



MARY WAGSTAFF HOLISTIC ALCOHOL & LIFE COACHING

EMOTIONS & FEELINGS: THIS IS THE CORNER STONE OF OUR WORK

THE MORE INTIMATELY YOU KNOW OUR EMOTIONAL BODY AND THE SENSATIONS, THE LESS YOU WILL RESIST THEM.

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
Warm
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
Tearful
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Withdrawn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
Warm

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

Body Sensations

Achy	Contracted	Gentle	Numb	Shaky	Sweaty
Airy	Dizzy	Hard	Pain	Shivery	Tender
Blocked	Drained	Heavy	Pounding	Slow	Tense
Breathless	Dull	Hollow	Prickly	Smooth	Throbbing
Bruised	Electric	Hot	Pulsing	Soft	Tight
Burning	Empty	Icy	Queasy	Sore	Tingling
Buzzy	Expanded	Itchy	Radiating	Spacey	Trembly
Clammy	Flowing	Jumpy	Relaxed	Spacious	Twitchy
Clenched	Fluid	Knotted	Releasing	Sparkly	Vibrating
Cold	Fluttery	Light	Rigid	Stiff	Warm
Constricted	Frozen	Loose	Sensitive	Still	Wobbly
Contained	Full	Nauseous	Settled	Suffocated	Wooden



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GET TO KNOW YOUR HIGHER SELF. WHAT ARE THE VALUES YOU WANT TO SHOW UP FOR MORE?
(BRENE BROWN'S DARE TO LEAD)

List of VALUES

Accountability
Achievement
Adaptability
Adventure
Altruism
Ambition
Authenticity
Balance
Beauty
Being the best
Belonging
Career
Caring
Collaboration
Commitment
Community
Compassion
Competence
Confidence
Connection
Contentment
Contribution
Cooperation
Courage
Creativity
Curiosity
Dignity

Diversity
Environment
Efficiency
Equality
Ethics
Excellence
Fairness
Faith
Family
Financial stability
Forgiveness
Freedom
Friendship
Fun
Future generations
Generosity
Giving back
Grace
Gratitude
Growth
Harmony
Health
Home
Honesty
Hope
Humility
Humor
Inclusion
Independence
Initiative
Integrity

Intuition
Job security
Joy
Justice
Kindness
Knowledge
Leadership
Learning
Legacy
Leisure
Love
Loyalty
Making a difference
Nature
Openness
Optimism
Order
Parenting
Patience
Patriotism
Peace
Perseverance
Personal fulfillment
Power
Pride
Recognition
Reliability
Resourcefulness
Respect
Responsibility
Risk-taking

Safety
Security
Self-discipline
Self-expression
Self-respect
Serenity
Service
Simplicity
Spirituality
Sportsmanship
Stewardship
Success
Teamwork
Thrift
Time
Tradition
Travel
Trust
Truth
Understanding
Uniqueness
Usefulness
Vision
Vulnerability
Wealth
Well-being
Wholeheartedness
Wisdom

Write your own:
