

Emotion Checklists: Identifying Your Feelings, Pleasant and Not

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By Athena Staik, Ph.D.

When it comes your body or life, not much happens without emotion. To your brain, emotions are essential chemical signals that connect all the systems of your body 24/7, in a complex and sophisticated communication network like no other.

To your mind, or conscious and subconscious self, your body's ability to transmit signals of emotion and physical sensations help you survive and thrive the myriad of social, intellectual and emotional (spiritual?) challenges of life, which are natural to your own unique growth and development patterns.

How vital is this communication? Quite. As it is impossible not to communicate or to relate, it's a quality of life matter.

Like it or not, you are a walking-talking communication system. To be alive is to communicate, to relate, and to connect with the world within and around you. Your brain is a relationship organ, which makes you a social being at heart.

In a sense, to fully live is to be completely free to feel the full range of your emotions, pleasant and unpleasant, as action signals or messages that inform your choices, and not judgments of who you are.

To realize that you are *not* your emotions, however, and rather the conscious observer and creator, you need *emotion mastery*.

Emotion mastery is the ability to consciously connect and feel, process and regulate your emotions effectively, particularly the painful or unpleasant ones. It's not easy for most as our painful emotions are rooted in fear

It involves whole body listening and makes effective communication with your self and others possible. There are several reasons to develop emotion mastery, to include that emotions:

- Inform your choices.
- Add meaning to life and to relationships.
- Help you to better understand your self, own wants, drives, dreams, etc.
- Facilitates better understanding of others and life around you.
- Matures and grows your wisdom or wise-self.



Are you connected to your emotions? Do you feel or identify a wide range of emotions? Are there some that are taboo, that you insist you've never felt?

Regardless of whether you are aware of them or not, emotions are designed to add multiple dimension of meaning to your life. They are to your body what electricity is to a lamp or fuel is to a car. Emotions are not just fluff, they have a physiological effect on your brain and body, and modulate the body's autonomic nervous system accordingly.

It's safe to say, communication is the tool of life. And this double-edged sword gives you a choice to communicate in a way that either creates and strengthens, or tears down and weakens your relationships, to include the one with your self.

Below are two lists of emotion-words that express your feelings and physical sensations. This is not an exhaustive list. This list can be used to deepen your awareness and connection to your emotions and feelings.

PLEASANT — LOVE-BASED EMOTIONS

SECURE: safe, calm, comfortable, relaxed, relieved, trusting

LOVING: caring, warm, compassionate, affectionate, tender, friendly

ENGAGED: energetic, involved, interested, absorbed, fascinated

HAPPY: joyful, glad, pleased, delighted, amused, jubilant

CONFIDENT: optimistic, strong, empowered, hopeful, encouraged

GRATEFUL: appreciative, thankful, touched, satisfied, fulfilled

ELATED: thrilled, exhilarated, enchanted, exuberant, ecstatic

REFRESHED: renewed, restored, revived, invigorated, rejuvenated

SURPRISED: amazed, astonished, dazzled

PEACEFUL: calm, centered, serene, tranquil, still, blissful, mellow

UNPLEASANT – FEAR-BASED EMOTIONS

ANGRY: annoyed, irritated, upset, furious, enraged, resentful

SAD: depressed, discouraged, unhappy, disheartened, despair

SCARED: fearful, frightened, insecure, terrified, overwhelmed

UNEASY: agitated, restless, uncomfortable, unsettled

FRUSTRATED: aggravated, annoyed, exasperated, impatient, irritated

HATE: contempt, disgust, repulsed, enraged, animosity

CONFUSED: puzzled, torn, perplexed, ambivalent, discombobulated

WARY: leery, mistrustful, suspicious, apprehensive, anxious, guarded

VULNERABLE: sensitive, fragile, helpless, reserved, guarded

ALONE: disconnected, cold, alienated, withdrawn distant, apathetic

FATIGUE: depleted, beat, exhausted, cranky, lethargic, tired, weary

GUILTY: liable, regret, remorse, awful, bad, culpable

EMBARRASSED: shocked, ashamed, flustered, self-conscious

PAIN: hurt, agony, despair, devastated, alone, lost, miserable, bitter

Relationship consultant, author, licensed marriage and family therapist, Dr. Athena Staik shows clients how to break free of anxiety, addictions, and other emotional blocks, to awaken radiantly healthy lives and relationships. Dr. Staik is currently in private practice in Northern VA, and writing her book, *Safe Enough to Love™: Breaking Free of Addictive Love in Couple Relationships*. To contact Dr. Staik for information, an appointment or workshop, visit www.drstaik.com, or visit on her Facebook fan page [DrAthenaStaik](https://www.facebook.com/DrAthenaStaik)

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