

## **Emotions and what they feel like:**

(From Emotions work-packet, Meier Clinics)

### Test KEY

1. A feeling of power in the gut is followed by a surge of muscle tension in the lower, middle and upper back and shoulders, followed by a rush of adrenaline and blood flow through out the body. What am I? (Anger).
2. A little empty feeling begins to localize in the throat and head and finally builds until we begin to cry. Also, a hollow feeling in the upper chest and gut is experienced, especially when deep loss has been experienced or re-experienced. What am I? (Sad)
3. An overall sense of exhilaration based on a specific accomplishment or favorable environmental circumstance in the moment. A feeling of lightness, power and energy is felt. A surge of adrenaline seems to enhance our sense of self and our connectedness with the universe. We feel warm all over. What am I? (happy).
4. A pit in the stomach, as if we've been kicked, is felt – plus a feeling of violation, betrayal, or pain. What am I? (Hurt).
5. At its deepest level, this emotion is experienced in the lower abdomen and genital area. It is a feeling of being broken, defective, unworthy, unlovable, stupid, ugly, dirty, awful, bad, evil, crazy or worthless. The stronger the experience of this emotion, the more likely it is that we are carrying it for someone else or for the family system from which it came. What am I? (Shame).
6. Felt in the upper chest and breathing passages. It is a sense that somehow our life and survival are being threatened. It is felt as a sense of dread and anxiety that eventually spreads throughout the entire body What am I? (Fear).
7. A feeling of being separate, disconnected empty, devoid of human contact and companionship. What am I? (Lonely).
8. A heavy burden or responsibility urges us to act to correct some real or imagined wrong. What am I? (guilt).
9. An overall warm, comfortable feeling of “completeness,” “okay-ness,” and connectedness not necessarily connected to the moment or environmental circumstances. A healthy sense of power and relatedness with self and others while at the same time feeling of confidence in self to face and address what happens next. What am I? Safe / Joy