped
Disgruntled	Shocked	Indignation
Resentful	Suspicious	Aggravated
Disapproval	Upset	Furious
Disappointed	Irritated	Bitter
Grouchy	Outraged	Hostile

FEAR

Anxious	Afraid	Vulnerable
Horrified	Reluctant	Paranoid
Worried	Pressured	Overwhelmed
Alarmed	Powerless	Trapped
Panicked	Shocked	Nervous
Scared	Surprised	Hysterical
Doubtful	Terrified	Inadequacy
Distressed	Despair	Stressed
Dread	Alarmed	Confused
Awe	Uneasy	Desperate
Apprehensive	Frightened	Petrified

SHAME

Disgusted	Revolted	Lust
Trapped	Humiliated	Contemptuous
Shock	Sickened	Ashamed
Revulsion	Horrorified	Pathetic
Loathing	Mortified	Regretful

GUILT

Regretful	Ashamed	Contrite
Remorseful	Foolish	Selfish
Helpless	Lust	Sheepish
Horrified	Self-Conscious	Shocked
Sorrowful	Sickened	Dismayed

LOVE

Adoration	Entranced	Captivated	Sympathetic	Trusting	Infatuated
Affection	Compassion	Sentimental	Vulnerable	Proud	Tenderness
Admiration	Desirous	Enthralled	Lust	Contented	Safe
Appreciation	Grateful	Passion	Hopeful	Secure	Longing
Awe	Enthusiastic	Surprised	Satisfied	Attracted	Caring

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