

Emotions/Thoughts List

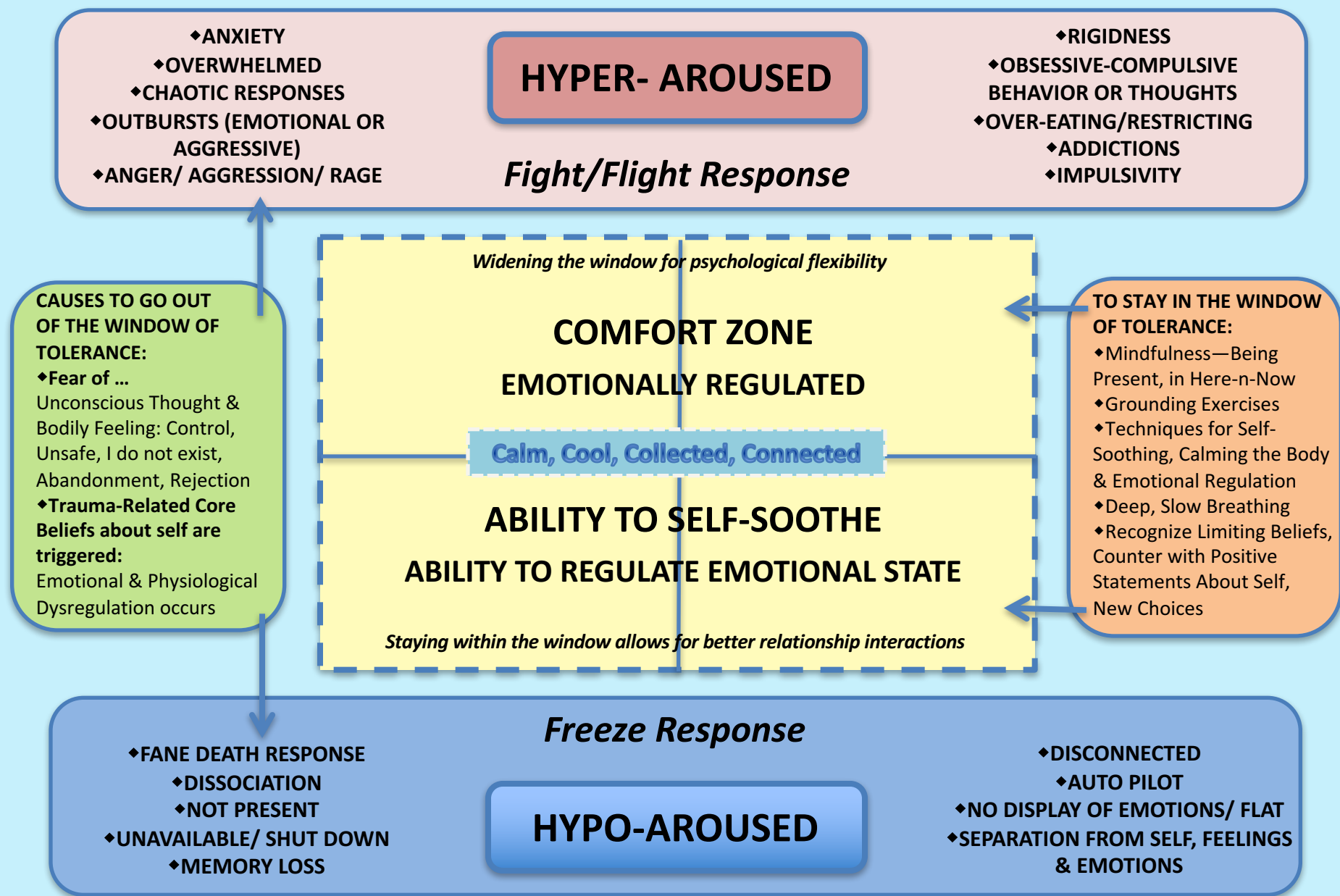
APATHY	GRIEF	FEAR	LUST	ANGER	PRIDE	COURAGEDUSNESS	ACCEPTANCE	PEACE
Bored	Abandoned	Anxious	Abandon	Abusive	Above reproach	Adventurous	Abundance	Ageless
Can't win	Abused	Apprehensive	Anticipation	Aggressive	Alcool	Alert	Appreciative	Awareness
Cold	Accused	Cautious	Callous	Annoyed	Arrogant	Alive	Balance	Being
Cutoff	Anguished	Clammy	Can't wait	Argumentative	Bigoted	Assured	Beautiful	Boundless
Dead	Ashamed	Cowardice	Compulsive	Belligerent	Boastful	Aware	Belonging	Calm
Defeated	Betrayed	Defensive	Craving	Boiling	Bored	Centered	Childlike	Centered
Depressed	Blue	Distrust	Demanding	Brooding	Clever	Certain	Compassion	Complete
Demoralized	Cheated	Doubt	Devious	Cautious	Closed	Cheerful	Considerate	Eternal
Desolate	Despair	Dread	Driven	Defiant	Complicit	Clarity	Delight	Free
Despair	Disappointed	Embarrassed	Envy	Demanding	Conceded	Compassion	Eloled	Fulfilled
Discouraged	Distraught	Evasive	Exploitative	Destructive	Contemptuous	Competent	Embracing	Glowing
Disillusioned	Embarrassed	Foreboding	Fixed	Disgust	Cool	Confident	Empathy	Light
Doomed	Forgotten	Frantic	Frenzy	Explosive	Critical	Creative	Enriched	Oneness
Drained	Guilty	Hesitant	Frustrated	Fierce	Disdain	Daring	Everything's okay	Perfection
Failure	Heartbroken	Horried	Gluttonous	Frustrated	Dogmatic	Decisive	Friendly	Pure
Forgetful	Heartache	Hysterical	Greedy	Fuming	False dignity	Dynamic	Fulfillment	Quiet
Futile	Heartsick	Inhibited	Hoarding	Furious	False humility	Eager	Genie	Serenity
Giving up	Helpless	Insecure	Hunger	Harsh	False virtue	Enthusiastic	Glowing	Space
Hardened	Hurt	Irrational	I want	Hated	Gloating	Exhilaration	Gracious	Still
Hopeless	If only	Nausea	Impatient	Hostility	Haughty	Explorative	Harmonious	Timeless
Humorless	Ignored	Nervous	Lascivious	Impatience	Holer than thou	Flexible	Harmony	Tranquility
I can't	Inadequate	Panic	Lecherous	Indignant	Hypocritical	Focused	Intuitive	Unlimited
I don't care	Inconsolable	Paralyzed	Manipulative	Irate	Icy	Giving	In tune	Whole
I don't count	It's not fair	Paranoid	Miserly	Jealous	Isolated	Happy	Joyful	
Inattentive	Left out	Scared	Must have it	Livid	Judgmental	Honorable	Loving	
Indecisive	Longing	Secretive	Never enough	Mad	Know-it-all	Humor	Magnanimous	
Indifferent	Loss	Shaky	Never satisfied	Mean	Narrow-minded	I can	Mellow	
Invisible	Melancholy	Shy	Oblivious	Merciless	Never wrong	Independent	Naturalness	
It's too late	Misunderstood	Skeptical	Obsessed	Murderous	Opinionated	Initiative	Nothing to change	
Lazy	Mourning	Stagefright	Overindulgent	Outrage	Overbearing	Integrity	Open	
Let it wait	Neglected	Superstitious	Possessive	Petulant	Patronizing	Invincible	Playful	
Listless	Nobody cares	Suspicious	Predatory	Punty	Pious	Loving	Radiant	
Loser	Nobody loves me	Tense	Punty	Rage	Prejudiced	Lucid	Receptive	
Lost	Nostalgia	Terrified	Reckless	Rebellious	Presumptuous	Motivated	Secure	
Negative	Passed over	Threatened	Ruthless	Resentment	Righteous	Nonresistant	Soft	
Numb	Pity	Timid	Scheming	Resistant	Rigid	Open	Tender	
Overwhelmed	Poor me	Trapped	Selish	Revolted	Self absorbed	Optimistic	Understanding	
Powerless	Regret	Uncertain	Voracious	Rude	Self satisfied	Perspective	Warm	
Resigned	Rejected	Uneasy	Wanton	Savage	Selish	Positive	Well-being	
Shock	Remorse	Vulnerable	Wicked	Simmering	Smug	Purposeful	Wonder	
Spaced out	Sadness	Want to escape		Sizzling	Snobbish	Receptive		
Stoned	Sorrow	Wary		Smoldering	Special	Resilient		
Stuck	Tearful	Worry		Spitful	Spoiled	Resourceful		
Too tired	Tormented			Steely	Stoic	Responsive		
Unfeeling	Torn			Stem	Stubborn	Secure		
Unfocused	Tortured			Stewing	Stuck-up	Self-sufficient		
Useless	Unhappy			Stubborn	Superior	Sharp		
Vague	Unloved			Sullen	Uncompromising	Spontaneous		
Wasted	Unwanted			Vengeful	Unfeeling	Strong		
What's the use	Vulnerable			Vicious	Unforgiving	Supportive		
Why try?	Why me?			Violent	Unyielding	Tireless		
Worthless	Wounded			Volcanic	Vain	Vigorous		
				Wicked		Visionary		
				Willful		Willing		

Four Principles of Recovery

1. **Face the Symptoms** – Confront them until they no longer matter. A little girl is invigorated by facing into the wind and learning that she can stand up to it without being defeated. Even panic will not defeat you. The body is designed to adapt to the stress response. The mind becomes sharper under moderate stress. Arousal does not cause people to act crazy. Indeed, a certain amount of arousal sharpens reactions. It is dissociation, not moderate arousal, that impairs performance.
2. **Willingly Accept the Symptoms** – Relax, let go, and invite in the body's "rattling." Let the body go loose as much as possible, then go towards the feared symptoms and experiences, rather than withdraw from them. Go with the symptoms, "bending like the willow before the wind – rolling with the punches." Realize that with time the arousal and the intensity of the symptoms will diminish because the secretions of chemical messengers of stress decrease. As Weekes says, "So many people allow an electric flash to spoil their lives by withdrawing from it in fear." Go into it; never withdraw. Even at their worst, symptoms will pass.
3. **Float** – With a deeply relaxed body (the paralysis in panic is simply from overtensing the body), breathe gently and peacefully and see yourself floating forward as in a cloud or on the water. There is no struggle, grim determination, or clenching of muscles – these increase arousal. Likewise, trying to erase or forget memories also creates tension. Accept them as ordinary. Act and do anyway what you want to do. As you read more in this section, you will learn how to more deeply relax your breathing and your body.
4. **Let Time Pass** – A sensitized nervous system will not be cured overnight. Allow time for chemical readjustment and to learn new ways to react to stressors.

WINDOW OF TOLERANCE- TRAUMA/ANXIETY RELATED RESPONSES:

Widening the Comfort Zone for Increased Flexibility



Living Within The Window of Tolerance: The Different Zones of Arousal

HYPERAROUSAL ZONE

Sympathetic "Fight or Flight Response"
(Too much arousal)



- SIGNS YOU ARE HERE:**
- Tension, shaking
 - Emotional reactivity
 - Defensiveness
 - Racing thoughts
 - Intrusive imagery
 - Emotional overwhelm
 - Feeling unsafe
 - Obsessive/cyclical thoughts
 - Hyper-vigilance
 - Impulsivity
 - Anger/Rage

OPTIMAL AROUSAL ZONE

Ventral Vagal "Window of Tolerance"



- SIGNS YOU ARE HERE:**
- Feel and think simultaneously
 - Experience empathy
 - Feelings are tolerable
 - Present moment awareness – "Right here, right now"
 - Feel open and curious (versus judgmental and defensive)
 - Awareness of boundaries (yours & others)
 - Reactions adapt to fit the situation
 - Feel safe

HYPOAROUSAL ZONE

Parasympathetic "Immobilization Response"
(Too little arousal)



- SIGNS YOU ARE HERE:**
- Relative absence of sensation
 - No energy
 - Reduced physical movement
 - "Not there"
 - Can't defend oneself
 - Disabled cognitive processing/"can't think"
 - Numbing of emotions
 - Disconnected
 - No feelings
 - Ashamed
 - Flat affect
 - Feeling 'dead'
 - Shut down
 - Passive
 - Can't say no

PRACTICES FOR BEING IN THE "HERE AND NOW"

These exercises take less than a minute to do. They're great in the morning when you just wake up, or as a break from work — anytime throughout the day — as a way to increase emotional regulation and relaxation.

Centering Exercise

Put one hand over your heart, and rest your other hand on your belly. Lengthen your spine. Take several full, slow breaths. Notice the fullness of your body as you let your breath come and go.

Grounding Exercise

Stand, in a relaxed position, focusing attention on the sensations in your feet. Put weight on different areas of your feet: front, back, sides. Then play a bit with movement — bending your knees, moving up and down. Sense the ground through your feet and legs.

Alignment Exercise

Take a little time to become aware of how your body aligns in a vertical direction: your ankles on top of your feet, your legs on top of feet and ankles, the pelvis resting on your legs, torso on pelvis, your head supported by shoulders and torso, arms hanging off your torso. Then imagine that you are being lifted by the top of your head. Also imagine the feeling of gravity pulling in the opposite direction on the bottom of your spine. Next, shift from feeling stretched to allowing your spine to collapse. Repeat several times these two movements with the flow of your breath — expand on the inhale, and then collapse on the exhale.

Walking Exercise

Bring all your attention to your body as you walk (and out of your head and worries). Notice how your feet hit the ground, how your feet roll, the movement in your knees, and corresponding sensations in your hips and shoulders. Play

with your usual gait. Practice pushing off with your feet, or walking at different paces. Notice the corresponding changes in body sensations.

THE POWER OF BREATH

The following simple breathing exercises are also great to do throughout the day, whether during your commute, waiting in line, transitioning between work and play, or when giving yourself the ultimate treat — meditation!

“Simple breath”

Imagine while you are inhaling that your breath is going all the way down to your pelvis. Then let the breath expand in your lower belly. When you exhale, let the breath escape effortlessly. Repeat 5 to 10 times.

“Bell jar breath”

Inhale a breath. When at the top (or end) of the inhale, imagine a rounded quality. Then let the inhale roll over into the exhale. Notice where the breath rolls — front, back, side to side (wherever it seems to go). Repeat 5 to 10 times. This breath is also useful when feeling hyperaroused.

“4 x 4 x 4 breathing”

Inhale deeply for four counts, then exhale for four counts, and repeat the cycle for four minutes several times a day. I find this a good practice to do before starting work or appointments, and while commuting. It’s also a great way to get back in the Window of Tolerance after stressful experiences. You can use your smartphone to time yourself so you can give full attention to your breath.

GETTING BACK IN THE WINDOW OF TOLERANCE

The following are ways to calm yourself when you find yourself outside your Window of Tolerance.

If experiencing a sense of overwhelm: Sit in a chair with your feet fully planted on the ground or stand with your spine fully extended. Then slowly scan the environment, naming the objects within your field of vision.

If shaking or trembling: Take full, yet slow and easy breaths. No need to breath too deeply, though. If you can, sit in a chair or on a sofa, and wrap a blanket or comforter around yourself. Some people feel better if they also cover their heads.

If numb: Gently squeeze your forearms with opposite hands. Also increase awareness by noticing the environment through the five senses. What do you see, hear, smell? If you can, try touching or tasting something mindfully.

If hyper-vigilant: Lengthen your spine while taking full breaths. Pay attention to the rise and fall of breath as it alternatively fills and empties the chest and/or belly.

If accelerated heart rate: Take your attention away from the heart region by paying attention to the sensations in your feet. Notice the feeling of being grounded and connected to the floor or earth beneath you.

If collapsed feeling in the body: Try pushing firmly against the wall with your arms fully extended, your head up, and using your energy to ground down through the feet. Notice the feeling of sturdiness in your body as you push.

If feeling the impulse to hurt yourself or someone else: Push against the wall without aggression, and instead focus with awareness on a sense of grounding, starting with your feet and then moving through your body. Breathe full breaths, and keep bringing your thoughts back to your body sensations and away from the focus of your desperation, anger, or rage.

If feeling disconnected or experiencing depersonalization: Start by slowing the pace of whatever you are doing. Then firmly but gently squeeze the forearms, calves, thighs — whatever feels enlivening to you. Try also “Walking Exercise” above.

If feeling frozen or panicked: Sit comfortably in a chair or sofa, and wrap yourself in a comforter or blanket. Begin to focus on taking full, slow breaths, continually bringing your thoughts back to the present moment. Create a mantra for such moments, such as “I can be present and watch the waves of energy go by without getting caught in the story.”

“Shaking off the freeze”: Begin by slowly jumping off the ground, and shaking the arms out when feet land back on the ground. Take full breaths, mindfully inhaling when you jump, and exhaling fully when your feet land back on the ground. You can also say something to yourself like, “I’m safe. I’m letting go.”

Using thoughts: Name your reaction to yourself as a defense response, thus reframing the experience. Say to yourself, “This is just a memory,” or “I’m just triggered right now.” You might also try saying to yourself, “I can be here — right here, right now.”

Mindfully not dealing works too: Give yourself permission to avoid, dissociate, or disconnect. But when you do, try to be mindful of your need to check out. Also make plans to give yourself needed TLC (like these exercises) as soon as you can — and follow through!

Please note: This document is not intended as a substitute for psychotherapy or other forms of professional support. Please do not suffer alone.

In the USA, visit suicidepreventionlifeline.org or call 1-800-273-TALK (8255).