



SEASON 2 HANDOUTS

Here is a deeper list of emotions as described in Parrott (2001), where emotions were categorized into a short tree structure.

Primary Emotion	Primary Feeling	Secondary Feeling
Innate	Learned	Learned
Love	Affection	Adoration, affection, love , fondness, liking, attraction, caring, tenderness, compassion, sentimentality
	Lust	Arousal, desire, lust, passion, infatuation
	Longing	Longing
Joy	Cheerfulness	Amusement, bliss, cheerfulness, gaiety, glee, jolliness, joviality, joy , delight, enjoyment, gladness, happiness, jubilation, elation, satisfaction, ecstasy, euphoria
	Zest	Enthusiasm, zeal, zest, excitement, thrill, exhilaration
	Contentment	Contentment, pleasure
	Pride	Pride, triumph
	Optimism	Eagerness, hope, optimism
	Enthrallment	Enthrallment, rapture
	Relief	Relief
Surprise	Surprise	Amazement, surprise , astonishment
Anger	Irritation	Aggravation, irritation, agitation, annoyance, grouchiness, grumpiness
	Exasperation	Exasperation, frustration
	Rage	Anger , rage, outrage, fury, wrath, hostility, ferocity, bitterness, hate, loathing, scorn, spite, vengefulness, dislike, resentment
	Disgust	Disgust, revulsion, contempt
	Envy	Envy, jealousy
	Torment	Torment
Sadness	Suffering	Agony, suffering, hurt, anguish
	Sadness	Depression, despair, hopelessness, gloom, glumness, sadness , unhappiness, grief, sorrow, woe, misery, melancholy
	Disappointment	Dismay, disappointment, displeasure
	Shame	Guilt, shame, regret, remorse
	Neglect	Alienation, isolation, neglect, loneliness, rejection, homesickness, defeat, dejection, insecurity, embarrassment, humiliation, insult
	Sympathy	Pity, sympathy
Fear	Horror	Alarm, shock, fear , fright, horror, terror, panic, hysteria, mortification
	Nervousness	Anxiety, nervousness, tenseness, uneasiness, apprehension, worry, distress, dread

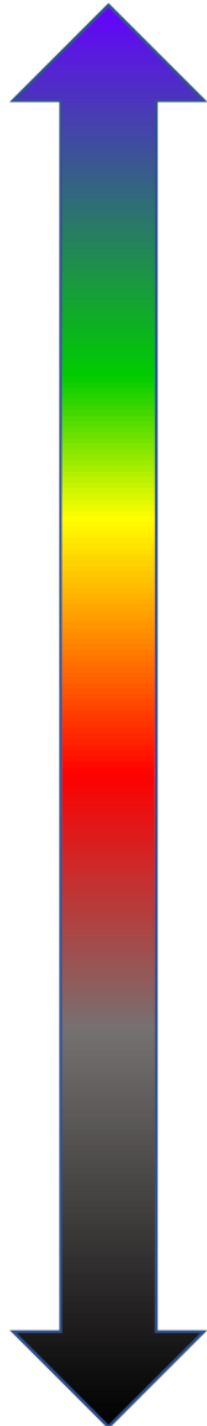
EMOTIONAL SET POINT CHART

*Most Allowing
and
Most Powerful*

Powerful

Forceful

*Most Resisting
And
Powerless*



Emotion	Mindset
Bliss/Union with Divine	Enlightenment
Unconditional Love of Self and Others	Powerful Presence of Authentic Self
Peace/Gratitude	Influencer/Leader
Joy/Happiness	Intuitive Insight
Love/Compassion	Acceptance of Greatness
Enthusiasm/Inspiration	Internal Locus of Control
Fulfillment/Contentment	Present in the Moment
Acceptance/Harmony	Activate Authentic Self
Courage/Empowerment	Connection of Feeling & Thinking Brains
Non-Reactivity of Emotions	Shifting to Authentic Self
Compassion	Shifting to Authentic Self
Anger/Hate	Controlling
Addiction/Distraction	Disconnected from Authentic Self
Fear/Anxiety	People-pleasing
Sadness/Regret	Avoiding
Hopelessness/Apathy	Critical
Blame/Guilt	Perfectionistic
Shame/Humiliation	Doubting



Feelings and Your Physical Reactions

For every emotion that we have, we have physical reactions that can let us know we are having a feeling. Those physical signs change with the intensity of the feeling. For each category below, please write out what physical signs you have, keeping in mind the changes in those physical signs depending on the intensity of the feeling on a scale from 1 to 10, 1 being the least amount of the feeling and 10 being in the most intense amount of that emotion.

Love: 1 – 3: _____

4 – 7: _____

8 – 10: _____

Joy: 1 – 3: _____

4 – 7: _____

8 – 10: _____

Anger: 1 – 3: _____



4 – 7: _____

8 – 10: _____

Sadness: 1 – 3: _____

4 – 7: _____

8 – 10: _____

Fear: 1 – 3: _____

4 – 7: _____

8 – 10: _____

Other physical signs of feelings not already written down: _____



Coping Strategies

Evaluating Your Coping Strategies

Coping strategies are behaviors that we use to cope with our reactions to life's events.

How do you currently cope with emotions? Please make a list below.

Take a moment to reflect on what you wrote above. If you discover any that are harmful or destructive for you, then take some time to brainstorm on some constructive things you can do instead.

E.g. Harmful Coping Strategy: I eat (absentmindedly) when I'm stressed.

Helpful Coping Strategies: I can drink water with flavored electrolytes to boost my hydration. Or I can go outside and pull weeds. Or I can cut up some veggies ahead of time to snack on when I am stressed.

Now, you try. Write a harmful coping strategy, followed by a few ideas for helpful things you can do.



Distraction Actions Assessment

A distraction action, as we like to call it, is a type of coping strategy used to divert attention away from how we're feeling, and direct it toward something unrelated. It is a behavior that minimizes the emotional distress related to how we're feeling.

Are distraction actions helpful or harmful? It depends on how we use them. If we use them for temporary relief, they can be helpful. If we use them to avoid, or even prevent unwanted emotions, they can be harmful to us.

NOTE: Some distractions are destructive by their very nature because they harm us or others. A few examples are gossip, substance abuse, physical harm to self or others, shoplifting, etc.

Why look at our distractions? The purpose of doing this activity is to consider anything that is harming you.

Below is a list of some common ways that we distract ourselves from feeling. Check each statement that applies to you. If in doubt, then the statement may be true for you.

Gossip

- ☐ I love to talk about other people.
 - ☐ I criticize other people for behaviors that also apply to me.
 - ☐ I feel uncomfortable stopping those who gossip in my presence.
 - ☐ I sometimes forget the similarities I share with others.
 - ☐ I find myself eager to impart new information about someone to a mutual friend.
 - ☐ I would have trouble stopping all talk about other people.
 - ☐ I watch and analyze other people regularly.
 - ☐ I spend more time thinking about other people's problems than my own.
 - ☐ I have been caught in an embarrassing situation shooting my mouth off about someone.
 - ☐ I am drawn to people who like to gossip.
-

Food and Eating

- ☐ Eating makes me feel guilty.
 - ☐ I often focus on food and the next meal.
 - ☐ I eat when I am upset.
 - ☐ I binge on food, even after I am full.
 - ☐ I eat sugar every day.
 - ☐ I use food to make me feel better.
 - ☐ I often eat food in bed at night.
 - ☐ I buy a lot of junk food.
 - ☐ Food is very important to me.
-

Work (this includes housework)

- ☐ Work is the most important thing in my life.
 - ☐ I work more than 40 hours a week.
 - ☐ I do not like to take much vacation because I might get behind.
 - ☐ I become irritated with people who are unwilling to sacrifice and work as I do.
 - ☐ I sometimes disappoint my family by working too much.
 - ☐ I feel overpowered the day before a vacation trying to get everything done.
 - ☐ I feel exhausted from working so hard.
 - ☐ I work more than I really want to.
 - ☐ I expect too much of myself at work.
 - ☐ I believe in the work ethic of "Idle hands are the devil's workshop."
-

Sex

- _____ I have sex with the wrong people.
 - _____ I make promises to myself concerning my sexual behavior and do not keep them.
 - _____ I have more than one sexual partner.
 - _____ I have sex to get away from my problems.
 - _____ I feel as though I have earned sex.
 - _____ I do not practice safe sex.
 - _____ I have sex in inappropriate places and at inappropriate times.
 - _____ I feel I am acting out sexually.
 - _____ My sexual behavior is frequently out of control.
 - _____ I think about sex more than once or twice a day.
-

Romance

- _____ I feel incomplete without a 'significant other' in my life.
 - _____ I feel 'high' at times in a romantic encounter.
 - _____ I can establish "instant intimacy" with a partner.
 - _____ I have the ability to quickly recognize a 'cosmic' mate.
 - _____ I quickly pour out my life history to a lover.
 - _____ I experience instant sexual attraction.
 - _____ I feel as though a relationship can have a grip on me.
 - _____ I feel I can 'save' the partner in my love relationship.
 - _____ The relationship I am in is central to defining my identity.
 - _____ I can lose my boundaries in a love relationship.
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Caretaking

- _____ It feels good to me for people to be dependent on me.
 - _____ I prefer that my children rely on me rather than on themselves.
 - _____ Much of my thinking is about how the people I am in relationships with need to change.
 - _____ I like being responsible for other people, especially people I love.
 - _____ I have frequent judgmental and critical thoughts of others.
 - _____ I can think of solutions to other people's problems more than my own.
 - _____ I am not willing to let loved ones learn their own lessons in life.
 - _____ I would gladly sacrifice my own needs for others.
 - _____ Helping others gives me a high.
 - _____ I like relationships where I can tell others what to do.
-

Money, Debt, Spending

- _____ I usually wait to pay my bills until the last minute.
 - _____ I get a 'high' when shopping.
 - _____ I spend money to escape my feelings.
 - _____ I live from paycheck to paycheck.
 - _____ I charge more than I can pay off in one month.
 - _____ I have little or no savings available for an emergency.
 - _____ I am repeatedly unsuccessful in my attempt to control my excessive spending.
 - _____ I am frequently short of cash and borrow from friends.
 - _____ I experience a great sense of relief when my paycheck arrives.
 - _____ I spend too much money on others or buy to impress or influence others.
 - _____ I sometimes lie, minimize, or rationalize to conceal my spending.
-



Staying Busy

- ☐ I dread being alone.
 - ☐ I try to fill up every moment with something to do.
 - ☐ I am easily bored.
 - ☐ I like to keep a full social schedule, allowing me little time to be alone.
 - ☐ Finding myself with some unscheduled time makes me uneasy.
 - ☐ I like to brag about how busy I am.
 - ☐ I rarely have a night alone.
 - ☐ I like to keep activities scheduled, even on vacation.
 - ☐ I watch more than ten hours of television/movies per week.
 - ☐ I talk a lot.
-

Mood - Altering Substances

- ☐ I have had negative consequences occur in my life due to alcohol/drugs.
 - ☐ I would have trouble giving these substances up for more than one month.
 - ☐ I depend on one of these to mellow me out.
 - ☐ I would feel uncomfortable socially if I turned one down.
 - ☐ I like to have one, two, or more most nights.
 - ☐ I tend to choose places where I know I can get these substances.
 - ☐ Someone I love has asked me to slow down on consumption of one of these.
 - ☐ I tend to be dishonest with myself sometimes and minimize how much I depend on one of these substances.
 - ☐ I sometimes conveniently forget how much I have used a substance.
 - ☐ I have tried to stop but cannot follow through with a plan.
-

Drama

- ☐ I love crisis and find myself enjoying talking about other people's tragedies.
 - ☐ I feel a heightened sense of excitement when either myself or someone else is facing a dilemma.
 - ☐ I love talking about others when something exciting or negative is going on in the world.
 - ☐ I have always loved weather extremes or hearing about tornadoes, hurricanes, or other dangerous weather conditions.
 - ☐ I feel a heightened sense of pleasure to think I can help someone in trouble.
 - ☐ I would love to be a fireman, an emergency room helper, or a person helping other victims.
 - ☐ Drama in my life or another person's life has always interested me.
 - ☐ I find myself drawn to negative circumstances that are dangerous or exciting.
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Tech, Gaming

- ☐ I spend hours gaming, and I even lose all track of time.
 - ☐ People have complained about the amount of time I spend on my phone.
 - ☐ I feel intimidated when I think about having a direct conversation with someone.
 - ☐ Most of my relationships are virtual; with people that I have never met face to face.
 - ☐ I avoid face to face conversations. I would rather text or message my friends.
 - ☐ I lose all track of time scrolling through social apps just to see what everyone else is doing.
 - ☐ I have to keep up on the latest games, apps, and happenings so that I don't miss something or fall behind.
 - ☐ There are parts of my life that are way out of whack, yet I still find time to game or scroll.
-

Add up the total number of checks for each category. If you have checked more than five on any one area, look closely at the power that distraction may have over you.

Are there any other distractions not listed above that you know you depend on to avoid your feelings? Sleep? Reading? Shopping? Write them here.



Now, look over your work above. What say you? What are your top three distraction actions? List them below.

My Top Three Distraction Actions

1. _____ 2. _____ 3. _____

Reflection Questions

Now, reflect on the following questions for each of your top three distraction actions.

1. Do I enjoy this particular distraction, yet it ultimately hurts me?
2. Is this something that I wish I could stop doing?

If you answered "Yes", continue below.

My Top Three New Helpful Habits

Brainstorm ways to stop a distraction action by swapping them with a behavior that is more helpful.

What is something that I want to start doing, instead of the distraction, to better fulfill my needs?

For Distraction #1: _____

For Distraction #2: _____

For Distraction #3: _____

Action Question

What am I willing to do to start allowing myself to feel my emotions? Write some ideas below.

Congratulations on your new insight!
Suze and Jenni

Adopted from Divine Intelligence Process