

## Body Barometer

Body Sensation	Emotion	Body Sensation	Emotion
Wobbliness in legs		Inability to relax	
Pounding heart		Dizziness, lightheaded	
Heart palpitations		Tiredness - Lethargy	
Frequent urination or urge to urinate		Feel hungry, but are full when you start to eat	
Feelings of choking		Trembling, twitching, shakiness	
Irritability		Headaches	
Shortness of breath		Dry mouth	
Indigestion or nausea – upset stomach		Feeling faint	
Flushed face		Sweating	
Diarrhea, constipation		Muscle tension	
Restlessness, quick to startle		Sore muscles	
Difficulty concentrating		Mind going blank	
Lump in your throat		Knot in chest or stomach	
Numbness & Tingling		Hot flashes or chills	
Energetic		Light on Feet	
Smiling		Lighthearted	
Broken heart			

## THE FEELING LIST

### Happy

festive  
contented  
relaxed  
calm  
satisfied  
serene  
comfortable  
peaceful  
joyous  
ecstatic  
enthusiastic  
inspired  
glad  
pleased  
grateful  
cheerful  
lighthearted  
buoyant  
carefree  
optimistic  
spirited  
sparkling  
merry  
generous  
exhilarated  
playful  
elated  
jubilant  
thrilled

### Angry

Resentful  
irritated  
enraged  
furious  
annoyed  
inflamed  
infuriated  
offended  
indignant  
irate  
wrathful  
cross  
bitter  
frustrated  
grumpy  
confused  
fuming  
belligerent

### Sad

sorrowful  
unhappy  
depressed  
melancholic  
gloomy  
sombre  
dismal  
heavy-hearted  
quiet  
mournful  
dreadful  
dreary  
flat  
blah  
dull  
in the dumps  
sullen  
moody  
sulky  
out of sorts  
low  
discontented  
discouraged  
disappointed  
concerned  
sympathetic  
compassionate  
choked-up  
embarrassed  
useless  
ashamed  
worthless  
hopeless

### Fearless

encouraged  
courageous  
confident  
secure  
independent  
reassured  
bold  
brave  
daring  
heroic  
hardy  
determined  
loyal  
proud

### Afraid

fearful  
frightened  
timid  
shaky  
apprehensive  
fidgety  
terrified  
panicky  
hysterical  
alarmed  
cautious  
shocked  
horrified  
insecure  
impatient  
nervous  
dependent  
anxious  
pressured  
worried  
doubtful  
suspicious  
hesitant  
dismayed  
scared  
cowardly  
threatened  
petrified

### Doubtful

wavering  
hesitant  
perplexed  
indecisive  
awkward  
bewildered  
unbelieving  
sceptical  
distrustful  
suspicious  
dubious  
uncertain  
questioning  
evasive

### Affectionate

close  
loving  
sexy  
tender  
passionate  
appealing  
warm  
seductive

### Eager

keen  
earnest  
intent  
zealous  
ardent  
avid  
enthusiastic  
desirous  
excited  
proud

### Hurt

despairing  
lonely  
cold  
heartbroken  
upset  
crushed  
aching  
worried  
suffering  
pained  
distressed  
offended  
isolated  
injured

### Interested

fascinated  
engrossed  
intrigued  
absorbed  
curious  
inquisitive  
inquiring  
creative