

## **CBSST: Physical Feelings and Thoughts that May Help You Identify Your Emotions**

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



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