

**CBSST: PHYSICAL FEELINGS AND THOUGHTS THAT MAY HELP
YOU IDENTIFY YOUR EMOTIONS**

<u>Emotion</u>	<u>Physical feelings and thoughts</u>
Hurt	Lump in throat, hard to talk, tears, try to take deep breaths
Fear	Falling back, sweaty palms, pulling away from inside, increased heartbeat
Anxiety	Fear, weight on chest, hard to breathe, increased heartbeat, trying to take deep breaths
Anger	Verbal, raise voice, knot in stomach, clenched jaw
Hate	Get away, can't stand to look at the person or be near them
Mad/rage	Violence, feel like hitting, see red, blind to what's happening
Resentment	Re-feel feelings, revenge, "I'll fix you!"
Rejection	Slap in the face, empty
Unloved	Follows rejection, isn't loved
Unwanted	Follows rejection, not needed, not desired, in the way
Helpless	Trapped, hands tied
Hopeless	Down, restless, wringing hands
Worthless	Rug on the floor, totally no good, empty
Used	Guilt, shame, anger
Embarrassed	Red faced, hot cheeks
Shame	Red faced, under, shrunk up
Guilt	Shrinking, avoid looking in another's eyes, weight on shoulders
Depressed	Down, lack of ambition, listless, lasts a long time
Sad	Down for just a day or two
Lonely	Pain in chest, empty spot

