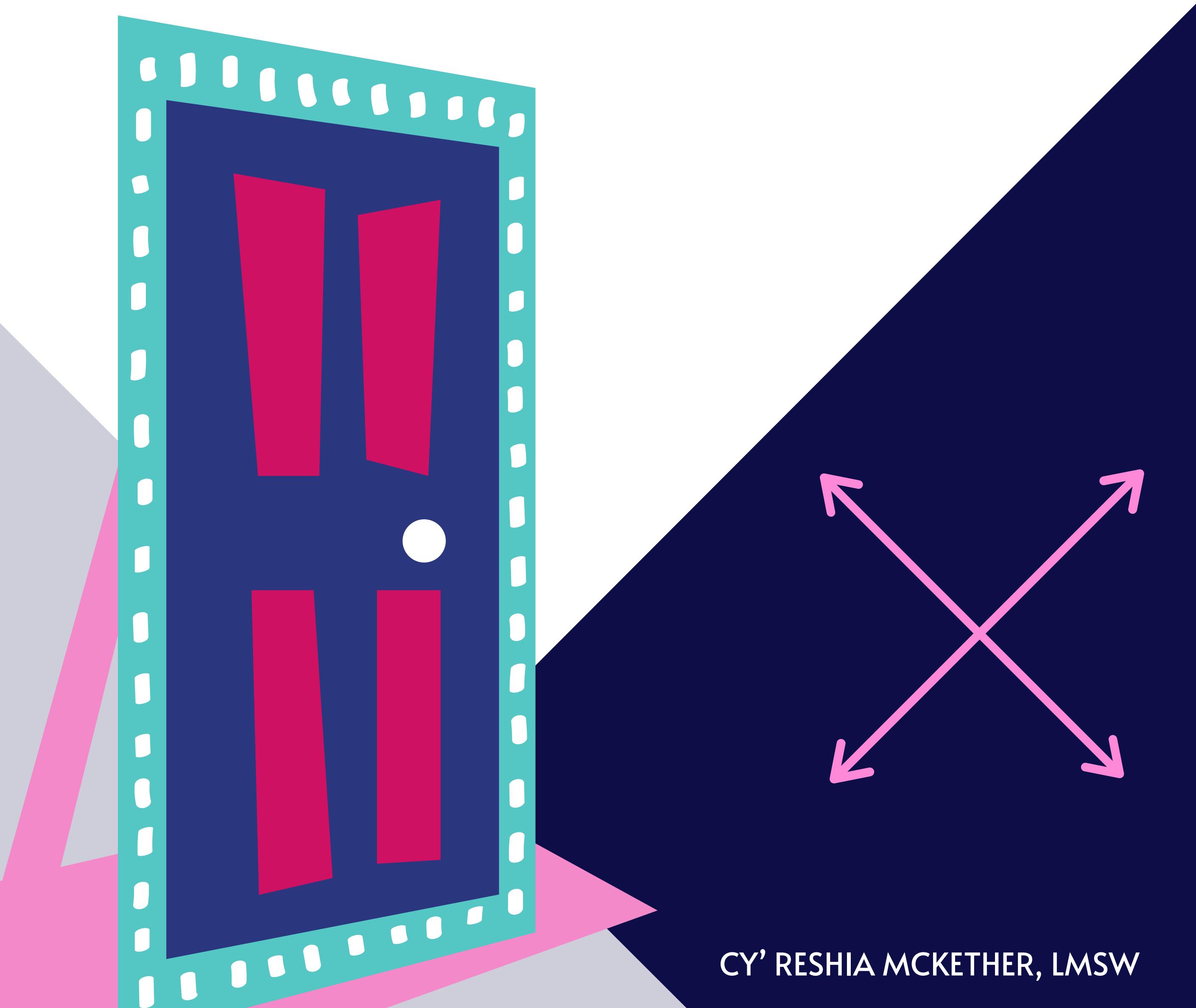


**GET OUT  
YOUR  
FEELINGS**

*HOW TO IDENTIFY YOUR  
FEELINGS IN 5 STEPS*



# FEELINGS!

Let's talk about them. It's the one thing we either find ourselves trying to avoid, or trying to get out of. What's one of our favorite sayings in the black community? "Get out your feelings!" Many of us say it so often that we do not recognize the heaviness of those four simple words and the impact it leaves. Often times, we shame people (especially men) for doing something that is so normal ---- having the ability to feel the emotions that are on the inside of us.

This should not be labeled as negative. Feelings are not only normal, they are also great assistants in helping us identify when we are happy, sad, angry, hurt, frustrated, etc. We cannot operate without feelings, it is simply impossible. Therefore, there is no need to be ashamed when feelings arise. It is called being human.

# *5 Ways to Identify Your Feelings*

*1. Be aware of your physical response*

When you are experiencing an emotion, your body can give off signals that lets you know what you may be feeling. Shaking your leg while nervous, wrinkling your brows when frustrated, singing when happy, or getting a headache when angry are all physical responses to feelings. Learn to be mindful of the signals your body gives you.

## *2. Pinpoint the Feeling*

Whatever the feeling is that you experience, acknowledge it. Refer to a feelings chart if you have to. Sounds silly?? I know, but there are tons of feelings that we experience daily. If we do not know exactly **WHAT** we are feeling, it can become challenging when trying to process or address the feeling. I can only imagine how many of us have failed at processing our feelings thoroughly because we did not know what we were feeling. We just knew that we felt something. Refer to the feelings chart during those times. It will help you.



# Know Your Feelings!



## Feelings



### Feelings Associated with Met Needs:

#### AFFECTIONATE

compassionate  
fond  
loving  
openhearted  
tender  
warm

#### EXCITED

amazed  
ardent  
aroused  
dazzled  
energetic  
enlivened  
enthusiastic  
exuberant  
invigorated  
lively  
passionate  
surprised  
vibrant

#### GRATEFUL

appreciative  
moved  
thankful  
touched

#### HOPEFUL

confident  
expectant  
jazzed  
lighthearted  
sanguine  
up  
upbeat

#### PEACEFUL

calm  
comfortable  
centered  
content  
equanimity  
fulfilled  
mellow  
open  
quiet  
relaxed  
relieved  
satisfied  
serene  
tranquil

#### ENGAGED

absorbed  
curious  
engrossed  
enchanted  
enthralled  
entranced  
fascinated  
interested  
intrigued  
involved  
open  
spellbound  
stimulated

#### EXHILARATED

enthralled  
radiant  
electrified  
euphoric  
overjoyed  
thrilled

#### HAPPY

amused  
blissful  
cheerful  
delighted  
ecstatic  
elated  
giddy  
glad  
jolly  
joyful  
jubilant  
merry  
overjoyed  
pleased  
rapturous  
tickled

#### INSPIRED

amazed  
eager  
enthused  
motivated  
moved  
psyched  
stimulated  
stirred  
wonder

#### REFRESHED

recharged  
rejuvenated  
renewed  
rested  
restored  
revived



### Feelings Associated with Unmet Needs:

#### ANGER

aggravated  
angry  
animosity  
annoyed  
contempt  
disgruntled  
enraged  
exasperated  
furious  
hate  
hostile  
incensed  
irate  
irritated  
irked  
livid  
miffed  
netted  
outraged  
peeved  
resentful

#### CONFUSION

ambivalent  
baffled  
bewildered  
conflicted  
dazed  
discombobulated  
disoriented  
mixed  
mystified  
perplexed  
puzzled  
torn

#### DISQUIET (continued)

rattled  
restless  
shocked  
startled  
surprised  
troubled  
turbulent  
turmoil  
uncomfortable  
uneasy  
unnerved  
unsettled  
upset

#### FEAR

afraid  
anxious  
apprehensive  
dread  
fearful  
foreboding  
frightened  
guarded  
insecure  
leery  
mistrustful  
panicked  
petrified  
scared  
shaky  
terrified  
trepidation  
wary  
worried

#### SADNESS

depressed  
dejected  
despairing  
despondent  
disappointed  
discouraged  
disheartened  
forlorn  
gloomy  
heavy hearted  
hopeless  
melancholy  
miserable  
unhappy  
wistful

#### AVERSION

abhorrence  
appalled  
bothered  
displeased  
disgust  
dislike  
enmity  
horrified  
loathing  
repulsion  
revulsion

#### DISQUIET

agitated  
alarmed  
concerned  
distraught  
disconcerted  
dismayed  
disturbed  
frustrated  
perturbed

#### FATIGUE

beat  
burnt out  
depleted  
exhausted  
listless  
pooped  
sleepy  
tired  
weary  
wiped out  
worn out

#### PAIN

aching  
agony  
anguished  
devastated  
grief  
heartbroken  
hungry  
hurting  
lonely  
miserable  
regretful  
remorseful

#### TENSION

anxious  
closed  
distressed  
edgy  
fidgety  
frazzled  
frustrated  
jittery  
nervous  
overwhelmed  
restless  
stressed out

#### YEARNING

longing  
nostalgic  
pining

### *3. Process the Feeling*

Once the feeling has been identified, the processing of that feeling can take place. Remember, you cannot process a feeling before pinpointing it. Here are 3 steps that will assist you in processing your feelings:

I. Accept the feeling- Often we do not like the emotion we're feeling so we act like it does not exist. However, no matter what we tell ourselves or the distractions we use the feeling remains within us. Stop putting your feelings in a box and accept what you feel in the moment. The next time someone says to you, "oh you must feel some type of way" you respond and tell them "YES, I AM!" Why? Because whatever you feel, it is okay to feel.

### *3. Process the Feeling cont.*

2. Identify what triggered the feeling- There is nothing more frustrating than not knowing why you feel the way that you feel. Be mindful of who or what caused you to feel angry, sad, confused, etc.



### *3. Process the Feeling cont.*

**3. Respond to the feeling in a positive way-** Many times in the black community, we shy away from showing feelings due to pride or fear of embarrassment. I'm here to tell you that it is okay to cry if you are sad, scream to let out your frustration (not at a person), blush if you are smitten, and dance if you are elated. It is all about HOW you respond to your feelings. Even when the feeling is negative, you can respond to it. Just do it in the most productive way possible.

**Reminder!**

**Be mindful of how you respond to your feelings.**

## *4. Allow the Feeling*

As humans, know that it is okay to feel and have emotions. I can't say this enough! Once you have pinpointed and processed the feeling, allow that feeling to be what it is. Do not fight the feeling! The reality is that no matter what you do, deep down inside the feeling will remain until you naturally get over it.

There is no timeframe on how long you should be in a state of happiness or “in your feelings”. By no means should you allow yourself to be stuck in an emotion that does not make you feel good, but it is imperative that you learn to let the feeling fade on its own while you continue to process and heal from it.



## *5. Cope with the Feeling*

Whether it's a feeling that makes you feel your best or....not so much, it is useful to cope with your feeling until it fades. Such activities include listening to music, talking to someone, journaling, writing poetry, or participating in yoga.

If the feeling has you on a high, remain on cloud 9 as long as you can and enjoy your coping activities. If the feeling has you on a low, do these activities to help get you back into a good space.