

What are you feeling?

Typically in your relationship when you are not satisfied or upset you may express anger, frustration, irritation and/or resentment towards your partner. *However*, there are also vulnerable and deeper feelings also being triggered. It is **important** to identify and get in touch with these feelings so you can start not only having a meaningful and intimate relationship with yourself but also with your partner.

Please think about your last argument or the worst argument you had. Or perhaps a typical disagreement or fight with your partner. Now check off the softer feelings you were experiencing underneath your anger. (**Check all that apply**)

- | | | | |
|---|--|---|--|
| <input type="checkbox"/> AFRAID | <input type="checkbox"/> irritated | <input type="checkbox"/> indifferent | <input type="checkbox"/> tired |
| <input type="checkbox"/> apprehensive | <input type="checkbox"/> irked | <input type="checkbox"/> numb | <input type="checkbox"/> weary |
| <input type="checkbox"/> dread | <input type="checkbox"/> CONFUSED | <input type="checkbox"/> removed | <input type="checkbox"/> worn out |
| <input type="checkbox"/> foreboding | <input type="checkbox"/> ambivalent | <input type="checkbox"/> uninterested | <input type="checkbox"/> TENSE |
| <input type="checkbox"/> frightened | <input type="checkbox"/> baffled | <input type="checkbox"/> withdrawn | <input type="checkbox"/> anxious |
| <input type="checkbox"/> mistrustful | <input type="checkbox"/> bewildered | <input type="checkbox"/> EMBARRASSED | <input type="checkbox"/> cranky |
| <input type="checkbox"/> nervous | <input type="checkbox"/> dazed | <input type="checkbox"/> ashamed | <input type="checkbox"/> distressed |
| <input type="checkbox"/> panicked | <input type="checkbox"/> hesitant | <input type="checkbox"/> chagrined | <input type="checkbox"/> distraught |
| <input type="checkbox"/> petrified | <input type="checkbox"/> lost | <input type="checkbox"/> flustered | <input type="checkbox"/> edgy |
| <input type="checkbox"/> scared | <input type="checkbox"/> mystified | <input type="checkbox"/> guilty | <input type="checkbox"/> fidgety |
| <input type="checkbox"/> suspicious | <input type="checkbox"/> perplexed | <input type="checkbox"/> humiliated | <input type="checkbox"/> frazzled |
| <input type="checkbox"/> terrified | <input type="checkbox"/> puzzled | <input type="checkbox"/> mortified | <input type="checkbox"/> irritable |
| <input type="checkbox"/> wary | <input type="checkbox"/> torn | <input type="checkbox"/> self-conscious | <input type="checkbox"/> jittery |
| <input type="checkbox"/> worried | <input type="checkbox"/> DISCONNECTED | <input type="checkbox"/> FATIGUE | <input type="checkbox"/> nervous |
| <input type="checkbox"/> ANNOYED | <input type="checkbox"/> alienated | <input type="checkbox"/> beat | <input type="checkbox"/> overwhelmed |
| <input type="checkbox"/> aggravated | <input type="checkbox"/> aloof | <input type="checkbox"/> burnt out | <input type="checkbox"/> restless |
| <input type="checkbox"/> dismayed | <input type="checkbox"/> apathetic | <input type="checkbox"/> depleted | <input type="checkbox"/> stressed out |
| <input type="checkbox"/> disgruntled | <input type="checkbox"/> bored | <input type="checkbox"/> exhausted | <input type="checkbox"/> VULNERABLE |
| <input type="checkbox"/> displeased | <input type="checkbox"/> cold | <input type="checkbox"/> lethargic | <input type="checkbox"/> fragile |
| <input type="checkbox"/> exasperated | <input type="checkbox"/> detached | <input type="checkbox"/> listless | <input type="checkbox"/> guarded |
| <input type="checkbox"/> frustrated | <input type="checkbox"/> distant | <input type="checkbox"/> sleepy | <input type="checkbox"/> helpless |
| <input type="checkbox"/> impatient | <input type="checkbox"/> distracted | | <input type="checkbox"/> insecure |

**VULNERABLE
(continued)**

- leery
- reserved
- sensitive
- shaky
- powerless
- AVERSION**
- animosity
- appalled
- contempt
- disgusted
- dislike
- hate
- horrified
- hostile
- repulsed

- DISQUIET**
- agitated
- alarmed
- discombobulated
- disconcerted
- disturbed
- perturbed
- rattled
- restless
- shocked
- startled
- surprised
- troubled
- turbulent
- turmoil
- uncomfortable
- uneasy
- unnerved
- unsettled

- PAIN**
- agony
- anguished
- bereaved
- crushed
- devastated
- grief
- heartbroken
- hurt
- lonely
- miserable
- regretful
- remorseful
- SAD**
- depressed
- dejected
- despair
- despondent
- disappointed
- discouraged
- disheartened
- forlorn
- gloomy
- heavy hearted
- hopeless
- melancholy
- unhappy
- wretched

- YEARNING**
- envious
- jealous
- longing
- nostalgic
- pining
- wistful
- ANGRY**
- enraged
- furious
- incensed
- indignant
- irate
- livid
- outraged
- upset
- resentful

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What are you Feeling in your Body?

Please think about your last argument or the worst argument you had. Or perhaps a typical disagreement or fight with your partner. Now check off the body sensations you were experiencing inside. *(Check all that apply)*

- | | | |
|--|--|---|
| <input type="checkbox"/> Spacey | <input type="checkbox"/> Dizzy or spinning | <input type="checkbox"/> Detached or numb |
| <input type="checkbox"/> Hot or on fire | <input type="checkbox"/> Breathless | <input type="checkbox"/> Tight in my chest |
| <input type="checkbox"/> Very small | <input type="checkbox"/> Empty | <input type="checkbox"/> Shaky |
| <input type="checkbox"/> Tearful | <input type="checkbox"/> Cold | <input type="checkbox"/> A pit in my stomach |
| <input type="checkbox"/> Sick to my stomach | <input type="checkbox"/> Speechless | <input type="checkbox"/> Tightness in my throat |
| <input type="checkbox"/> Lump in my throat | <input type="checkbox"/> Butterflies in my stomach | <input type="checkbox"/> Knot in my stomach |
| <input type="checkbox"/> Heart aches | <input type="checkbox"/> Heart is beating fast | <input type="checkbox"/> Suffocating |
| <input type="checkbox"/> Jumpy or fidgety inside | <input type="checkbox"/> Tingly inside | <input type="checkbox"/> Other: _____ |
| | | <input type="checkbox"/> Other: _____ |
| | | <input type="checkbox"/> Other: _____ |