

name it to tame it

by Jenni

Putting a word to your feelings gives you space to own them and take care of them. The more precisely you can name what you're feeling, the less power it holds. Build a vocabulary of moods and sensations.

Y U B P V C N Z D G S Z V B B A Y P R Q T O N S P
X F N P W E L T X E B H M R B N Q S G E P E S S N
O C C H R E W O N J G O O M C X S P A T S E N S D
H I F V A B Q D K E G A I C C I V T I E L O M S H
A A O H O P E F U L M S R U K O F M Z T N D L G E
H U D D M L P G X W E T R U H U I K S H V U N V P
S H N E T N Z Y I R E I N G O S U E G N W O D S E
F Y S T V E V M Y L O M X I T C R L O N E L Y G V
Q T E A T V E X A U I S A I O T N E D I F N O C Z
H S N V F E G T S E G Q C Y V P D E Z A M A L S E
P A N I C A I R T S C E H V J B P T H G I L E D X
L V F T S O L L I N Y M W K W L S A M E R R Y V H
C U S O N A I A X E Y A P F U E E L S Y F F U H I
Y A F M A U T F R T F H I F R D G V B I H Q D D L
I N W E G R T I L M J S R E S A A Y E T D A E D A
J N M E C X K S S P G E N K G L R A F I H R S E R
S O C S T A S U X F E E V D E G X Y R J U O A X A
J Y K O D T E B G H I Y N S E Q L R O S O P E A T
B A K R M X T P C J M E E T K X I B S J S E L L E
L N Y R B O T H E R E D D A D T E A I U U N P E D
I C C O M F O R T A B L E R A B E L O G J N S R K
S E P W Z F Y G B E F K Q T L R A I P X A E I Y M
S L I U Q N A R T P Z A I L W T R G E R K S D L S
W A R Y R R O W Y K W O E E J U K L H N E S V R D
F R U S T R A T I O N Y Q D F X Z D T Y N P Y C U

degrees of HAPPINESS

satisfied
glad
cheerful
merry
delight
joy
bliss
elation
exhilarated

degrees of SURPRISE

shock
startled
curious
amazed
perplexed

degrees of SADNESS

disappoint
down
unhappy
sorrow
shame
lonely
guilt
grief
misery

degrees of CALM

serene
tranquil
peaceful
relaxed
settled
comfortable

degrees of ANXIETY

wary
restless
uneasy
nervous
tense
worry
alarm
anxious
panic

degrees of HOPE

optimistic
confident
encouraged
motivated
reassured
hopeful
resolve
open

degrees of ANGER

bothered
annoyance
irritation
displeased
huffy
frustration
furious
rage