

Enabling

Feelings Awareness

VERBAL SKILL IN CHOOSING FEELING WORDS

When I am loved, I feel

_____, _____, _____,
_____, _____, _____

When I am rejected, I feel

_____, _____, _____,
_____, _____, _____

When I am loving, I feel

_____, _____, _____,
_____, _____, _____

When I am rejecting, I feel

_____, _____, _____,
_____, _____, _____

When I am happy, I feel

_____, _____, _____,
_____, _____, _____

When I am sad, I feel

_____, _____, _____,
_____, _____, _____

When I am afraid, I feel

_____, _____, _____,
_____, _____, _____

When I am angry, I feel

_____, _____, _____,
_____, _____, _____

When I am mixed-up, I feel

_____, _____, _____,
_____, _____, _____

NOTE: Cross out repetitions. A score of 25 or more feeling words is adequate.