



Introduction

In the “Own My Feelings” section of each session we create some space to reflect on the feelings that have come up for us during the session.

Working out how we feel can be really difficult. We've provided lots of different words that you can use to help work out what feelings best describe how you feel. If you have two different colours, you can use one to highlight what you feel like now, and the other to highlight feelings you may have had in the past.

It can take a while to make sense of your feelings but hopefully having these words will be helpful.

One of the fears about our feelings is that if we make space for them, they will overwhelm us and we will become lost in them. But as writer and academic Emily Nagoski has said, “Emotions are tunnels. You have to go all the way through the darkness to get to the light at the end.”

I find it easy to work out what my feelings are...

☐

Agree

☐

Disagree

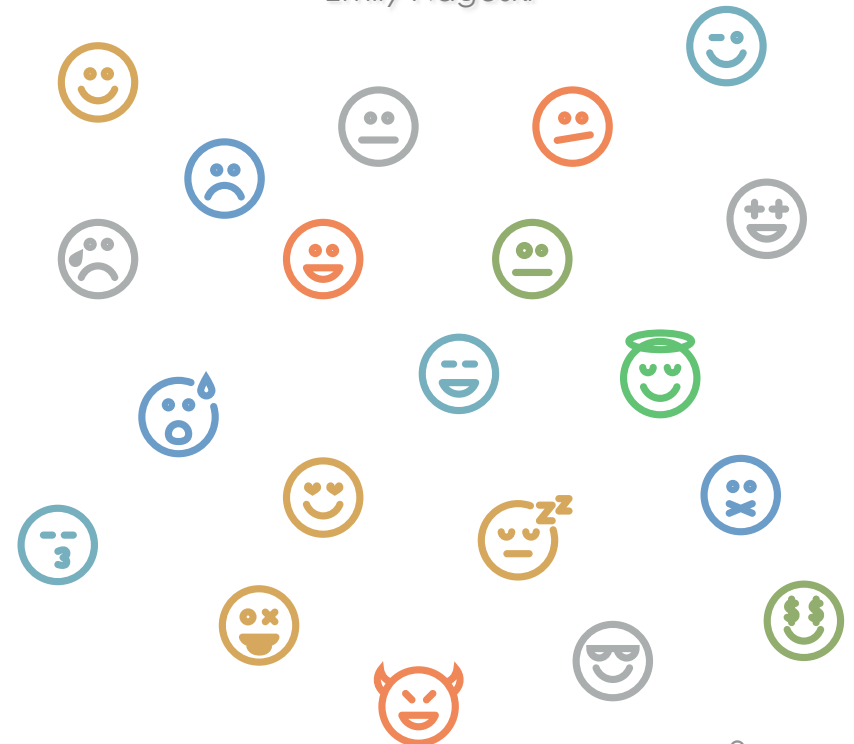
☐

Not sure

Use this space to write or draw the things you have found helpful in enabling you to work out your feelings and move forward from them?

“Emotions are tunnels. You have to go all the way through the darkness to get to the light at the end. And if you just keep putting one foot in front of the other, you'll get to where you want to go. Some of us know how to go through the tunnel because we grew up in families that taught us how. Some of us know how to go through the tunnel because we learned that skill later in life. And some of us haven't had a chance to learn that skill yet. But we can always learn...”

Emily Nagoski



Own My Feelings - Session 1

Highlight the words that describe how you feel. You could use one colour for the beginning of the session and one colour for the end of the session.

Open	Confident	Kind	Interested	Amazed	Satisfied	Cheerful	Joyful	Cared for
Happy	Lucky	Overjoyed	Important	Glad	Alive	Liberated	Proud	Pleased
Courageous	Playful	Energetic	Wonderful	Good	Calm	Secure	Excited	Delighted
Peaceful	Comfortable	Encouraged	Surprised	Content	Certain	Rebellious	Self-compassion	Rested
Relaxed	Bright	Blessed	Reassured	Loving	Considerate	Unique	Trusting	Caring
Devoted	Passionate	Warm	Sympathy	Loved	Comforted	Sure	Receptive	Safe
Inspired	Amused	Intrigued	Curious	Positive	Eager	Optimistic	Elated	Absorbed
Determined	Enthusiastic	Brave	Challenged	Hopeful	Strong	Free	Liked	Relieved
Angry	Irritated	Enraged	Sore	Upset	Bitter	Afraid	Overwhelmed	Shocked
Resentful	Provoked	Hostile	Indignant	Depressed	Disappointed	Worried	Sensitive	Numb
Ashamed	Powerless	Guilty	Dissatisfied	Disgusting	Despair	Crushed	Outraged	Cautious
Bad	Grief	Confused	Doubtful	Indecisive	Embarrassed	Victimised	Distrusting	Spiteful
Shy	Lost	Unsure	Tense	Helpless	Incapable	Tearful	Disillusioned	Disturbed
Alone	Vulnerable	Empty	Forced	Desperate	Dominated	Alarmed	Suspicious	Uncomfortable
Concerned	Affected	Anxious	Isolated	Indifferent	Weary	Tortured	Inferior	Regretful
Neutral	Bored	Alienated	Lifeless	Cold	Terrified	Humiliated	Hateful	Ambivalent
Anxious	Alarmed	Hopeless	Nervous	Panic	Restless	Mournful	Disliked	Exhausted
Threatened	Wary	Weary	Aching	Cowardly	Tormented	Appalled	Dread	Insecure
Deprived	Rejected	Sad	Hurt	Injured	Heartbroken	Unhappy	Defeated	

Date: _____



Sensations - Session 1

Highlight the words that describe your sensations and mark on the person outline where the sensations are.

Achy	Cold	Dull	Full	Nervy	Rush	Streaming	Warm
Aglow	Congested	Electric	Heavy	Numb	Searing	Suffocated	Wobbly
Airy	Constricted	Empty	Hiding	Open	Sensitive	Sweaty	Wooden
Blocked	Cool	Energised	Hollow	Piercing	Shaky	Tender	
Breathless	Cozy	Expanded	Hot	Pounding	Sharp	Tense	
Bruised	Cut-off	Expansive	Icy	Prickly	Shimmery	Thick	
Bubbly	Dark	Fiery	Itchy	Queasy	Shivery	Throbbing	
Burning	Dense	Floating	Knotted	Radiating	Smooth	Tickly	
Buzzy	Disappearing	Flowing	Light	Raw	Sore	Tight	
Calm	Disconnected	Fluid	Melting	Referring	Spaced out	Tingling	
Clenched	Dizzy	Fluttery	Moved	Relaxed	Spacious	Trembly	
Closed	Draining	Frozen	Nauseous	Releasing	Still	Twitchy	

Use this space to draw your sensations.

Own My Feelings - Session 2

Highlight the words that describe how you feel. You could use one colour for the beginning of the session and one colour for the end of the session.

Open	Confident	Kind	Interested	Amazed	Satisfied	Cheerful	Joyful	Cared for
Happy	Lucky	Overjoyed	Important	Glad	Alive	Liberated	Proud	Pleased
Courageous	Playful	Energetic	Wonderful	Good	Calm	Secure	Excited	Delighted
Peaceful	Comfortable	Encouraged	Surprised	Content	Certain	Rebellious	Self-compassion	Rested
Relaxed	Bright	Blessed	Reassured	Loving	Considerate	Unique	Trusting	Caring
Devoted	Passionate	Warm	Sympathy	Loved	Comforted	Sure	Receptive	Safe
Inspired	Amused	Intrigued	Curious	Positive	Eager	Optimistic	Elated	Absorbed
Determined	Enthusiastic	Brave	Challenged	Hopeful	Strong	Free	Liked	Relieved
Angry	Irritated	Enraged	Sore	Upset	Bitter	Afraid	Overwhelmed	Shocked
Resentful	Provoked	Hostile	Indignant	Depressed	Disappointed	Worried	Sensitive	Numb
Ashamed	Powerless	Guilty	Dissatisfied	Disgusting	Despair	Crushed	Outraged	Cautious
Bad	Grief	Confused	Doubtful	Indecisive	Embarrassed	Victimised	Distrusting	Spiteful
Shy	Lost	Unsure	Tense	Helpless	Incapable	Tearful	Disillusioned	Disturbed
Alone	Vulnerable	Empty	Forced	Desperate	Dominated	Alarmed	Suspicious	Uncomfortable
Concerned	Affected	Anxious	Isolated	Indifferent	Weary	Tortured	Inferior	Regretful
Neutral	Bored	Alienated	Lifeless	Cold	Terrified	Humiliated	Hateful	Ambivalent
Anxious	Alarmed	Hopeless	Nervous	Panic	Restless	Mournful	Disliked	Exhausted
Threatened	Wary	Weary	Aching	Cowardly	Tormented	Appalled	Dread	Insecure
Deprived	Rejected	Sad	Hurt	Injured	Heartbroken	Unhappy	Defeated	

Date: _____



Sensations – Session 2

Highlight the words that describe your sensations and mark on the person outline where the sensations are.

Achy	Cold	Dull	Full	Nervy	Rush	Streaming	Warm
Aglow	Congested	Electric	Heavy	Numb	Searing	Suffocated	Wobbly
Airy	Constricted	Empty	Hiding	Open	Sensitive	Sweaty	Wooden
Blocked	Cool	Energised	Hollow	Piercing	Shaky	Tender	
Breathless	Cozy	Expanded	Hot	Pounding	Sharp	Tense	
Bruised	Cut-off	Expansive	Icy	Prickly	Shimmery	Thick	
Bubbly	Dark	Fiery	Itchy	Queasy	Shivery	Throbbing	
Burning	Dense	Floating	Knotted	Radiating	Smooth	Tickly	
Buzzy	Disappearing	Flowing	Light	Raw	Sore	Tight	
Calm	Disconnected	Fluid	Melting	Referring	Spaced out	Tingling	
Clenched	Dizzy	Fluttery	Moved	Relaxed	Spacious	Trembly	
Closed	Draining	Frozen	Nauseous	Releasing	Still	Twitchy	

Use this space to draw your sensations.

Own My Feelings - Session 3

Highlight the words that describe how you feel. You could use one colour for the beginning of the session and one colour for the end of the session.

Open	Confident	Kind	Interested	Amazed	Satisfied	Cheerful	Joyful	Cared for
Happy	Lucky	Overjoyed	Important	Glad	Alive	Liberated	Proud	Pleased
Courageous	Playful	Energetic	Wonderful	Good	Calm	Secure	Excited	Delighted
Peaceful	Comfortable	Encouraged	Surprised	Content	Certain	Rebellious	Self-compassion	Rested
Relaxed	Bright	Blessed	Reassured	Loving	Considerate	Unique	Trusting	Caring
Devoted	Passionate	Warm	Sympathy	Loved	Comforted	Sure	Receptive	Safe
Inspired	Amused	Intrigued	Curious	Positive	Eager	Optimistic	Elated	Absorbed
Determined	Enthusiastic	Brave	Challenged	Hopeful	Strong	Free	Liked	Relieved
Angry	Irritated	Enraged	Sore	Upset	Bitter	Afraid	Overwhelmed	Shocked
Resentful	Provoked	Hostile	Indignant	Depressed	Disappointed	Worried	Sensitive	Numb
Ashamed	Powerless	Guilty	Dissatisfied	Disgusting	Despair	Crushed	Outraged	Cautious
Bad	Grief	Confused	Doubtful	Indecisive	Embarrassed	Victimised	Distrusting	Spiteful
Shy	Lost	Unsure	Tense	Helpless	Incapable	Tearful	Disillusioned	Disturbed
Alone	Vulnerable	Empty	Forced	Desperate	Dominated	Alarmed	Suspicious	Uncomfortable
Concerned	Affected	Anxious	Isolated	Indifferent	Weary	Tortured	Inferior	Regretful
Neutral	Bored	Alienated	Lifeless	Cold	Terrified	Humiliated	Hateful	Ambivalent
Anxious	Alarmed	Hopeless	Nervous	Panic	Restless	Mournful	Disliked	Exhausted
Threatened	Wary	Weary	Aching	Cowardly	Tormented	Appalled	Dread	Insecure
Deprived	Rejected	Sad	Hurt	Injured	Heartbroken	Unhappy	Defeated	

Date: _____



Sensations – Session 3

Highlight the words that describe your sensations and mark on the person outline where the sensations are.

Achy	Cold	Dull	Full	Nervy	Rush	Streaming	Warm
Aglow	Congested	Electric	Heavy	Numb	Searing	Suffocated	Wobbly
Airy	Constricted	Empty	Hiding	Open	Sensitive	Sweaty	Wooden
Blocked	Cool	Energised	Hollow	Piercing	Shaky	Tender	
Breathless	Cozy	Expanded	Hot	Pounding	Sharp	Tense	
Bruised	Cut-off	Expansive	Icy	Prickly	Shimmery	Thick	
Bubbly	Dark	Fiery	Itchy	Queasy	Shivery	Throbbing	
Burning	Dense	Floating	Knotted	Radiating	Smooth	Tickly	
Buzzy	Disappearing	Flowing	Light	Raw	Sore	Tight	
Calm	Disconnected	Fluid	Melting	Referring	Spaced out	Tingling	
Clenched	Dizzy	Fluttery	Moved	Relaxed	Spacious	Trembly	
Closed	Draining	Frozen	Nauseous	Releasing	Still	Twitchy	

Use this space to draw your sensations.

Own My Feelings - Session 4

Highlight the words that describe how you feel. You could use one colour for the beginning of the session and one colour for the end of the session.

Open	Confident	Kind	Interested	Amazed	Satisfied	Cheerful	Joyful	Cared for
Happy	Lucky	Overjoyed	Important	Glad	Alive	Liberated	Proud	Pleased
Courageous	Playful	Energetic	Wonderful	Good	Calm	Secure	Excited	Delighted
Peaceful	Comfortable	Encouraged	Surprised	Content	Certain	Rebellious	Self-compassion	Rested
Relaxed	Bright	Blessed	Reassured	Loving	Considerate	Unique	Trusting	Caring
Devoted	Passionate	Warm	Sympathy	Loved	Comforted	Sure	Receptive	Safe
Inspired	Amused	Intrigued	Curious	Positive	Eager	Optimistic	Elated	Absorbed
Determined	Enthusiastic	Brave	Challenged	Hopeful	Strong	Free	Liked	Relieved
Angry	Irritated	Enraged	Sore	Upset	Bitter	Afraid	Overwhelmed	Shocked
Resentful	Provoked	Hostile	Indignant	Depressed	Disappointed	Worried	Sensitive	Numb
Ashamed	Powerless	Guilty	Dissatisfied	Disgusting	Despair	Crushed	Outraged	Cautious
Bad	Grief	Confused	Doubtful	Indecisive	Embarrassed	Victimised	Distrusting	Spiteful
Shy	Lost	Unsure	Tense	Helpless	Incapable	Tearful	Disillusioned	Disturbed
Alone	Vulnerable	Empty	Forced	Desperate	Dominated	Alarmed	Suspicious	Uncomfortable
Concerned	Affected	Anxious	Isolated	Indifferent	Weary	Tortured	Inferior	Regretful
Neutral	Bored	Alienated	Lifeless	Cold	Terrified	Humiliated	Hateful	Ambivalent
Anxious	Alarmed	Hopeless	Nervous	Panic	Restless	Mournful	Disliked	Exhausted
Threatened	Wary	Weary	Aching	Cowardly	Tormented	Appalled	Dread	Insecure
Deprived	Rejected	Sad	Hurt	Injured	Heartbroken	Unhappy	Defeated	

Date: _____



Sensations – Session 4

Highlight the words that describe your sensations and mark on the person outline where the sensations are.

Achy	Cold	Dull	Full	Nervy	Rush	Streaming	Warm
Aglow	Congested	Electric	Heavy	Numb	Searing	Suffocated	Wobbly
Airy	Constricted	Empty	Hiding	Open	Sensitive	Sweaty	Wooden
Blocked	Cool	Energised	Hollow	Piercing	Shaky	Tender	
Breathless	Cozy	Expanded	Hot	Pounding	Sharp	Tense	
Bruised	Cut-off	Expansive	Icy	Prickly	Shimmery	Thick	
Bubbly	Dark	Fiery	Itchy	Queasy	Shivery	Throbbing	
Burning	Dense	Floating	Knotted	Radiating	Smooth	Tickly	
Buzzy	Disappearing	Flowing	Light	Raw	Sore	Tight	
Calm	Disconnected	Fluid	Melting	Referring	Spaced out	Tingling	
Clenched	Dizzy	Fluttery	Moved	Relaxed	Spacious	Trembly	
Closed	Draining	Frozen	Nauseous	Releasing	Still	Twitchy	

Use this space to draw your sensations.

Own My Feelings - Session 5

Highlight the words that describe how you feel. You could use one colour for the beginning of the session and one colour for the end of the session.

Open	Confident	Kind	Interested	Amazed	Satisfied	Cheerful	Joyful	Cared for
Happy	Lucky	Overjoyed	Important	Glad	Alive	Liberated	Proud	Pleased
Courageous	Playful	Energetic	Wonderful	Good	Calm	Secure	Excited	Delighted
Peaceful	Comfortable	Encouraged	Surprised	Content	Certain	Rebellious	Self-compassion	Rested
Relaxed	Bright	Blessed	Reassured	Loving	Considerate	Unique	Trusting	Caring
Devoted	Passionate	Warm	Sympathy	Loved	Comforted	Sure	Receptive	Safe
Inspired	Amused	Intrigued	Curious	Positive	Eager	Optimistic	Elated	Absorbed
Determined	Enthusiastic	Brave	Challenged	Hopeful	Strong	Free	Liked	Relieved
Angry	Irritated	Enraged	Sore	Upset	Bitter	Afraid	Overwhelmed	Shocked
Resentful	Provoked	Hostile	Indignant	Depressed	Disappointed	Worried	Sensitive	Numb
Ashamed	Powerless	Guilty	Dissatisfied	Disgusting	Despair	Crushed	Outraged	Cautious
Bad	Grief	Confused	Doubtful	Indecisive	Embarrassed	Victimised	Distrusting	Spiteful
Shy	Lost	Unsure	Tense	Helpless	Incapable	Tearful	Disillusioned	Disturbed
Alone	Vulnerable	Empty	Forced	Desperate	Dominated	Alarmed	Suspicious	Uncomfortable
Concerned	Affected	Anxious	Isolated	Indifferent	Weary	Tortured	Inferior	Regretful
Neutral	Bored	Alienated	Lifeless	Cold	Terrified	Humiliated	Hateful	Ambivalent
Anxious	Alarmed	Hopeless	Nervous	Panic	Restless	Mournful	Disliked	Exhausted
Threatened	Wary	Weary	Aching	Cowardly	Tormented	Appalled	Dread	Insecure
Deprived	Rejected	Sad	Hurt	Injured	Heartbroken	Unhappy	Defeated	

Date: _____



Sensations – Session 5

Highlight the words that describe your sensations and mark on the person outline where the sensations are.

Achy	Cold	Dull	Full	Nervy	Rush	Streaming	Warm
Aglow	Congested	Electric	Heavy	Numb	Searing	Suffocated	Wobbly
Airy	Constricted	Empty	Hiding	Open	Sensitive	Sweaty	Wooden
Blocked	Cool	Energised	Hollow	Piercing	Shaky	Tender	
Breathless	Cozy	Expanded	Hot	Pounding	Sharp	Tense	
Bruised	Cut-off	Expansive	Icy	Prickly	Shimmery	Thick	
Bubbly	Dark	Fiery	Itchy	Queasy	Shivery	Throbbing	
Burning	Dense	Floating	Knotted	Radiating	Smooth	Tickly	
Buzzy	Disappearing	Flowing	Light	Raw	Sore	Tight	
Calm	Disconnected	Fluid	Melting	Referring	Spaced out	Tingling	
Clenched	Dizzy	Fluttery	Moved	Relaxed	Spacious	Trembly	
Closed	Draining	Frozen	Nauseous	Releasing	Still	Twitchy	

Use this space to draw your sensations.

Own My Feelings - Session 6

Highlight the words that describe how you feel. You could use one colour for the beginning of the session and one colour for the end of the session.

Open	Confident	Kind	Interested	Amazed	Satisfied	Cheerful	Joyful	Cared for
Happy	Lucky	Overjoyed	Important	Glad	Alive	Liberated	Proud	Pleased
Courageous	Playful	Energetic	Wonderful	Good	Calm	Secure	Excited	Delighted
Peaceful	Comfortable	Encouraged	Surprised	Content	Certain	Rebellious	Self-compassion	Rested
Relaxed	Bright	Blessed	Reassured	Loving	Considerate	Unique	Trusting	Caring
Devoted	Passionate	Warm	Sympathy	Loved	Comforted	Sure	Receptive	Safe
Inspired	Amused	Intrigued	Curious	Positive	Eager	Optimistic	Elated	Absorbed
Determined	Enthusiastic	Brave	Challenged	Hopeful	Strong	Free	Liked	Relieved
Angry	Irritated	Enraged	Sore	Upset	Bitter	Afraid	Overwhelmed	Shocked
Resentful	Provoked	Hostile	Indignant	Depressed	Disappointed	Worried	Sensitive	Numb
Ashamed	Powerless	Guilty	Dissatisfied	Disgusting	Despair	Crushed	Outraged	Cautious
Bad	Grief	Confused	Doubtful	Indecisive	Embarrassed	Victimised	Distrusting	Spiteful
Shy	Lost	Unsure	Tense	Helpless	Incapable	Tearful	Disillusioned	Disturbed
Alone	Vulnerable	Empty	Forced	Desperate	Dominated	Alarmed	Suspicious	Uncomfortable
Concerned	Affected	Anxious	Isolated	Indifferent	Weary	Tortured	Inferior	Regretful
Neutral	Bored	Alienated	Lifeless	Cold	Terrified	Humiliated	Hateful	Ambivalent
Anxious	Alarmed	Hopeless	Nervous	Panic	Restless	Mournful	Disliked	Exhausted
Threatened	Wary	Weary	Aching	Cowardly	Tormented	Appalled	Dread	Insecure
Deprived	Rejected	Sad	Hurt	Injured	Heartbroken	Unhappy	Defeated	

Date: _____



Sensations – Session 6

Highlight the words that describe your sensations and mark on the person outline where the sensations are.

Achy	Cold	Dull	Full	Nervy	Rush	Streaming	Warm
Aglow	Congested	Electric	Heavy	Numb	Searing	Suffocated	Wobbly
Airy	Constricted	Empty	Hiding	Open	Sensitive	Sweaty	Wooden
Blocked	Cool	Energised	Hollow	Piercing	Shaky	Tender	
Breathless	Cozy	Expanded	Hot	Pounding	Sharp	Tense	
Bruised	Cut-off	Expansive	Icy	Prickly	Shimmery	Thick	
Bubbly	Dark	Fiery	Itchy	Queasy	Shivery	Throbbing	
Burning	Dense	Floating	Knotted	Radiating	Smooth	Tickly	
Buzzy	Disappearing	Flowing	Light	Raw	Sore	Tight	
Calm	Disconnected	Fluid	Melting	Referring	Spaced out	Tingling	
Clenched	Dizzy	Fluttery	Moved	Relaxed	Spacious	Trembly	
Closed	Draining	Frozen	Nauseous	Releasing	Still	Twitchy	

Use this space to draw your sensations.

Own My Feelings - Session 7

Highlight the words that describe how you feel. You could use one colour for the beginning of the session and one colour for the end of the session.

Open	Confident	Kind	Interested	Amazed	Satisfied	Cheerful	Joyful	Cared for
Happy	Lucky	Overjoyed	Important	Glad	Alive	Liberated	Proud	Pleased
Courageous	Playful	Energetic	Wonderful	Good	Calm	Secure	Excited	Delighted
Peaceful	Comfortable	Encouraged	Surprised	Content	Certain	Rebellious	Self-compassion	Rested
Relaxed	Bright	Blessed	Reassured	Loving	Considerate	Unique	Trusting	Caring
Devoted	Passionate	Warm	Sympathy	Loved	Comforted	Sure	Receptive	Safe
Inspired	Amused	Intrigued	Curious	Positive	Eager	Optimistic	Elated	Absorbed
Determined	Enthusiastic	Brave	Challenged	Hopeful	Strong	Free	Liked	Relieved
Angry	Irritated	Enraged	Sore	Upset	Bitter	Afraid	Overwhelmed	Shocked
Resentful	Provoked	Hostile	Indignant	Depressed	Disappointed	Worried	Sensitive	Numb
Ashamed	Powerless	Guilty	Dissatisfied	Disgusting	Despair	Crushed	Outraged	Cautious
Bad	Grief	Confused	Doubtful	Indecisive	Embarrassed	Victimised	Distrusting	Spiteful
Shy	Lost	Unsure	Tense	Helpless	Incapable	Tearful	Disillusioned	Disturbed
Alone	Vulnerable	Empty	Forced	Desperate	Dominated	Alarmed	Suspicious	Uncomfortable
Concerned	Affected	Anxious	Isolated	Indifferent	Weary	Tortured	Inferior	Regretful
Neutral	Bored	Alienated	Lifeless	Cold	Terrified	Humiliated	Hateful	Ambivalent
Anxious	Alarmed	Hopeless	Nervous	Panic	Restless	Mournful	Disliked	Exhausted
Threatened	Wary	Weary	Aching	Cowardly	Tormented	Appalled	Dread	Insecure
Deprived	Rejected	Sad	Hurt	Injured	Heartbroken	Unhappy	Defeated	

Date: _____



Sensations – Session 7

Highlight the words that describe your sensations and mark on the person outline where the sensations are.

Achy	Cold	Dull	Full	Nervy	Rush	Streaming	Warm
Aglow	Congested	Electric	Heavy	Numb	Searing	Suffocated	Wobbly
Airy	Constricted	Empty	Hiding	Open	Sensitive	Sweaty	Wooden
Blocked	Cool	Energised	Hollow	Piercing	Shaky	Tender	
Breathless	Cozy	Expanded	Hot	Pounding	Sharp	Tense	
Bruised	Cut-off	Expansive	Icy	Prickly	Shimmery	Thick	
Bubbly	Dark	Fiery	Itchy	Queasy	Shivery	Throbbing	
Burning	Dense	Floating	Knotted	Radiating	Smooth	Tickly	
Buzzy	Disappearing	Flowing	Light	Raw	Sore	Tight	
Calm	Disconnected	Fluid	Melting	Referring	Spaced out	Tingling	
Clenched	Dizzy	Fluttery	Moved	Relaxed	Spacious	Trembly	
Closed	Draining	Frozen	Nauseous	Releasing	Still	Twitchy	

Use this space to draw your sensations.

Own My Feelings - Session 8

Highlight the words that describe how you feel. You could use one colour for the beginning of the session and one colour for the end of the session.

Open	Confident	Kind	Interested	Amazed	Satisfied	Cheerful	Joyful	Cared for
Happy	Lucky	Overjoyed	Important	Glad	Alive	Liberated	Proud	Pleased
Courageous	Playful	Energetic	Wonderful	Good	Calm	Secure	Excited	Delighted
Peaceful	Comfortable	Encouraged	Surprised	Content	Certain	Rebellious	Self-compassion	Rested
Relaxed	Bright	Blessed	Reassured	Loving	Considerate	Unique	Trusting	Caring
Devoted	Passionate	Warm	Sympathy	Loved	Comforted	Sure	Receptive	Safe
Inspired	Amused	Intrigued	Curious	Positive	Eager	Optimistic	Elated	Absorbed
Determined	Enthusiastic	Brave	Challenged	Hopeful	Strong	Free	Liked	Relieved
Angry	Irritated	Enraged	Sore	Upset	Bitter	Afraid	Overwhelmed	Shocked
Resentful	Provoked	Hostile	Indignant	Depressed	Disappointed	Worried	Sensitive	Numb
Ashamed	Powerless	Guilty	Dissatisfied	Disgusting	Despair	Crushed	Outraged	Cautious
Bad	Grief	Confused	Doubtful	Indecisive	Embarrassed	Victimised	Distrusting	Spiteful
Shy	Lost	Unsure	Tense	Helpless	Incapable	Tearful	Disillusioned	Disturbed
Alone	Vulnerable	Empty	Forced	Desperate	Dominated	Alarmed	Suspicious	Uncomfortable
Concerned	Affected	Anxious	Isolated	Indifferent	Weary	Tortured	Inferior	Regretful
Neutral	Bored	Alienated	Lifeless	Cold	Terrified	Humiliated	Hateful	Ambivalent
Anxious	Alarmed	Hopeless	Nervous	Panic	Restless	Mournful	Disliked	Exhausted
Threatened	Wary	Weary	Aching	Cowardly	Tormented	Appalled	Dread	Insecure
Deprived	Rejected	Sad	Hurt	Injured	Heartbroken	Unhappy	Defeated	

Date: _____



Sensations – Session 8

Highlight the words that describe your sensations and mark on the person outline where the sensations are.

Achy	Cold	Dull	Full	Nervy	Rush	Streaming	Warm
Aglow	Congested	Electric	Heavy	Numb	Searing	Suffocated	Wobbly
Airy	Constricted	Empty	Hiding	Open	Sensitive	Sweaty	Wooden
Blocked	Cool	Energised	Hollow	Piercing	Shaky	Tender	
Breathless	Cozy	Expanded	Hot	Pounding	Sharp	Tense	
Bruised	Cut-off	Expansive	Icy	Prickly	Shimmery	Thick	
Bubbly	Dark	Fiery	Itchy	Queasy	Shivery	Throbbing	
Burning	Dense	Floating	Knotted	Radiating	Smooth	Tickly	
Buzzy	Disappearing	Flowing	Light	Raw	Sore	Tight	
Calm	Disconnected	Fluid	Melting	Referring	Spaced out	Tingling	
Clenched	Dizzy	Fluttery	Moved	Relaxed	Spacious	Trembly	
Closed	Draining	Frozen	Nauseous	Releasing	Still	Twitchy	

Use this space to draw your sensations.

Own My Feelings - Session 9

Highlight the words that describe how you feel. You could use one colour for the beginning of the session and one colour for the end of the session.

Open	Confident	Kind	Interested	Amazed	Satisfied	Cheerful	Joyful	Cared for
Happy	Lucky	Overjoyed	Important	Glad	Alive	Liberated	Proud	Pleased
Courageous	Playful	Energetic	Wonderful	Good	Calm	Secure	Excited	Delighted
Peaceful	Comfortable	Encouraged	Surprised	Content	Certain	Rebellious	Self-compassion	Rested
Relaxed	Bright	Blessed	Reassured	Loving	Considerate	Unique	Trusting	Caring
Devoted	Passionate	Warm	Sympathy	Loved	Comforted	Sure	Receptive	Safe
Inspired	Amused	Intrigued	Curious	Positive	Eager	Optimistic	Elated	Absorbed
Determined	Enthusiastic	Brave	Challenged	Hopeful	Strong	Free	Liked	Relieved
Angry	Irritated	Enraged	Sore	Upset	Bitter	Afraid	Overwhelmed	Shocked
Resentful	Provoked	Hostile	Indignant	Depressed	Disappointed	Worried	Sensitive	Numb
Ashamed	Powerless	Guilty	Dissatisfied	Disgusting	Despair	Crushed	Outraged	Cautious
Bad	Grief	Confused	Doubtful	Indecisive	Embarrassed	Victimised	Distrusting	Spiteful
Shy	Lost	Unsure	Tense	Helpless	Incapable	Tearful	Disillusioned	Disturbed
Alone	Vulnerable	Empty	Forced	Desperate	Dominated	Alarmed	Suspicious	Uncomfortable
Concerned	Affected	Anxious	Isolated	Indifferent	Weary	Tortured	Inferior	Regretful
Neutral	Bored	Alienated	Lifeless	Cold	Terrified	Humiliated	Hateful	Ambivalent
Anxious	Alarmed	Hopeless	Nervous	Panic	Restless	Mournful	Disliked	Exhausted
Threatened	Wary	Weary	Aching	Cowardly	Tormented	Appalled	Dread	Insecure
Deprived	Rejected	Sad	Hurt	Injured	Heartbroken	Unhappy	Defeated	

Date: _____



Sensations – Session 9

Highlight the words that describe your sensations and mark on the person outline where the sensations are.

Achy	Cold	Dull	Full	Nervy	Rush	Streaming	Warm
Aglow	Congested	Electric	Heavy	Numb	Searing	Suffocated	Wobbly
Airy	Constricted	Empty	Hiding	Open	Sensitive	Sweaty	Wooden
Blocked	Cool	Energised	Hollow	Piercing	Shaky	Tender	
Breathless	Cozy	Expanded	Hot	Pounding	Sharp	Tense	
Bruised	Cut-off	Expansive	Icy	Prickly	Shimmery	Thick	
Bubbly	Dark	Fiery	Itchy	Queasy	Shivery	Throbbing	
Burning	Dense	Floating	Knotted	Radiating	Smooth	Tickly	
Buzzy	Disappearing	Flowing	Light	Raw	Sore	Tight	
Calm	Disconnected	Fluid	Melting	Referring	Spaced out	Tingling	
Clenched	Dizzy	Fluttery	Moved	Relaxed	Spacious	Trembly	
Closed	Draining	Frozen	Nauseous	Releasing	Still	Twitchy	

Use this space to draw your sensations.

Own My Feelings - Session 10

Highlight the words that describe how you feel. You could use one colour for the beginning of the session and one colour for the end of the session.

Open	Confident	Kind	Interested	Amazed	Satisfied	Cheerful	Joyful	Cared for
Happy	Lucky	Overjoyed	Important	Glad	Alive	Liberated	Proud	Pleased
Courageous	Playful	Energetic	Wonderful	Good	Calm	Secure	Excited	Delighted
Peaceful	Comfortable	Encouraged	Surprised	Content	Certain	Rebellious	Self-compassion	Rested
Relaxed	Bright	Blessed	Reassured	Loving	Considerate	Unique	Trusting	Caring
Devoted	Passionate	Warm	Sympathy	Loved	Comforted	Sure	Receptive	Safe
Inspired	Amused	Intrigued	Curious	Positive	Eager	Optimistic	Elated	Absorbed
Determined	Enthusiastic	Brave	Challenged	Hopeful	Strong	Free	Liked	Relieved
Angry	Irritated	Enraged	Sore	Upset	Bitter	Afraid	Overwhelmed	Shocked
Resentful	Provoked	Hostile	Indignant	Depressed	Disappointed	Worried	Sensitive	Numb
Ashamed	Powerless	Guilty	Dissatisfied	Disgusting	Despair	Crushed	Outraged	Cautious
Bad	Grief	Confused	Doubtful	Indecisive	Embarrassed	Victimised	Distrusting	Spiteful
Shy	Lost	Unsure	Tense	Helpless	Incapable	Tearful	Disillusioned	Disturbed
Alone	Vulnerable	Empty	Forced	Desperate	Dominated	Alarmed	Suspicious	Uncomfortable
Concerned	Affected	Anxious	Isolated	Indifferent	Weary	Tortured	Inferior	Regretful
Neutral	Bored	Alienated	Lifeless	Cold	Terrified	Humiliated	Hateful	Ambivalent
Anxious	Alarmed	Hopeless	Nervous	Panic	Restless	Mournful	Disliked	Exhausted
Threatened	Wary	Weary	Aching	Cowardly	Tormented	Appalled	Dread	Insecure
Deprived	Rejected	Sad	Hurt	Injured	Heartbroken	Unhappy	Defeated	

Date: _____



Sensations – Session 10

Highlight the words that describe your sensations and mark on the person outline where the sensations are.

Achy	Cold	Dull	Full	Nervy	Rush	Streaming	Warm
Aglow	Congested	Electric	Heavy	Numb	Searing	Suffocated	Wobbly
Airy	Constricted	Empty	Hiding	Open	Sensitive	Sweaty	Wooden
Blocked	Cool	Energised	Hollow	Piercing	Shaky	Tender	
Breathless	Cozy	Expanded	Hot	Pounding	Sharp	Tense	
Bruised	Cut-off	Expansive	Icy	Prickly	Shimmery	Thick	
Bubbly	Dark	Fiery	Itchy	Queasy	Shivery	Throbbing	
Burning	Dense	Floating	Knotted	Radiating	Smooth	Tickly	
Buzzy	Disappearing	Flowing	Light	Raw	Sore	Tight	
Calm	Disconnected	Fluid	Melting	Referring	Spaced out	Tingling	
Clenched	Dizzy	Fluttery	Moved	Relaxed	Spacious	Trembly	
Closed	Draining	Frozen	Nauseous	Releasing	Still	Twitchy	

Use this space to draw your sensations.

Own My Feelings - Session 11

Highlight the words that describe how you feel. You could use one colour for the beginning of the session and one colour for the end of the session.

Open	Confident	Kind	Interested	Amazed	Satisfied	Cheerful	Joyful	Cared for
Happy	Lucky	Overjoyed	Important	Glad	Alive	Liberated	Proud	Pleased
Courageous	Playful	Energetic	Wonderful	Good	Calm	Secure	Excited	Delighted
Peaceful	Comfortable	Encouraged	Surprised	Content	Certain	Rebellious	Self-compassion	Rested
Relaxed	Bright	Blessed	Reassured	Loving	Considerate	Unique	Trusting	Caring
Devoted	Passionate	Warm	Sympathy	Loved	Comforted	Sure	Receptive	Safe
Inspired	Amused	Intrigued	Curious	Positive	Eager	Optimistic	Elated	Absorbed
Determined	Enthusiastic	Brave	Challenged	Hopeful	Strong	Free	Liked	Relieved
Angry	Irritated	Enraged	Sore	Upset	Bitter	Afraid	Overwhelmed	Shocked
Resentful	Provoked	Hostile	Indignant	Depressed	Disappointed	Worried	Sensitive	Numb
Ashamed	Powerless	Guilty	Dissatisfied	Disgusting	Despair	Crushed	Outraged	Cautious
Bad	Grief	Confused	Doubtful	Indecisive	Embarrassed	Victimised	Distrusting	Spiteful
Shy	Lost	Unsure	Tense	Helpless	Incapable	Tearful	Disillusioned	Disturbed
Alone	Vulnerable	Empty	Forced	Desperate	Dominated	Alarmed	Suspicious	Uncomfortable
Concerned	Affected	Anxious	Isolated	Indifferent	Weary	Tortured	Inferior	Regretful
Neutral	Bored	Alienated	Lifeless	Cold	Terrified	Humiliated	Hateful	Ambivalent
Anxious	Alarmed	Hopeless	Nervous	Panic	Restless	Mournful	Disliked	Exhausted
Threatened	Wary	Weary	Aching	Cowardly	Tormented	Appalled	Dread	Insecure
Deprived	Rejected	Sad	Hurt	Injured	Heartbroken	Unhappy	Defeated	

Date: _____



Sensations - Session 11

Highlight the words that describe your sensations and mark on the person outline where the sensations are.

Achy	Cold	Dull	Full	Nervy	Rush	Streaming	Warm
Aglow	Congested	Electric	Heavy	Numb	Searing	Suffocated	Wobbly
Airy	Constricted	Empty	Hiding	Open	Sensitive	Sweaty	Wooden
Blocked	Cool	Energised	Hollow	Piercing	Shaky	Tender	
Breathless	Cozy	Expanded	Hot	Pounding	Sharp	Tense	
Bruised	Cut-off	Expansive	Icy	Prickly	Shimmery	Thick	
Bubbly	Dark	Fiery	Itchy	Queasy	Shivery	Throbbing	
Burning	Dense	Floating	Knotted	Radiating	Smooth	Tickly	
Buzzy	Disappearing	Flowing	Light	Raw	Sore	Tight	
Calm	Disconnected	Fluid	Melting	Referring	Spaced out	Tingling	
Clenched	Dizzy	Fluttery	Moved	Relaxed	Spacious	Trembly	
Closed	Draining	Frozen	Nauseous	Releasing	Still	Twitchy	

Use this space to draw your sensations.

Own My Feelings - Session 12

Highlight the words that describe how you feel. You could use one colour for the beginning of the session and one colour for the end of the session.


Open	Confident	Kind	Interested	Amazed	Satisfied	Cheerful	Joyful	Cared for
Happy	Lucky	Overjoyed	Important	Glad	Alive	Liberated	Proud	Pleased
Courageous	Playful	Energetic	Wonderful	Good	Calm	Secure	Excited	Delighted
Peaceful	Comfortable	Encouraged	Surprised	Content	Certain	Rebellious	Self-compassion	Rested
Relaxed	Bright	Blessed	Reassured	Loving	Considerate	Unique	Trusting	Caring
Devoted	Passionate	Warm	Sympathy	Loved	Comforted	Sure	Receptive	Safe
Inspired	Amused	Intrigued	Curious	Positive	Eager	Optimistic	Elated	Absorbed
Determined	Enthusiastic	Brave	Challenged	Hopeful	Strong	Free	Liked	Relieved
Angry	Irritated	Enraged	Sore	Upset	Bitter	Afraid	Overwhelmed	Shocked
Resentful	Provoked	Hostile	Indignant	Depressed	Disappointed	Worried	Sensitive	Numb
Ashamed	Powerless	Guilty	Dissatisfied	Disgusting	Despair	Crushed	Outraged	Cautious
Bad	Grief	Confused	Doubtful	Indecisive	Embarrassed	Victimised	Distrusting	Spiteful
Shy	Lost	Unsure	Tense	Helpless	Incapable	Tearful	Disillusioned	Disturbed
Alone	Vulnerable	Empty	Forced	Desperate	Dominated	Alarmed	Suspicious	Uncomfortable
Concerned	Affected	Anxious	Isolated	Indifferent	Wearry	Tortured	Inferior	Regretful
Neutral	Bored	Alienated	Lifeless	Cold	Terrified	Humiliated	Hateful	Ambivalent
Anxious	Alarmed	Hopeless	Nervous	Panic	Restless	Mournful	Disliked	Exhausted
Threatened	Wary	Wearry	Aching	Cowardly	Tormented	Appalled	Dread	Insecure
Deprived	Rejected	Sad	Hurt	Injured	Heartbroken	Unhappy	Defeated	

Date: _____



Sensations – Session 12

Highlight the words that describe your sensations and mark on the person outline where the sensations are.

Achy	Cold	Dull	Full	Nervy	Rush	Streaming	Warm
Aglow	Congested	Electric	Heavy	Numb	Searing	Suffocated	Wobbly
Airy	Constricted	Empty	Hiding	Open	Sensitive	Sweaty	Wooden
Blocked	Cool	Energised	Hollow	Piercing	Shaky	Tender	
Breathless	Cozy	Expanded	Hot	Pounding	Sharp	Tense	
Bruised	Cut-off	Expansive	Icy	Prickly	Shimmery	Thick	
Bubbly	Dark	Fiery	Itchy	Queasy	Shivery	Throbbing	
Burning	Dense	Floating	Knotted	Radiating	Smooth	Tickly	
Buzzy	Disappearing	Flowing	Light	Raw	Sore	Tight	
Calm	Disconnected	Fluid	Melting	Referring	Spaced out	Tingling	
Clenched	Dizzy	Fluttery	Moved	Relaxed	Spacious	Trembly	
Closed	Draining	Frozen	Nauseous	Releasing	Still	Twitchy	

Use this space to draw your sensations.