

Non-feeling words

These thoughts will block you.

Feelings will move you.

abandoned	intimidated	smothered
abused	isolated	stupid
attacked	invalidated	threatened
betrayed	invisible	trampled
blamed	left out	tricked
caged	manipulated	unheard
cheated	misunderstood	unimportant
cornered	neglected	unseen
criticized	overpowered	distrusted
overworked	unwanted	
dumped on	patronized	unworthy
hassled	pressured	used
ignored	put down	violated
inadequate	rejected	worthless
insulted	ripped off	worthy

Pick the thought word you use most often. Enter it in the blank below

When I think I am _____, what am I feeling?"

Now stop thinking. Pay attention to your body. Be in the present moment.

What are you feeling? _____

Expressions that are not feelings.

I feel like. . .

I feel that. . .

I feel it. . .

I feel as if . . .

I feel you. . .

I feel I (he, she, they)

Feelings are not likely expressed after these phrases. Thoughts, evaluations, judgments and criticisms usually follow these phrases.