

Feelings Inventory

Emotion	Sensation	Context	Expression	Relationship
What am I feeling?	How do I physically recognize what I am feeling?	When/where do I have this feeling?	What do I do with feeling? Express/ implode/ explode	Whom does feeling involve, if anyone?
SCARED Panic-stricken Afraid Terrified Stress-filled Frightened Nervous Anxious Jittery Startled Tense	Tight down the back of neck and shoulders, tight across chest, constricted in breathing			
ANGRY Violent Upset Rage-filled Resentful Irate Disgusted Furious Frustrated Inflamed Irritated Mad Depressed	Tight jaw, clenched fists, pain in pit of stomach, tension in neck, arms want to hit			
SAD Grieved Dejected Mournful Distressed Melancholy Mopey Heartbroken Blue	Tightness in throat, behind the eyes, and down the center of the chest.			
HAPPY Joyous Content Complete Relaxed Fulfilled Pleased Optimistic Peaceful Satisfied	Relaxed Muscles			
EXCITED Ecstatic Perky Energetic Sexual Aroused Antsy Effusive Nervous Bouncy Jittery	Jumpy and shivery all over, fast pulse			
TENDER Intimate "With you" Loving Touched Warm-hearted Kind Gentle Empathic Soft Sympathetic	Soft tears around eyes, "full" sensations around heart, arms want to hug			

This exercise is designed to help you become aware of your feeling experience. 1. Familiarize yourself with the six SASHET words (scared, angry, sad, happy, excited, tender). Feel free to add your feeling vocabulary to the chart. 2. Begin with identifying a feeling. Do this at least three times per day. If you are not able to identify an emotion, then describe the physical sensations that accompany the feeling and match it to one of the SASHET experiences. 3. Write the place, time, and circumstances of your feeling. 4. Monitor what you do with your feeling. Do you put it into appropriate words and actions (express)? Or hold it in (implode)? Or put the feeling into destructive words and actions (explode)? 5. Write in who this feeling is toward.