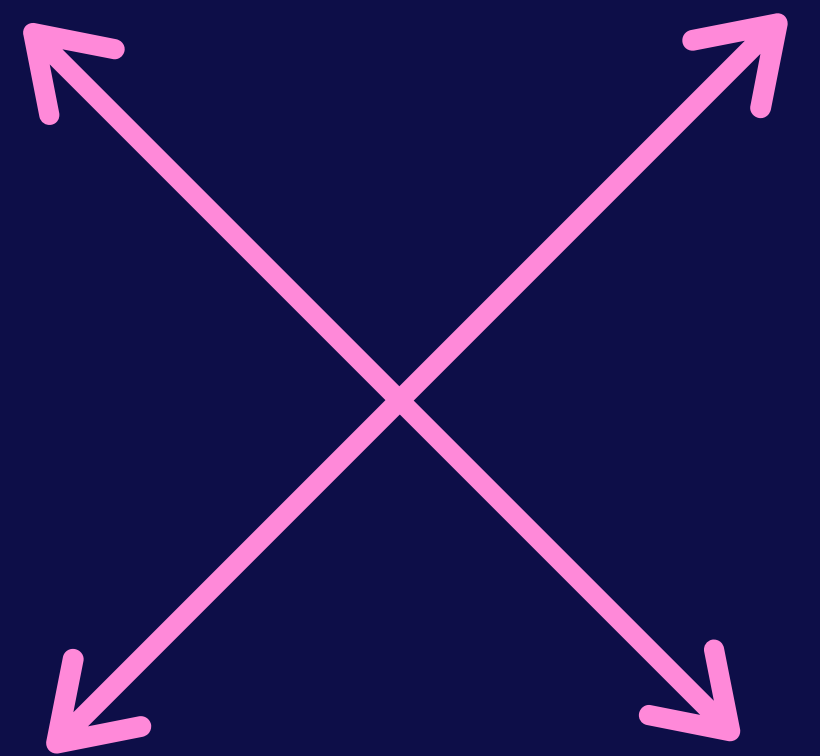
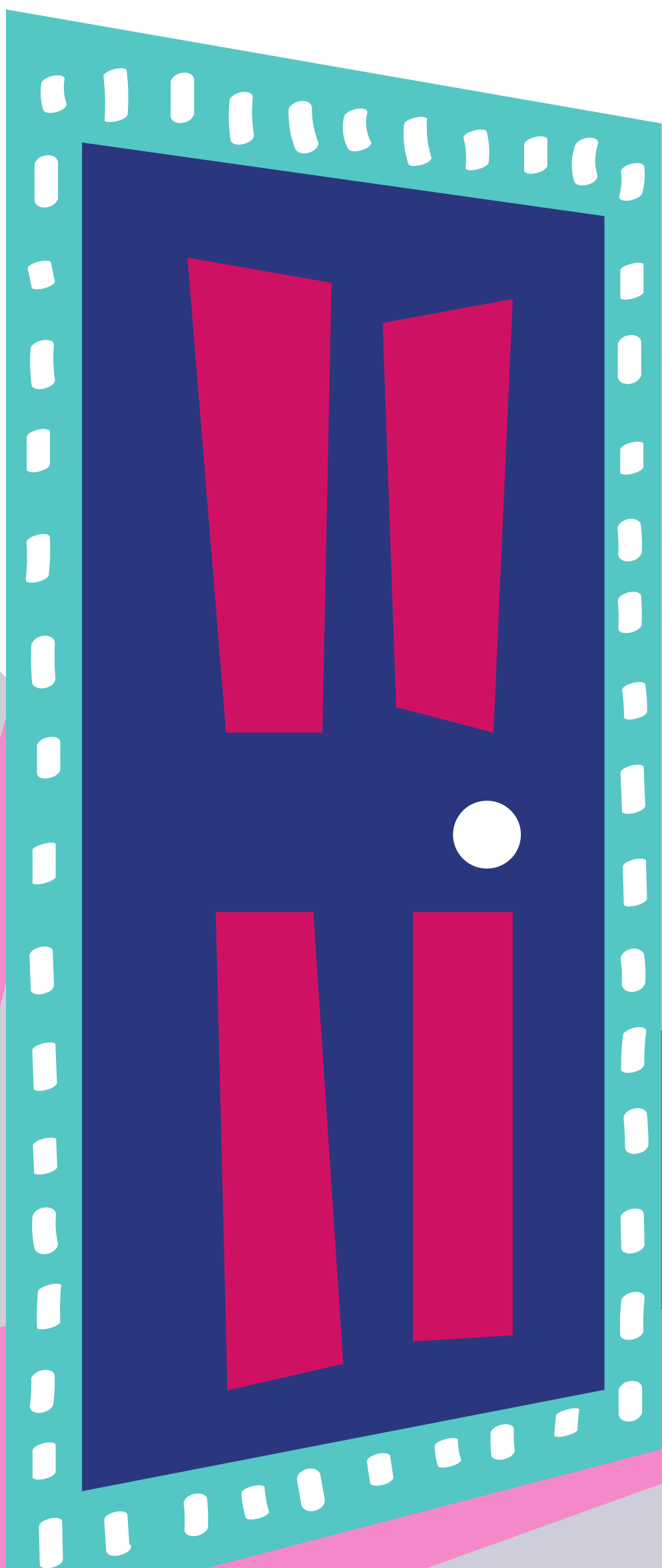


GET OUT YOUR FEELINGS

*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

ENGAGED

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

EXCITED

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

EXHILARATED

enthralled
radiant
electrified
euphoric
overjoyed
thrilled

GRATEFUL

appreciative
moved
thankful
touched

HAPPY

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

HOPEFUL

confident
expectant
jazzed
lighthearted
sanguine
up
upbeat

INSPIRED

amazed
eager
enthused
motivated
moved
psyched
stimulated
stirred
wonder

PEACEFUL

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

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
nettled
outraged
peevd
resentful

AVERSION

abhorrence
appalled
bothered
displeased
disgust
dislike
enmity
horrified
loathing
repulsion
revulsion

CONFUSION

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

DISCONNECTION

apathetic
bored
closed
detached
distant
indifferent
listless
numb
withdrawn

DISQUIET

agitated
alarmed
concerned
distraught
disconcerted
dismayed
disturbed
frustrated
perturbed

DISQUIET (continued)

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

EMBARRASSMENT

ashamed
chagrined
discomfited
flustered
mortified
self-conscious

FATIGUE

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

FEAR

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

PAIN

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

SADNESS

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

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:

1. 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.