

## ***Checklist for Hidden Anger***

- Procrastination in the completion of imposed tasks
- Perpetual or habitual lateness
- A liking for sadistic or ironic humor
- Sarcasm, cynicism or flippancy in conversation
- Frequent sighing
- Over politeness, constant cheerfulness, attitude of "grin and bear it"
- Smiling while hurting
- Frequent disturbing or frightening dreams
- Over-controlled monotone speaking voice
- Difficulty in getting to sleep or sleeping through the night
- Boredom, apathy, loss of interest in things you are usually enthusiastic about
- Slowing down of movements
- Getting tired more easily than usual
- Excessive irritability over trifles
- Getting drowsy at inappropriate times
- Sleeping more than usual -- maybe 12 to 14 hours a day
- Waking up tired rather than rested or refreshed
- Clenched jaws -- especially while sleeping
- Facial tics, spasmodic foot movements, habitual fist clenching and similar repeated physical acts done unintentionally or unaware
- Grinding of the teeth -- especially while sleeping
- Chronically stiff or sore neck or shoulder muscles
- Chronic depression extended periods of feeling down for no reason
- Stomach ulcers



# The Harbor

## Lifeline Resource Series

### SURVIVOR'S FEELING CHART

Scared	Tender	Sad	Excited	Angry	Centered
Terrified Panicked Cornered Trapped Fragile Afraid Intimidated Confused Anxious Nervous Self-conscious Tense	Intimate Self-loving Giving Responsive Accessible Warmhearted Gentle Mistful Kind Empathic Sympathetic	Abandoned Ashamed Hopeless Guilty* Blamed Unlovable Grieved Rejected Unloved Hurt Inadequate Discouraged	Strong Enthusiastic Sexy Ambitious Confident Aroused Proud Energetic Optimistic Competent Productive Attentive	Violent Infuriated Depressed Guilty** Self-hatred Disgusted Bitter Cheated Righteous Impatient Frustrated Upset	Complete Content Joyous Fulfilled Happy Peaceful Accepted Grateful Understood Pleased Satisfied Relaxed
Agitated; body pulled in; muscles tense, breathing shallow; wish to run or hide.	"Full" sensation; warmth; desire to hug and/or be close	Tight behind eyes/center of chest; lump in throat; empty or hollow feeling	"Tingly"; rapid pulse; internal energy; eyes sparkle	Jaw tight; tight in stomach, sides of neck; want to hit; clenched fists	Grounded; muscles are relaxed; calm; serene; whole

Feelings are prioritized from most to least threatening. Accompanying physical sensations aid in the identification and balancing of feeling states. Changes may be made in the priority of feelings, or in the words used to describe those feelings, to restructure this chart for individual use.

## FEELING WORD VOCABULARY

### Happy

Excited	Gratified	Confident	Tranquil
Marvelous	Encouraged	Respected	Content
Terrific	Pleased	Admired	Relaxed
Jubilant	Joyful	Accepted	Glad
Energized	Proud	Delighted	Good
Enthusiastic	Cheerful	Flattered	Satisfied
Loved	Grateful	Alive	Peaceful
Valued	Appreciated	Fulfilled	Hopeful

### Scared

Fearful	Terrified	Insecure	Anxious
Panicky	Unsure	Suspicious	Impatient
Afraid	Petrified	Alarmed	Shy
Shocked	Tormented	Shaken	Nervous
Overwhelmed	Tense	Startled	Reluctant
Desperate	Threatened	Guarded	Uneasy

### Confused

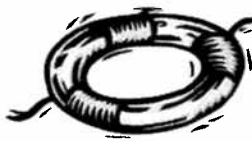
Trapped	Troubled	Unsettled	Bothered
Hesitant	Disorganized	Uncertain	Undecided
Torn	Ambivalent	Unsure	Uncomfortable
Misunderstood	Surprised		

### Sad

Hopeless	Rejected	Disgraced	Despised
Depressed	Empty	Lonely	Disappointed
Hurt	Miserable	Neglected	Upset
Drained	Deserted	Isolated	Unappreciated
Defeated	Burdened	Abandoned	Discouraged
Exhausted	Condemned	Drained	Ashamed
Helpless	Terrible	Deprived	Distressed
Worthless	Unwanted	Wasted	Sorry
Uncared for	Unloved	Disheartened	Lost

### Angry

Furious	Outraged	Stiffled	Aggravated
Enraged	Fuming	Controlled	Provoked
Hostile	Mad	Annoyed	Dominated
Vengeful	Used	Agitated	Coerced
Abused	Ridiculed	Irritated	Cheated
Hateful	Disgusted	Exasperated	Uptight
Humiliated	Frustrated	Deceived	Displeased
Rebellious			



# The Harbor

## Lifeline Resource Series

### List of Feelings that People Have But Often Fail to Identify

Abandoned	Different	Honored	Peaceful	Tempted
Adequate	Diffident	Horrible	Persecuted	Tenacious
Adamant	Diminished	Hurt	Petrified	Tenuous
Affectionate	Discontented	Hysterical	Pity	Tense
Agony	Distracted	Ignored	Pleasant	Tentative
Almighty	Distraught	Immortal	Pleased	Terrible
Ambivalent	Disturbed	Imposed upon	Precarious	Terrified
Angry	Dominated	Impressed	Pressured	Threatened
Annoyed	Divided	Infatuated	Pretty	Tired
Anxious	Dubious	Infuriated	Proud	Thwarted
Apathetic		Inspired	Quarrelsome	Trapped
Astounded	Eager	Intimidated		Troubled
Awed	Ecstatic	Isolated		
	Electrified		Rage	Ugly
Bad	Empty		Rupture	Uneasy
Beautiful	Enchanted	Jealousy	Refreshed	Unsettled
Betrayed	Energetic	Joyous	Rejected	
Bitter	Energized	Jumpy	Relaxed	Violent
Blissful	Enjoy		Relieved	Vehement
Bold	Envious	Keen	Remorse	Vital/vitality
Bored	Excited	Kind	Restless	Vulnerable
Brave	Evil		Reverent	Vivacious
Burdened	Exasperated	Lazy	Rewarded	
	Exhausted	Left out	Righteous	Wicked
		Lonely		Wonderful
Calm	Fascinated	Longing	Sad	Weepy
Capable	Fawning	Loving(love)	Sated	Worry(ied)
Captivated	Fearful	Low	Satisfied	Weird
Challenged	Flustered	Lustful	Scared	
Charmed	Foolish		Screwed up	
Cheated	Foolish		Settled	
Cheerful	Frantic	Mad	Sexy	
Childish	Frustrated	Mean	Shocked	
Clever	Frightened	Melancholy	Silly	
Combative	Free	Miserable	Skeptical	
Competitive	Full	Mystical	Sneaky	
Condemned	Fury		Solemn	
Confused		Naughty	Sorrowful	
Conspicuous	Glad	Nervous	Spiteful	
Contented	Good	Nice	Startled	
Contrite	Gratified	Niggardly	Stingy	
Cruel	Greedy	Nutty	Strange	
Crushed	Grief		Stuffed	
Culpable	Guilty	Obnoxious	Stupid	
	Gullible	Obsessed	Stunned	
Deceitful		Odd	Stupefied	
Defeated	Happy	Opposed	Suffering	
Delighted	Hate	Outraged	Sure	
Desirous	Heavenly	Overwhelmed	Sympathetic	
Despair	Helpful			
Destructive	High	Pain		
Determined	Homesick	Panicked	Talkative	

## WORDS FOR REFLECTING "UPSET" FEELINGS

accused  
angry  
anxious  
bored  
defeated  
difficult  
disappointed  
discouraged  
disrespected  
doubt  
embarrassed  
feel like giving up  
frightened  
guilty  
hate, hated  
hopeless

hurt  
inadequate  
incapable  
left out  
miserable  
put down  
rejected  
sad  
stupid  
unfair  
unhappy  
unloved  
want to get even  
worried  
worthless

## WORDS FOR REFLECTING "HAPPY" FEELINGS

accepted  
appreciated  
better  
capable  
comfortable  
confident  
encouraged  
enjoy  
excited  
glad

good  
grateful  
great  
happy  
love  
pleased  
proud  
relieved  
respected  
satisfied

## LISTENING TO YOUR OWN FEELINGS AND EMOTIONS

Below are a list of emotions. Describe what you feel as concretely as possible: How does your body react? What happens inside you? What do you feel like doing? Consider the following examples:

(1) Accepted: When I feel accepted,

I feel warm inside.  
I feel safe.  
I feel free to be myself.  
I feel like sitting back and relaxing.  
I feel like sharing myself.  
I feel some of my fears going away.

(2) Scared: When I feel scared,

I feel like running away.  
My mouth gets dry.  
There are butterflies in my stomach.  
I turn in on myself.  
I want to cry.  
I'm unable to concentrate.

Affectionate

Afraid

Angry

Anxious

Bored

Competitive

Defensive

Disappointed

Free

Frustrated

Guilty

Hopeful

Hurt

Inferior

Intimate

Jealous

Lonely

Loving

Rejected

Sad

Suspicious

Trusting