

Pleasant
(expansion)

To be is to
feel ...

Unpleasant
(constriction)

Understanding

tender
warm
open
loving
touched
moved
affection
friendly
connection

Involvement

attention
fascination
interest
stimulation
curious
inspiration
wonder

Confident

open
proud
empowerment
safe
(self)conscious
hope
optimistic
powerful

Grateful

touched
moved
appreciation
thankful
openhearted
encouragement

Happy

in balance
peaceful
at ease
clear
relaxed
relieved
content
amused
bliss
longing
joy
amusement
delight
glad
pleased

Energy

excitement
enthusiasm
restored
stimulated
lively
rest
passion
animated
ecstatic
alive
awake
vibrant
radiant
thrill
amazement
tingle

Uncomfortable

suspicion
alert
discourage
bafflement
perplex
nervous
irritation
uncertain
troubled
unsettle
cranky
confused
insecure
uneasy
embarrassment
shy

Aversion

hate
hostile
bitter
disgust
dislike

Tired

lifeless
listless
sleepy
exhaustion
burn-out
overwhelm

Longing

nostalgic
envious
craving
yearning

Tensed

cranky
irritated
nervous
frustrated
impatience
restless

Pain

lonely
hurt
miserable
guilt
mourning
sad

Sad

Powerless
hopeless
helpless
gloomy
down
longing
nostalgic
melancholy
disappointment
discouragement
depression
unhappy

Body sensations

knot in the belly
lump in the throat
inner rush
tense
choking
breathless
squeeze
trembling
shrink
sick
weak
empty
shaky
cold
foggy
dizzy

Anxious

scared
panic
unquiet
concern
stress

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