WHAT'S UNDERNEATH?

Taking the time to slow down and identify what we are really experiencing can help us feel better and can improve our communications and relationships with others.

Using the prompts below, think of a specific action (this could be something you did, or something someone else did) or event and fill in the blank to identify what’s underneath. The feelings list on this page can help you build your mental collection of feelings. This type of activity takes practice, but once you start doing it you'll find it easier over time.

I FELT BAD WHEN ____________________________ (ACTION OR EVENT), BUT WHAT I WAS REALLY FEELING WAS ____________________________ AND ____________________________.

I FELT SAD WHEN ____________________________ (ACTION OR EVENT), BUT WHAT I WAS REALLY FEELING WAS ____________________________ AND ____________________________.

I FELT MAD WHEN ____________________________ (ACTION OR EVENT), BUT WHAT I WAS REALLY FEELING WAS ____________________________ AND ____________________________.

I FELT GOOD WHEN ____________________________ (ACTION OR EVENT), BUT WHAT I WAS REALLY FEELING WAS ____________________________ AND ____________________________.

I FELT HAPPY WHEN ____________________________ (ACTION OR EVENT), BUT WHAT I WAS REALLY FEELING WAS ____________________________ AND ____________________________.

POSITIVE FEELINGS

Admiration  Joyful
Adoration  Cheerful
Affection  Festive
Appreciation  Lighthearted
Delight  Unbeast
Fondness  Glad
Pleasure  Merry
Regard  Elated
Anamement  Delighted

Affectonate  Jubilant
Caring  Hopeful
Friendly  Tikled
Loving  Pleased
Sympathetic  Thankful
Warm  Moved
Doting  Appreciative
Tender  Recognized
Attached  Indulged

Confident  Grateful
Bold  Quiet
Courageous  Trusted
Positive  Trusted
Fealess  Secure
Optimistic  Strong
Encouraged  Brave
Powerful  Empowered
Proud  Courage

Stressed  Enthusiastic
Alert  Involved
Anxied  Intrigued
Passionate  Absorbed
Aroused  Fascinated
Exposed  Captivated
Alerted  Engaged
Alerted  Curious
Alerted  Surprised

NERATIVE FEELINGS

Afraid  Joyful
Nervous  Cheerful
Dread  Festive
Frightened  Lighthearted
Cowardly  Unbeast
Terrified  Glad
Indifferent  Merry
Uncertain  Elated
Alarmed  Delighted
Panicked  Jubilant
Suspicious  Hopeful
Worried  Tikled
Apprehensive  Pleased

Agitated  Agitated
Bothered  Bewildered
Uncomfortable  Unsettled
Uneasy  Unrelieved
Fretted  Comforted
Irritated  Content
Offended  Relieved
Disturbed  Mellow
Troubled  Level
Un安定  Restful
Restless  Still
Upset  At ease

Angry  At ease
Furious  Satisfied
Living  Released
Irate  Satisfied
Painful  Angry
Hostile  Angry
Aggressive  Satisfied
Worked up  Hostile
Prowled  Angry
Outraged  Bitter

Disبن  Bitter
Disappointed  Hostile
Regretful  Bitter
Loved  Guilty
Contempt  Guilty
Satisfied  Satisfied
Hostile  Hostile

Disguise  Annoyed
Appeased  Disturbed
Pestified  Inadequate
Rejoiced  Inadequate
Consolated  Inadequate
Delighted  Inadequate

Embarrassment  Guilty
Awkward  Inadequate
Self-conscious  Inadequate
Silly  Inadequate
Faulted  Inadequate
Humiliated  Inadequate
Chagrined  Inadequate
Ashamed  Inadequate
Put-down  Inadequate
Guilty  Inadequate

Stress  Guilty
Overwhelmed  Disgraced
Frazzled  Disgraced
Overwhelmed  Disgraced
Unhappy  Disgraced
Cranky  Disgraced
Dissatisfied  Disgraced
Unsatisfied  Disgraced
Overworked  Disgraced
Anxious  Disgraced

Women  Disgraced
Empowered  Disgraced
Confident  Disgraced
Bold  Disgraced
Courageous  Disgraced
Positive  Disgraced
Fealess  Disgraced
Optimistic  Disgraced
Encouraged  Disgraced
Powerful  Disgraced
Proud  Disgraced

Sadness  Disgusted
Heartbroken  Disgusted
Disappointed  Disgusted
Hopeless  Disgusted
Regretful  Disgusted
Depressed  Disgusted
Dejected  Disgusted
Sorrowful  Disgusted
Heavy-hearted  Disgusted
Low  Disgusted
Gloomy  Disgusted
Miserable  Disgusted

Angry  Disgusted
Furious  Disgusted
Hostile  Disgusted
Aggressive  Disgusted
Worked up  Disgusted
Prowled  Disgusted
Outraged  Disgusted

Disgid  Disgusted
Satisfied  Disgusted
Disappointed  Disgusted
Regretful  Disgusted
Loved  Disgusted
Contempt  Disgusted
Satisfied  Disgusted
Hostile  Disgusted

Disguise  Disgusted
Appeased  Disgusted
Pestified  Disgusted
Consolated  Disgusted
Delighted  Disgusted

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