

## **FEELINGS**

### **BELIEFS**

- DO YOU BELIEVE THAT RECOGNIZING CERTAIN FEELINGS IN YOURSELF MAY LEAD TO FACING LIMITATIONS YOU COULDN'T LIVE WITH?
- DO YOU BELIEVE THAT IF YOU EVER BEGIN TO RELEASE EMOTIONS YOU WILL LOSE CONTROL?
- DO YOU BELIEVE THAT YOU CAN'T EXPRESS HOW YOU REALLY FEEL?
- DO YOU BELIEVE THAT YOUR DEEPEST FEELINGS WOULD REALLY SHOCK AND OFFEND OTHERS?
- DO YOU BELIEVE THAT IT IS WORSE TO BE OVERLY EMOTIONAL OR OVERLY OBJECTIVE?
- DO YOU BELIEVE THAT THE MEMORIES OF THE PAST MUST BE BURIED BECAUSE THEY WOULD BRING UP TOO MANY INTENSE EMOTIONS TO DEAL WITH?
- DO YOU BELIEVE THAT IS IT WRONG FOR WOMEN TO DISPLAY THEIR ANGER?
- DO YOU BELIEVE THAT SHOWING FEELINGS IS A FEMININE THING TO DO?
- DO YOU BELIEVE THAT HURTING THE FEELINGS OF OTHERS MUST ALWAYS BE AVOIDED?
- DO YOU BELIEVE THAT YOU SHOULD KEEP YOUR FEELINGS TO YOURSELF OR ELSE YOU'LL HURT OTHER PEOPLE'S FEELINGS AND THEY'LL REJECT YOU?
- DO YOU BELIEVE THAT ALL EMOTIONS CAN BE CONTROLLED?
- DO YOU BELIEVE IT IS ACCEPTABLE FOR MEN TO CRY?
- DO YOU BELIEVE THAT HAVING STRONG FEELINGS IS HARMFUL?
- DO YOU BELIEVE THAT MALES AND FEMALES ARE PROGRAMMED TO DEAL WITH EMOTIONS DIFFERENTLY? WHAT DIFFERENCE DO YOU SEE?
- DO YOU BELIEVE THAT OPEN EXPRESSION OF EMOTION BY A MAN MAKES HIM LESS OF A MAN?

### **EXPERIENCES**

- WHAT IS SOMETHING YOU USED TO FEEL BUT FEEL NO LONGER?
- HOW DO YOU FEEL RIGHT NOW?
- WHAT IS YOUR FAVORITE FEELING?
- DO YOU OWN YOUR FEELINGS?
- ARE YOU RULED MORE BY YOUR HEAD OR YOUR HEART?
- DO YOU EXPRESS YOUR FEELINGS IN APPROPRIATE WAYS?
- HOW MUCH OF YOUR MOOD IS AFFECTED BY THE WEATHER?
- HOW EASILY IS YOUR MOOD AFFECTED BY COLORS AROUND YOU?
- DOES YOUR MOOD FLUCTUATE MUCH?
- DO YOU EXPERIENCE OR TRY TO AVOID SERIOUS MOOD SWINGS?
- WHEN WAS THE LAST TIME YOU EXPRESSED YOUR FEELINGS?
- DOES A FEAR OF BEING MISUNDERSTOOD OR REJECTED KEEP YOU FROM REVEALING YOUR TRUE FEELINGS TO OTHERS?
- DO YOU EVER WISH YOU WERE MORE OF AN EMOTIONALLY ALIVE AND PASSIONATE PERSON?
- WITH WHICH EMOTIONS ARE YOU THE MOST COMFORTABLE?
- ARE YOU MORE LIKELY TO SHARE YOUR OPINIONS THAN YOUR FEELINGS?
- DO YOU EVER FEEL THAT SHARING YOUR FEELINGS IS AN IMMATURE THING TO DO?
- WHEN YOU FEEL VERY STRONGLY ABOUT SOMETHING ARE YOU LIKELY TO EXPRESS IT OR COVER IT OVER?
- WHICH EMOTIONS DO YOU FEEL LEAST FREE TO EXPRESS?
- WHEN YOU WERE A CHILD WERE YOU VERY SENSITIVE OR WAS IT RELATIVELY HARD TO GET TO YOU?
- CAN YOU EXPRESS YOUR FEELINGS IN HEALTHY AND CONSTRUCTIVE WAYS?
- HOW MUCH DIFFICULTY DO YOU HAVE IN DEALING WITH YOUR EMOTIONS OR THOSE OF OTHERS?
- DO YOU CONSIDER YOURSELF SENTIMENTAL?
- DO YOU EXPRESS WHEN YOUR FEELINGS ARE HURT?
- DO YOU EVER ATTEMPT TO NUMB YOUR FEELINGS? WHAT FEELINGS DO YOU TEND TO NUMB? WHAT MEANS ARE YOU MOST LIKELY TO USE?-WORK, SUBSTANCE ABUSE, EATING,

**SLEEPING, EXCESSIVE ACTIVITY?**

- DO YOU EVER HAVE STRONG EMOTIONAL UPS AND DOWNS AND NOT KNOW WHY?
- ARE YOU OFTEN EMBARRASSED TO SHOW YOUR FEELINGS?
- ARE YOU MORE OF A RATIONAL, DETACHED, INTELLECTUAL PERSON OR AN EMOTIONAL, FEELING AND SUBJECTIVE PERSON?
- HOW OFTEN DO YOU DISCUSS YOUR REAL FEELINGS WITH THOSE YOU CARE ABOUT?
- HOW HAPPY ARE YOU WITH YOUR LEVEL OF EMOTIONAL STABILITY?
- WHEN YOU REALLY NEED HELP WHAT DO YOU FEEL?
- WHAT IS A FEELING YOU'VE HAD A HARD TIME EXPRESSING?
- WHEN WAS THE LAST TIME YOU TOLD SOMEONE HOW YOU WERE FEELING?
- HOW EMOTIONAL ARE YOU?
- WERE YOU TOLD BY YOUR PARENTS NOT TO SHOW YOUR FEELINGS?
- WHICH OF THESE FEELING WAS IT NOT ACCEPTABLE TO SHOW IN YOUR FAMILY?- ANGER?, SADNESS?, HURT?, UPSET?
- WOULD YOU DESCRIBE YOURSELF AS NOT BEING SURE HOW YOU FEEL MOST OF THE TIME?
- DO YOU LET YOUR FEELINGS OUT?
- WHAT MESSAGES DID YOU RECEIVE FROM YOUR MOTHER AND OTHER WOMEN ABOUT EXPRESSING EMOTION?
- WHAT MESSAGES DID YOU RECEIVE FROM YOUR FATHER AND OTHER MEN ABOUT EXPRESSING EMOTION?
- WHEN SOMEONE YOU DON'T KNOW SMILES AT YOU HOW DO YOU FEEL?
- CAN YOU EXPRESS YOUR FEELINGS CARINGLY WITH CONVICTION AND HONESTY?
- WHAT MESSAGES DID YOU RECEIVE FROM YOUR PEERS ABOUT EXPRESSING EMOTION?
- WHAT MESSAGES DID YOU RECEIVE FROM YOUR RELIGION ABOUT EXPRESSING EMOTION?
- WHAT MESSAGES DID YOU RECEIVE FROM YOUR PERSONAL EXPERIENCES ABOUT EXPRESSING EMOTION?
- WHAT ARE THE FEELINGS YOU HAVE LABELED NEGATIVE AND WOULD DO ALMOST ANYTHING TO AVOID?
- DO YOU HAVE THE ABILITY TO BALANCE THOUGHTS AND FEELINGS? WHICH SIDE DO YOU TEND TO END UP ON?
- DO YOU EVER TELL OTHERS (OR YOURSELF) THAT THEY SHOULDN'T FEEL A CERTAIN WAY?
- HOW WELL DO YOU GET THINGS THAT ARE BOTHERING YOU OUT INTO THE OPEN?
- WHAT ARE SEVERAL FEELINGS THAT YOU HAVE REGULARLY THAT YOU EXPERIENCE AS NEGATIVE? WHAT BRINGS THESE FEELINGS ON?
- DO YOU BELIEVE THAT NO ONE ELSE CAN "MAKE" YOU FEEL ANYTHING?
- DO YOU BELIEVE THAT ALL FEELINGS ARE OK?
- WOULD OTHERS DESCRIBE YOU AS MOODY? WOULD YOU DESCRIBE YOURSELF THAT WAY?
- IS IT HARDER FOR YOU TO FEEL SAD OR ANGRY?
- HOW ABLE ARE YOU TO DEAL WITH FEELINGS THAT ARE PAINFUL?
- DO YOU FEEL MOST PEOPLE ARE EMOTIONALLY WARM OR COLD?
- HOW WILLING ARE YOU TO SHARE YOUR FEELINGS WITH OTHERS?
- HOW AWARE DO YOU FEEL YOU ARE ABOUT OTHER PEOPLE'S FEELINGS?
- DO YOU FEEL MEN OR WOMEN ARE MORE SENSITIVE TO FEELINGS?
- DO YOU HAVE STRONG EMOTIONAL UPS AND DOWNS?
- WHAT FEELINGS ARE YOU BURYING? WHAT MIGHT THEY BE TRYING TO TELL YOU?
- DO YOU HAVE SERIOUS MOOD SWINGS?
- ARE YOU IN TOUCH WITH YOUR FEELINGS AND HOW YOU EXPRESS THEM?
- WHAT HAVE BEEN IMPORTANT DECISIONS IN YOUR LIFE YOU HAVE MADE. BASED ON GUT LEVEL FEELINGS?
- WHICH OF THESE FEELINGS LIMITS YOU MOST: GUILT, FEAR, RESENTMENT?