

The Nine Families of Emotions

Instructions:

Take your time. Put your hand on your stomach or your chest and feel what you are feeling. As you look through the list of emotions identify what you resonate with the most. Breathe into it and just allow yourself to feel it fully without needing to change or fix it.

Happy Includes:

Delighted, Blissful, Excited, Enthusiastic, Glad, Gleeful, Joyful, and Grateful.

Sad includes:

Disheartened, Down, Gloomy, Discouraged, Grieving, Hurt, Lonely and Melancholy.

Angry includes:

Bitter, Agitated, Enraged, Exasperated, Furious, Resentful, Mad, and Irritated.

Afraid includes:

Anxious, Fearful, Horrified, Nervous, Scared, Panicked, Shaky and Terrified.

Playful includes:

Childlike, Adventurous, Creative, Light-hearted, Free, Lively, Spontaneous and Whimsical.

Loving includes:

Affectionate, Compassionate, Kind, Friendly, Nurturing, Trusting, Tender and Warm.

Confused includes:

Ambivalent, Bewildered, Hesitant, Perplexed, Conflicted, Torn, Uneasy and Troubled.

Depressed includes:

Dejected, Burnt-out, Helpless, Despondent, Hopeless, Worn, Withdrawn and Listless.

Peaceful includes:

Contented, Calm, Quiet, Relaxed, Satisfied, Serene and Tranquil,