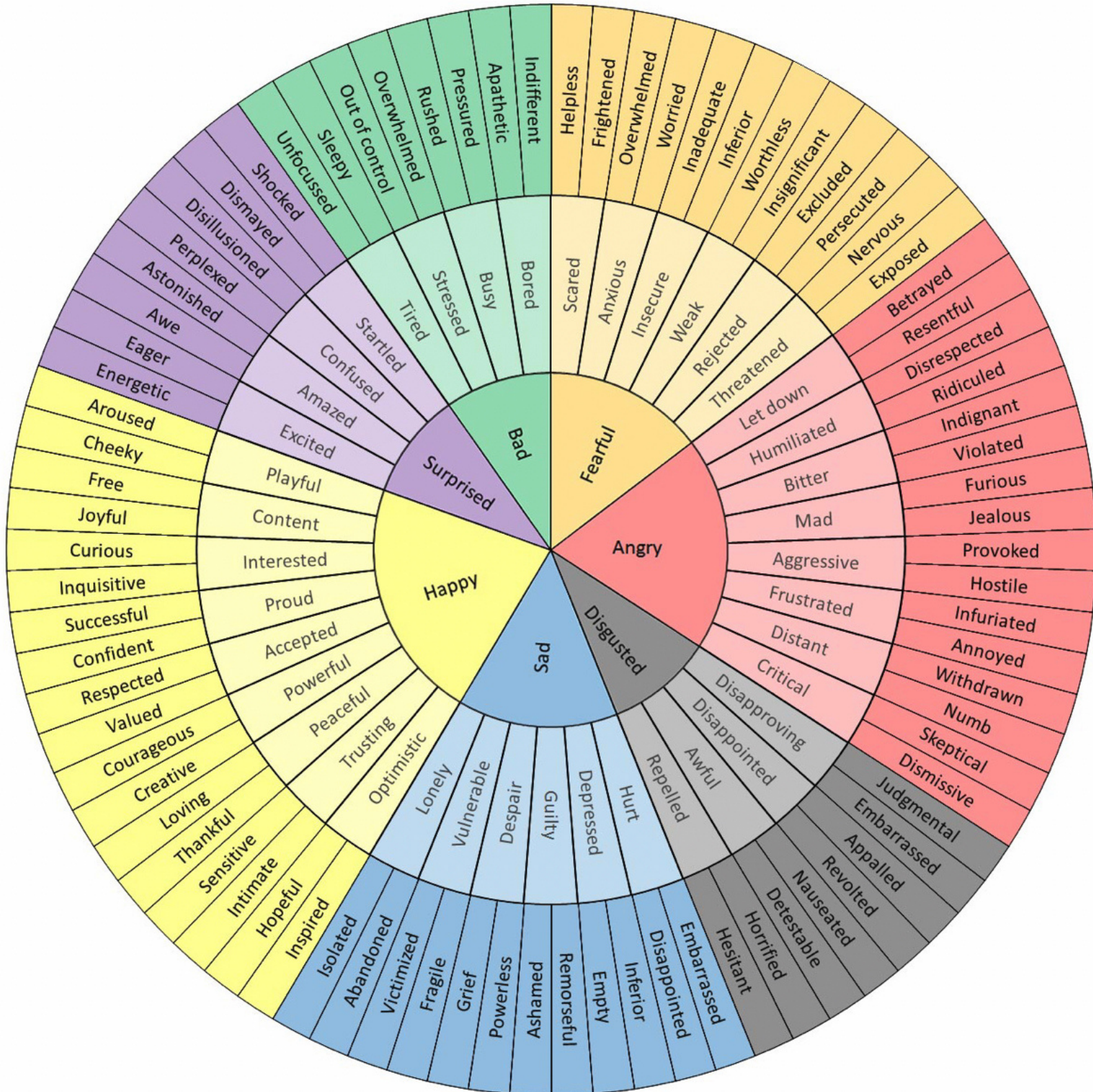
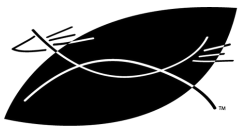


Feeling words

I refer to this during my webinar and many people have requested a copy. The following page has a long list of words and one exercise I do to increase my awareness.





Stacy Westfall

One concept I teach is understanding yourself so you can show up in a useful way when working with your horse. This is one tool I use.

Circle your most frequently felt emotions.

Highlight the ones you want more of.

Underline the ones you resist feeling the most.

Accepting / Open, Calm, Centered, Content, Fulfilled, Patient, Peaceful, Present, Relaxed, Serene, Trusting, Aliveness / Joy, Amazed, Awe, Bliss, Delighted, Eager, Ecstatic, Enchanted, Energized, Engaged, Enthusiastic, Excited, Free, Happy, Inspired, Invigorated, Lively, Passionate, Playful Radiant, Refreshed, Rejuvenated, Renewed, Satisfied, Thrilled, Vibrant, Angry / Annoyed, Agitated Aggravated, Bitter, Contempt, Cynical, Disdain, Disgruntled, Disturbed, Edgy, Exasperated Frustrated, Furious, Grouchy, Hostile, Impatient, Irritated, Irate, Moody, On edge, Outraged, Pissed Resentful, Upset, Vindictive, Courageous / Powerful, Adventurous, Brave, Capable, Confident Daring, Determined, Free, Grounded, Proud, Strong, Worthy, Valiant, Connected / Loving, Accepting, Affectionate, Caring, Compassion, Empathy, Fulfilled, Present, Safe, Worthy, Curious Engaged, Exploring, Fascinated, Interested, Intrigued, Involved, Stimulated, Despair / Sad Anguish, Depressed, Despondent, Disappointed, Discouraged, Forlorn Gloomy, Grief, Heartbroken, Hopeless, Lonely, Longing, Melancholy, Sorrow, Teary, Unhappy, Upset, Weary Yearning, Disconnected / Numb, Aloof, Bored, Confused, Distant, Empty, Indifferent, Isolated Lethargic, Listless, Removed, Resistant, Shut, Down, Uneasy, Withdrawn, Embarrassed / Shame Ashamed, Humiliated, Inhibited, Mortified, Self-conscious, Useless, Weak, Worthless, Fear Afraid, Anxious, Apprehensive, Frightened, Hesitant, Nervous, Panic, Paralyzed, Scared, Terrified Worried, Fragile, Helpless, Sensitive, Grateful, Appreciative, Blessed, Delighted, Fortunate, Grace Humbled, Lucky, Moved, Thankful, Touched, Guilt, Regret, Remorseful, Sorry, Hopeful, Encouraged, Expectant, Optimistic, Trusting, Powerless, Impotent, Incapable, Resigned, Trapped, Victim, Tender, Calm, Caring, Loving, Reflective, Self-loving, Serene, Vulnerable, Stressed / Tense, Anxious, Burned out, Cranky, Depleted, Edgy, Exhausted, Frazzled, Overwhelm Rattled, Rejecting, Restless, Shaken, Tight, Weary, Worn out, Unsettled / Doubt Apprehensive, Concerned, Dissatisfied, Disturbed, Grouchy, Hesitant, Inhibited, Perplexed, Questioning Rejecting, Reluctant, Shocked, Skeptical, Suspicious, Ungrounded, Unsure, Worried