

I am in a state of Distraction

Triggered	Spiraling	Physical discomfort
Boredom	Mental activity	Lack of focus
Stress	Mentally drained	Physical fatigue

I Feel Stress

Schedule Overload	Work overload	Worry
Overwhelm	Burn out	Frazzled
Exhaustion	Paralyzed	Entrapment

I Feel Anger

Disgust	Annoyance	Infuriation
Repulsion	Irritation	Miffed
Frustration	Appalled	Hatred

I Feel Shame

Self-devaluing	Self-doubt	Self-critical
Misused power	Caught	Responsibility
Too much power	Irresponsible	Self-blame

I Feel Provoked

Vengeance	Antagonizing	Possessive
Jealousy	Instigated	Aggression
Protecting	Hostility	Defensiveness

I feel Blame towards Others, Myself or Circumstance

Condemnation	Resentment	Arrogance
Bitterness	Suspiciousness	Judgment
Disapproving	Critical	Superiority

I am Doubting Others, Myself or Circumstances

Distrust	Argumentative	Doubt
Unconvinced	Skepticism	Suspiciousness
Stuck-ness	Wariness	Disbelief

I am in a state of Confusion

Unsure	Lack of confidence	Lost
Discombobulation	Baffled	Disorientation
Fickleness	Indecisiveness	Inner conflict

Mental Emotional States (of the mental field)

If you are experiencing any of the states on this page you can either use exercise to quiet your thinking or investigate what the deeper heart emotions is underneath.

Recommended exercises are:

- The Practice of Noting
- 1-minute Writing
- 2-minute Redirection
- Mental vs Heart Emotions & 8-minute Self-compassion

I Feel Risk

Unsafe	Unprotected	Lack of safety net
Insecurity	Vulnerability	Erratic-ness
Instability	Unsteadiness	Out of control

I Feel Fear

Threat	Petrification	Alarm
Terror	Horror	Panic
Dread	Fright	Scared

I Feel Anxiety

Uncertainty	Restlessness	Startled
Jitters	Shock	Distress
Uptight	Watchful	Spooked

I Feel Unease

Edginess	Timidness	Fidgety
Jumpy	Nervousness	Unsteadiness
Rattled	Shaky	Worry

I feel Concern

Apprehensiveness	Distress	Hesitation
Disturbance	Troubledness	Out of control
Reluctance	Aversion	Tentativeness

I Feel Overwhelm

Constrained	Rushed	Pressure
Flustered	Overpowered	Overstimulation
Defeat	Incapability	Out of control

I Feel Judgment

Mockery	Demeaned	Scorned
Ridicule	Singled-out	Lectured to
Questioned	Humiliation	Disgraced

I Feel Exposed

Insecurity	Embarrassment	Fragility
Found out	Singled-out	Vulnerability
Weakness	Self-consciousness	Sensitivity

Fight or Flight Emotional States (of the gut field)

If you are experiencing any of these states your nervous system is probably activated into fight, flight or freeze. This physical response to your circumstances is hard on your body and overtime can lead to cardiovascular problems. Not to mention the stress of the thoughts that are triggered by your activated sympathetic nervous system. The best action to take if you are not in physical danger is to soothe your nervous system with affirmations of safety, gratitude or abdominal breathing. Use the 3-minute soothing exercises.

I Feel Numbness

Emptiness	Indifference	Detachment
Paralyzed	Unsympathetic	Shock
Burn out	Lack of motivation	Desensitization

I Feel Disappointment

Depression	Let down	Discouragement
Anguish	Hurt	Defeat
Desperate	Crushed	Sadness

I Feel Grief

Regret	Mournfulness	Loss
Heartbreak	Longing	Yearning
Emptiness	Withdrawn	Sadness

I Feel Loneliness

Yearning	Isolation	Longing
Separateness	Disconnection	Alone
Alienation	Awkward	Detachment

I Feel Neglected

Abandonment	Left	Forgotten
Rejection	Dismissed	Erased
Unheard	Ignored	Misunderstood

I Feel Rejection

Abandonment	Turned down	Disrespect
Discrimination	Dismissed	Exclusion
Misunderstood	Cut-off	Disliked

I Feel Inferiority

Un-importance	Inadequateness	Insignificance
Not good enough	Worthlessness	Lesser than
Second-best	Lacking	Incompleteness

I Feel Helplessness

Hopelessness	Powerlessness	Incapability
Incompetence	Weakness	disheartened
Misunderstood	Insecure	Ineffectiveness

I Feel Guilt

Irresponsible	Unfaithfulness	Regret
Untrustworthiness	Remorse	Dishonesty
Disloyalty	Unreliable	Disgrace

I Feel in a state of being Attacked

Persecution	Ridiculed	Violation
Pain	Singled-out	Harassment
Offended	Insult	Maltreatment

I Feel in a state of being Deceived

Lack sense	Foolishness	Naivety
Played	Conned	Taken advantage of
Betrayal	Seduced	Stupidity

Vulnerable Emotional States (of the heart field)

If you are experiencing any of these states you are most likely experiencing retriggered trauma or a present trauma, even if it minor.

The best approach is to accept your experience as it is, validate yourself for having the emotion and give yourself compassion. Embracing uncertainty can be helpful. Use the 8-minute self-compassion exercises or the 9-minute acceptance exercises.

I am Focused

Alert	Contemplative	Grounded
Serene	Open	Quiet
Clear	Aware	Mindful

I Feel Soothed

Calm	Neutral	Peaceful
Stable	Adaptable	At ease
Steady	Tranquil	Flexible

I Feel Joyful

Cheerful	Exuberant	Jubilant
Loving	Blessed	Caring
Free	Warm	Affectionate

I Feel Loved

Connected	Valued	Respected
Accepted	Secure	Safe
Supported	Seen	Heard

I Feel Grateful

Thankful	Surrendered	Blessed
In Awe	Amazed	With grace
Filled with love	Faithful	Nourished

I Feel Trusting

Hopeful	Considerate	With clarity
Ready	Courageous	Fearless
Energetic	Excited	Eager

I Feel Inspired

Inquisitive	Interested	Creative
Devoted	Moved	Roused
Sparked	Passionate	Stirred

Comfortable Mental and Emotional States

These emotions and mental states can be fostered with a TSD Mindfulness sitting practice or TSD exercises. Use these terms when creating your own affirmations and shame releasing statements.