

Consider a problem that you face.
Which emotions are you avoiding,
downplaying or ignoring?

1. Use the lists below to identify one or more emotions that you feel in reference to a specific challenge. Circle all that apply. If the ones you feel are missing, add them.
2. What are the results of your act of ignoring or avoiding those emotions?
3. What would happen if you acknowledge your emotions and think about what triggered them? When you know what made them surface, how might you respond to those triggers in a calm and accepting way?

Anger	Sadness	Fear	Disgust
frustrated	disconnected	anxious	distaste
agitated	dissatisfied	worried	nauseated
resentful	disappointed	concerned	aversion
annoyed	pity	distressed	loathing
insulted	depressed	panic	revulsion

Shame	Joy	Love	Surprise
disrespected	delighted	belonging	wonder
unworthy	happy	empathic	astonished
powerless	fulfilled	caring/cared for	confused
humiliated	pleased	included	shocked
regretful	positive	warmth	disgusted