

FEELINGS

abandoned	determined	horrified	perplexed	smothered
affectionate	dirty	hostile	perturbed	sorrowful
afraid	disgusted	humble	persecuted	sorry
agitated	doubtful	humiliated	pessimistic	superior
aggravated	down	hungry	playful	stupid
aloof	dumb	hurried	pleased	tearful
amused	ecstatic	hurt	powerful	tense
angry	eager	hyper	powerless	thankful
anxious	elated	hysterical	protective	threatened
appreciated	embarrassed	impatient	provoked	ticked-off
ashamed	empathetic	impressed	put-out	tired
astounded	empowered	inadequate	puzzled	tolerant
bashful	empty	independent	rattled	tough
belittled	encouraged	indifferent	regretful	troubled
betrayed	energized	inferior	rejected	unappreciated
bewildered	envious	inhibited	relaxed	uncomfortable
bored	excited	insecure	relieved	uneasy
bitter	exhausted	irritated	remorseful	unimportant
brave	fascinated	isolated	resentful	unhappy
calm	fearful	jealous	responsible	unkind
captivated	flippant	joyful	restless	unprepared
cheerful	flustered	little	ridiculous	unsure
compassionate	foolish	lonely	rotten	used
crushed	frantic	loving	sad	uptight
cold	friendly	lost	satisfied	vengeful
confident	frightened	mad	selfish	vindictive
confused	frustrated	miserable	sensitive	warm
content	good	nervous	sentimental	weak
courageous	goofy	naïve	serene	whipped
curious	grateful	overcome	sexy	worried
defensive	great	optimistic	scared	worthless
defiant	grieved	overwhelmed	shaky	wicked
deflated	guilty	panicked	shameful	worried
dependent	happy	paralyzed	shocked	wounded
depressed	hateful	paranoid	shy	
deprived	helpless	peaceful	self-conscious	
detached	hopeful	peppy	silly	

How Do You Feel Today? (Please indicate which faces apply)



Aggressive



Anxious



Apologetic



Arrogant



Bashful



Blissful



Bored



Cautious



Cold



Confident



Curious



Determined



Disappointed



Disbelieving



Enraged



Envious



Exhausted



Frightened



Frustrated



Guilty



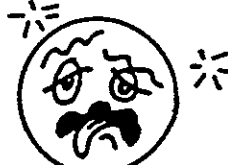
Happy



Horrificed



Hot



Hungover



Hurt



Hysterical



Indifferent



Interested



Jealous



Lonely



Lovestruck



Negative



Regretful



Relieved



Sad



Satisfied



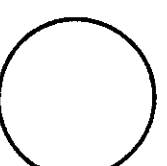
Surprised



Suspicious



Undecided



Other ...

BODY SENSATIONS

tense shoulders	tense neck	shortness of breath	tight facial muscles
tense back	voice cracking	tightness in throat	difficulty swallowing
dry mouth	trembling	jittery	nose twitching
itching	clenched teeth	hand shaking	fast heartbeat
pressure in head	watery eyes	crying	headache
fists clenched	weak	wobbly knees	relaxed
slumped over	erect	strong	furrowed brow
thrust jaw	raised brow	tightness in forehead	eyelid twitching
sweaty palms	smiling	grimacing	frowning
sweaty armpits	tight stomach	knot in stomach	butterflies in stomach
nauseated	lightheaded	giddy	foot tapping
legs shaking	warm	hot	cold
cool	freezing	teeth chattering	sleepy
weighted down	dizzy	lighthearted	aroused
excited	sweaty feet	flush faced	hot headed
biting lips	hot ears	sexually aroused	nail biting
lump in throat	tension headache	pain in neck	pain in buttocks
restless	jumpy	hurting heart	chest pain
tight hands	stomach cramps	stomach gurgling	spastic stomach
jumpy stomach	heartburn	belching	hiccuping

FEELINGS AND BODY SENSATIONS WORKSHEET

Pick 8 feelings from your list and match them up with 8 body sensations

Feeling

Body Sensation

Look at your feelings and body sensations list and fill in the blanks:

Before my sexual offense:

I was feeling _____ and my body sensation was _____

I was feeling _____ and my body sensation was _____

During my sexual offense:

I was feeling _____ and my body sensation was _____

I was feeling _____ and my body sensation was _____

After my sexual offense:

I was feeling _____ and my body sensation was _____

I was feeling _____ and my body sensation was _____