



Connie Bonner-Britt MA LMHC
360-542-6895
connie@selftimeout.org

Chuck Britt MA LMFT
360-336-3882
chuck@selftimeout.org



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SELFTIMEOUT FEELING WORDS LIST

I can choose to listen in a mildly focused way to my body, and become consciously aware when I am hungry or thirsty or that it is time to relieve myself. We all do this so well and so often that we are not aware of solving these daily problems. We know what to do without thought.

Look at all that success! Every day! Time to Celebrate!

We have a **FEELING**, that suggests a **NEED**. The next step, **to have a PLAN**, emerges with the ease of taking one additional step.

1. ***I am aware of FEELING TIRED.***
2. ***It occurs to me that I NEED SLEEP.***
3. ***I CAN CHOOSE TO LIE DOWN FOR A NAP.***

Yet when it is time to make a simple plan to take care of ourselves in social situations we often become locked in worry, anxiety or even panic. Most of us are accustomed to using very few words to express just what we **FEEL, even to ourselves**. Often, **simply trying** to say what we **FEEL** to ourselves let alone to someone else can become one of our most anxiety producing situations. It is as if we are **not allowed to know what we feel and need, and that we are not allowed to have better outcomes. We are not allowed to listen to our own Body.**

Making progress on the first, second and third steps above, awaits our efforts to improve our gentle self care. Sometimes choosing to act on Impulse leads to consequences that can help us notice our hardness toward ourselves. Once we **NOTICE** the hardness or cruelty toward ourselves we can **INTERRUPT** that hardness and **REPLACE** it with gentle and loving self care. Soon we will begin to experience a flow of helpful information from our Body to our Thinking Parts. Becoming a Gentle Self Parent is the key to better communication with our body and better outcomes for our whole being.

If I am able to know and express what I am **FEELING to myself**, I will soon know what I **NEED**, and soon I will know my **PLAN**. When my plans come from my physical feelings and from my physical needs my life will feel more **SENSIBLE. Of my own BODY.**

When the next thing I choose to do comes from my worry and anxiety I will be making **IMPULSIVE CHOICES. CHOICES Of my Impulses not of my own body.** When I do this I am throwing the dice with my impulses and leading myself into a future that has abandoned my body and the wisdom of all my physical Senses. I am choosing consequences based upon my Impulses! Worry increases. Anxiety increases. I am heading toward increasing isolation from my physical wisdom, more impulsive choices, escalating anxiety and isolation. Lacking Five Step Self Time Outs as needed and the choice to listening more effectively to my Own Body, I am likely heading toward increasing anxiety and eventually panic.

When I know what I am **FEELING** and **NEEDING**, my **PLANS** will arise from my own body almost without effort. I feel that I understand what I am doing. My plans work well and if a plan does not work so great, perhaps I will listen a bit more gently and openly and understand my **FEELINGS AND NEEDS better** and make a **better PLAN** the next time I go through the Five Steps. Over the years I can become the only expert in the world in understanding my own Body.

So we can choose to have more **FEELING** words and to use more **FEELING** words, and have more **NEEDING** words and use more **NEEDING** words so we can understand our **FEELINGS, NEEDS** and **PLANS** more completely!
Look at all that success! Every day! Time to Celebrate!

Please check out our free website for a step-by-step tour through a
Five Step Self Time Out: <http://www.selftimeout.org>

SELFTIMEOUT “FEELING” WORDS LIST

When a top row (Major Feeling Word) seems close to what your **Body IS Feeling**, go down that column (or any column or row) to see which words fit even better. More than one FEELING is very OK.

FEELING (Alphabetical)	SAFE	PROUD	SAD	CONFUSED	ANGRY	SCARED
Abandoned			Abandoned	Abandoned	Abandoned	Abandoned
Abused			Abused	Abused	Abused	Abused
Accepted	Accepted	Accepted				
Admired		Admired		Admired		
Affectionate	Affectionate	Affectionate		Affectionate		Affectionate
Afraid			Afraid	Afraid	Afraid	Afraid
Aggravated			Aggravated	Aggravated	Aggravated	Aggravated
Agitated			Agitated	Agitated	Agitated	Agitated
Alarmed			Alarmed	Alarmed	Alarmed	Alarmed
Alienated			Alienated	Alienated	Alienated	Alienated
Alone			Alone	Alone	Alone	Alone
Ambivalent				Ambivalent		
Amused	Amused	Amused		Amused		
Anguished			Anguished	Anguished	Anguished	Anguished
Annoyed			Annoyed	Annoyed	Annoyed	Annoyed
Anxious		Anxious	Anxious	Anxious	Anxious	Anxious
Apathetic			Apathetic	Apathetic	Apathetic	Apathetic
Apologetic			Apologetic	Apologetic	Apologetic	Apologetic
Appalled			Appalled	Appalled	Appalled	Appalled
Appreciated	Appreciated	Appreciated				
Apprehensive			Apprehensive	Apprehensive	Apprehensive	Apprehensive
Ashamed	Ashamed	Ashamed	Ashamed	Ashamed	Ashamed	Ashamed
Assured	Assured	Assured				
Attentive	Attentive	Attentive				
Awe		Awe			Awe	Awe
Awestruck		Awestruck	Awestruck	Awkward	Awkward	Awkward
Awkward		Awkward	Awkward	Awkward	Awkward	Awkward
Bad			Bad	Bad	Bad	Bad
Baffled	Baffled	Baffled			Baffled	Baffled
Believable			Believable	Believable	Believable	Believable
Belonging	Belonging	Belonging				
Bereaved		Bereaved	Bereaved	Bereaved	Bereaved	Bereaved
Betrayed						

FEELING (Alphabetical)	SAFE	PROUD	SAD	CONFUSED	ANGRY	SCARED
Bewildered			Bewildered	Bewildered	Bewildered	Bewildered
Bitter			Bitter	Bitter	Bitter	Bitter
Bored	Bored		Bored	Bored		
Bothered		Bothered	Bothered	Bothered	Bothered	Bothered
Burdened		Burdened	Burdened	Burdened	Burdened	Burdened
Burned-out		Burned-out	Burned-out	Burned-out	Burned-out	Burned-out
Calm	Calm	Calm				
Caring	Caring					
Cheated		Cheated	Cheated	Cheated	Cheated	Cheated
Cheerful	Cheerful	Cheerful				
Coerced		Coerced	Coerced	Coerced	Coerced	Coerced
Competent	Competent	Competent				
Concerned		Concerned	Concerned	Concerned		
Condemned					Condemned	Condemned
Confident	Confident	Confident				
Constricted			Constricted	Constricted	Constricted	Constricted
Contented	Contented	Contented				
Contorted			Contorted	Contorted	Contorted	Contorted
Controlled				Controlled	Controlled	Controlled
Crushed			Crushed	Crushed	Crushed	Crushed
Crying	Crying	Crying	Crying	Crying	Crying	Crying
Deceived			Deceived	Deceived	Deceived	Deceived
Defeated			Defeated	Defeated	Defeated	Defeated
Defensive			Defensive	Defensive	Defensive	Defensive
Deflated			Deflated	Deflated	Deflated	Deflated
Degraded				Degraded	Degraded	Degraded
Dejected				Dejected	Dejected	Dejected
Delighted	Delighted	Delighted				
Demoralized			Demoralized	Demoralized	Demoralized	Demoralized
Depressed			Depressed	Depressed	Depressed	Depressed
Deprived			Deprived	Deprived	Deprived	Deprived
Deserted			Deserted	Deserted	Deserted	Deserted
Desperate			Desperate	Desperate	Desperate	Desperate
Despised			Despised	Despised	Despised	Despised
Determined	Determined	Determined				

FEELING (Alphabetical)	SAFE	PROUD	SAD	CONFUSED	ANGRY	SCARED
Devastated			Devastated	Devastated	Devastated	Devastated
Directionless			Directionless	Directionless		Directionless
Disappointed			Disappointed	Disappointed		
Discarded			Discarded	Discarded	Discarded	Discarded
Discouraged			Discouraged	Discouraged		
Disenchanted			Disenchanted			
Disgraced			Disgraced	Disgraced	Disgraced	Disgraced
Disgusted					Disgusted	
Disheartened			Disheartened	Disheartened		Disheartened
Disillusioned			Disillusioned	Disillusioned		Disillusioned
Disliked			Disliked			
Dismal			Dismal			
Dismayed			Dismayed			
Disorganized				Disorganized		Disorganized
Displeased			Displeased	Displeased		
Distant				Distant		Distant
Distracted				Distracted		Distracted
Distraught			Distracted	Distracted		Distracted
Distressed			Distressed			
Disturbed					Disturbed	Disturbed
Dominated				Dominated	Dominated	Dominated
Doubtful		Doubtful	Doubtful	Doubtful		Doubtful
Drained			Drained	Drained		Drained
Ecstatic	Ecstatic	Ecstatic				
Elated	Elated	Elated				
Embarrassed			Embarrassed	Embarrassed		
Empowered	Empowered	Empowered				
Empty			Empty	Empty		Empty
Encouraged	Encouraged	Encouraged				
Energized	Energized	Energized				
Enraged					Enraged	
Enthusiastic						
Exasperated			Exasperated	Exasperated	Exasperated	Exasperated
Excited	Excited	Excited				
Exhausted			Exhausted	Exhausted	Exhausted	Exhausted

FEELING (Alphabetical)	SAFE	PROUD	SAD	CONFUSED	ANGRY	SCARED
Exhilarated	Exhilarated	Exhilarated				
Exploited			Exploited	Exploited	Exploited	Exploited
Exuberant	Exuberant	Exuberant				
Fearful			Fearful	Fearful		Fearful
Fidgety			Fidgety	Fidgety		Fidgety
Flattered		Flattered	Flattered	Flattered		
Flustered			Flustered	Flustered		Flustered
Foggy			Foggy	Foggy	Foggy	Foggy
Fortunate	Fortunate	Fortunate				
Frantic				Frantic	Frantic	Frantic
Frightened				Frightened	Frightened	Frightened
Frustrated			Frustrated	Frustrated		
Fulfilled	Fulfilled	Fulfilled				
Full of dread					Full of dread	Full of dread
Fuming			Fuming	Fuming	Fuming	Fuming
Furious					Furious	Furious
Glad	Glad	Glad				
Glued				Glued	Glued	Glued
Good	Good	Good				
Grateful	Grateful	Grateful				
Gratified	Gratified	Gratified				
Grief			Grief	Grief		Grief
Grumpy			Grief			
Guarded					Guarded	Guarded
Guilt Stricken				Guilt Stricken	Guilt Stricken	Guilt Stricken
Guilty				Guilty	Guilty	Guilty
Haggard			Haggard	Haggard		
Harassed					Harassed	Harassed
Hateful			Hateful		Hateful	Hateful
Helpless			Helpless	Helpless	Helpless	Helpless
Hesitant			Hesitant	Hesitant	Hesitant	Hesitant
Hopeful	Hopeful	Hopeful				
Hopeless			Hopeless	Hopeless	Hopeless	Hopeless
Horrified				Horrified	Horrified	Horrified
Hostile				Hostile	Hostile	Hostile

FEELING (Alphabetical)	SAFE	PROUD	SAD	CONFUSED	ANGRY	SCARED
Humble			Hostile		Hostile	
Humbled			Humbled	Humbled	Humbled	Humbled
Humiliated					Humiliated	Humiliated
Hungry			Hungry	Hungry		
Hurt			Hurt	Hurt	Hurt	Hurt
Immobilized			Immobilized	Immobilized	Immobilized	Immobilized
Impatient			Impatient		Impatient	Impatient
Inadequate			Inadequate	Inadequate	Inadequate	Inadequate
Incensed					Incensed	Incensed
Included	Included	Included				
Indifferent			Indifferent	Indifferent	Indifferent	Indifferent
Insecure			Insecure	Insecure	Insecure	Insecure
Interested	Interested	Interested				
Intimidated			Intimidated	Intimidated	Intimidated	Intimidated
Intollerant			Intollerant	Intollerant		
Involved	Involved	Involved				
Irritated			Irritated	Irritated	Irritated	Irritated
Islanded					Islanded	Islanded
Isolated					Isolated	Isolated
Joyful	Joyful	Joyful				
Jubilant	Jubilant	Jubilant				
Justified			Justified			
Lazy				Lazy		
Left out			Left out	Left out		
Lifeless			Lifeless	Lifeless		
Like crying	Like crying	Like crying	Like crying	Like crying	Like crying	Like crying
Liked	Liked	Liked				
Liking	Liking	Liking				
Listless			Listless	Listless		Listless
Lonely			Lonely	Lonely		
Lost			Lost	Lost	Lost	Lost
Loved	Loved	Loved				
Loving	Loving	Loving				
Lust	?	?	?	?	?	?

FEELING (Alphabetical)	SAFE	PROUD	SAD	CONFUSED	ANGRY	SCARED
Mad					Mad	Mad
Marvelous	Marvelous	Marvelous				
Miserable			Miserable	Miserable	Miserable	Miserable
Misunderstood			Misunderstood	Misunderstood		
Modest	Modest	Modest				
Motionless				Motionless	Motionless	Motionless
Mournful			Mournful	Mournful	Mournful	Mournful
Naked				Naked	Naked	Naked
Nasty					Nasty	Nasty
Naughty					?	?
Nauseous					Nauseous	Nauseous
Neglected			Neglected	Neglected		
Nervous			Nervous	Nervous	Nervous	Nervous
Offended			Offended			
Open	Open	Open				
Optimistic	Optimistic	Optimistic				
Outraged			Outraged			
Overwhelmed					Overwhelmed	Overwhelmed
Panicky			Panicky	Panicky	Panicky	Panicky
Passion					Passion	
Patronized			Patronized	Patronized		Patronized
Peaceful	Peaceful	Peaceful				
Peeved			Peeved	Peeved		
Perplexed			Perplexed	Perplexed		
Perturbed					Perturbed	Perturbed
Petrified					Petrified	Petrified
Pissed Off					Pissed Off	Pissed Off
Pitiful			Pitiful	Pitiful		Pitiful
Pleased	Pleased	Pleased				
Powerless				Powerless	Powerless	Powerless
Protected	Protected	Protected				
Proud	Proud	Proud				
Provoked						
Puzzled						

FEELING (Alphabetical)	SAFE	PROUD	SAD	CONFUSED	ANGRY	SCARED
Quiet	Quiet	Quiet				
Rascally	?	?	?	?	?	?
Rebellious	?	?	?	?	?	?
Rejected			Rejected			
Relaxed	Relaxed	Relaxed				
Relieved	Relieved	Relieved				
Reluctant				Reluctant		Reluctant
Repulsed					Repulsed	
Resentful			Resentful		Resentful	
Resigned				Resigned		Resigned
Respected	Respected	Respected				
Restful	Restful	Restful				
Ridiculed			Ridiculed	Ridiculed	Ridiculed	Ridiculed
Sabotaged			Sabotaged	Sabotaged	Sabotaged	Sabotaged
Sad			Sad	Sad		Sad
Satisfied	Satisfied	Satisfied				
Scolded			Scolded	Scolded	Scolded	Scolded
Secure	Secure	Secure				
Seething					Seething	Seething
Separated			Separated	Separated		
Shaken			Shaken	Shaken	Shaken	Shaken
Shocked			Shocked	Shocked	Shocked	Shocked
Shy		Shy		Shy		Shy
Sick				Sick	Sick	Sick
Skeptical			Skeptical	Skeptical		
Skillful	Skillful	Skillful				
Slighted			Slighted	Slighted		
Smart	Smart	Smart				
Smiling	Smiling	Smiling				
Smothered		Smothered			Smothered	Smothered
Sorrowful			Sorrowful	Sorrowful	Sorrowful	Sorrowful
Sorry			Sorry			
Spiteful			Spiteful		Spiteful	Spiteful
Stagnant				Stagnant		

FEELING (Alphabetical)	SAFE	PROUD	SAD	CONFUSED	ANGRY	SCARED
Startled			Startled	Startled	Startled	Startled
Stifled			Stifled	Stifled	Stifled	Stifled
Strangled					Strangled	Strangled
Stunned			Stunned	Stunned	Stunned	Stunned
Successful	Successful	Successful				
Surprised	Surprised	Surprised	Surprised	Surprised	Surprised	Surprised
Suspicious	Suspicious	Suspicious	Suspicious	Suspicious	Suspicious	Suspicious
Swamped			Swamped	Swamped	Swamped	Swamped
Tense			Tense	Tense	Tense	Tense
Terrible			Terrible	Terrible	Terrible	Terrible
Terrific	Terrific	Terrific				
Terrified					Terrified	Terrified
Threatened			Threatened	Threatened	Threatened	Threatened
Thrilled	Thrilled	Thrilled				
Throttled			Throttled	Throttled	Throttled	Throttled
Timid	Timid	Timid		Timid		
Tolerant	Tolerant	Tolerant				
Tormented			Tormented	Tormented	Tormented	Tormented
Torn			Torn	Torn	Torn	Torn
Tranquil	Tranquil	Tranquil				
Trapped			Trapped	Trapped	Trapped	Trapped
Troubled			Troubled	Troubled	Troubled	Troubled
Unappreciated			Unappreciated	Unappreciated		
Uncared For			Uncared For	Uncared For	Uncared For	Uncared For
Uncertain				Uncertain	Uncertain	Uncertain
Uncomfortable			Uncomfortable	Uncomfortable	Uncomfortable	Uncomfortable
Undecided			Undecided	Undecided		
Uneasy			Uneasy	Uneasy		
Unemployed			Unemployed	Unemployed	Unemployed	Unemployed
Unhappy			Unhappy	Unhappy	Unhappy	Unhappy
Uninvolved				Uninvolved		
Unloved			Unloved	Unloved	Unloved	Unloved
Unsettled			Unsettled	Unsettled		
Unsure			Unsure	Unsure		

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FEELING (Alphabetical)	SAFE	PROUD	SAD	CONFUSED	ANGRY	SCARED
Unwanted			Unwanted	Unwanted	Unwanted	Unwanted
Uplifted	Uplifted	Uplifted				
Upset			Upset	Upset	Upset	Upset
Uptight			Uptight	Uptight	Uptight	Uptight
Used			Used	Used	Used	Used
Valued	Valued	Valued				
Vein		Vein	Vein	Vein		
Vengeful			Vengeful		Vengeful	Vengeful
Vindictive			Vindictive	Vindictive	Vindictive	Vindictive
Vulnerable		Vulnerable	Vulnerable	Vulnerable	Vulnerable	Vulnerable
Wanting			Wanting	Wanting	Wanting	Wanting
Wasted			Wasted	Wasted	Wasted	Wasted
Worried			Worried	Worried	Worried	Worried
Worthless			Worthless	Worthless	Worthless	Worthless
Wounded			Wounded	Wounded	Wounded	Wounded