



Acknowledging Thoughts & Feelings: WORKSHEET 1d

_____ Situation _____ Initials _____ Date

FEELINGS-CHECK

What words would describe how I'm feeling?

List of Basic Feelings when our needs **ARE** met (fulfilled)

Amazed	Happy	Proud
Comfortable	Hopeful	Relieved
Confident	Inspired	Stimulated
Eager	Intrigued	Surprised
Energetic	Joyous	Thankful
Fulfilled	Moved	Touched
Glad	Optimistic	Trustful

List of Basic Feelings when our needs **NOT** met (unfulfilled)

Angry	Embarrassed	Nervous
Annoyed	Frustrated	Overwhelmed
Concerned	Helpless	Puzzled
Confused	Hopeless	Reluctant
Disappointed	Impatient	Sad
Discouraged	Irritated	Uncomfortable
Distressed	Lonely	

NOTING FEELINGS

I'm aware of a feeling of "_____"

NOTING THOUGHTS

The mind is a thought-machine, and generating thoughts is what it does. This exercise is about noting your thoughts, just as mental events, passing through the mind. Thoughts are information, not instructions.

I'm aware I'm having the thought of "_____"

I'm noticing the tendency to think "_____"

ACKNOWLEDGING: "Just for this moment, while I pause and compose, I can acknowledge it's already there or passing by without getting hooked into it. I'm aware it's there and accept it's normal and human.

Other ideas people use

Using an acronym to quickly note and make sense of present 'state'

DO I HAVE THE HALTS? Am I either.....

- **H**ungry?
- **A**ngry?
- **L**onely?
- **T**ired? or
- **S**tressed?

Because that normally affects me by.....

So, knowing that now, I'll take it easy or have a break, or let my workmate know