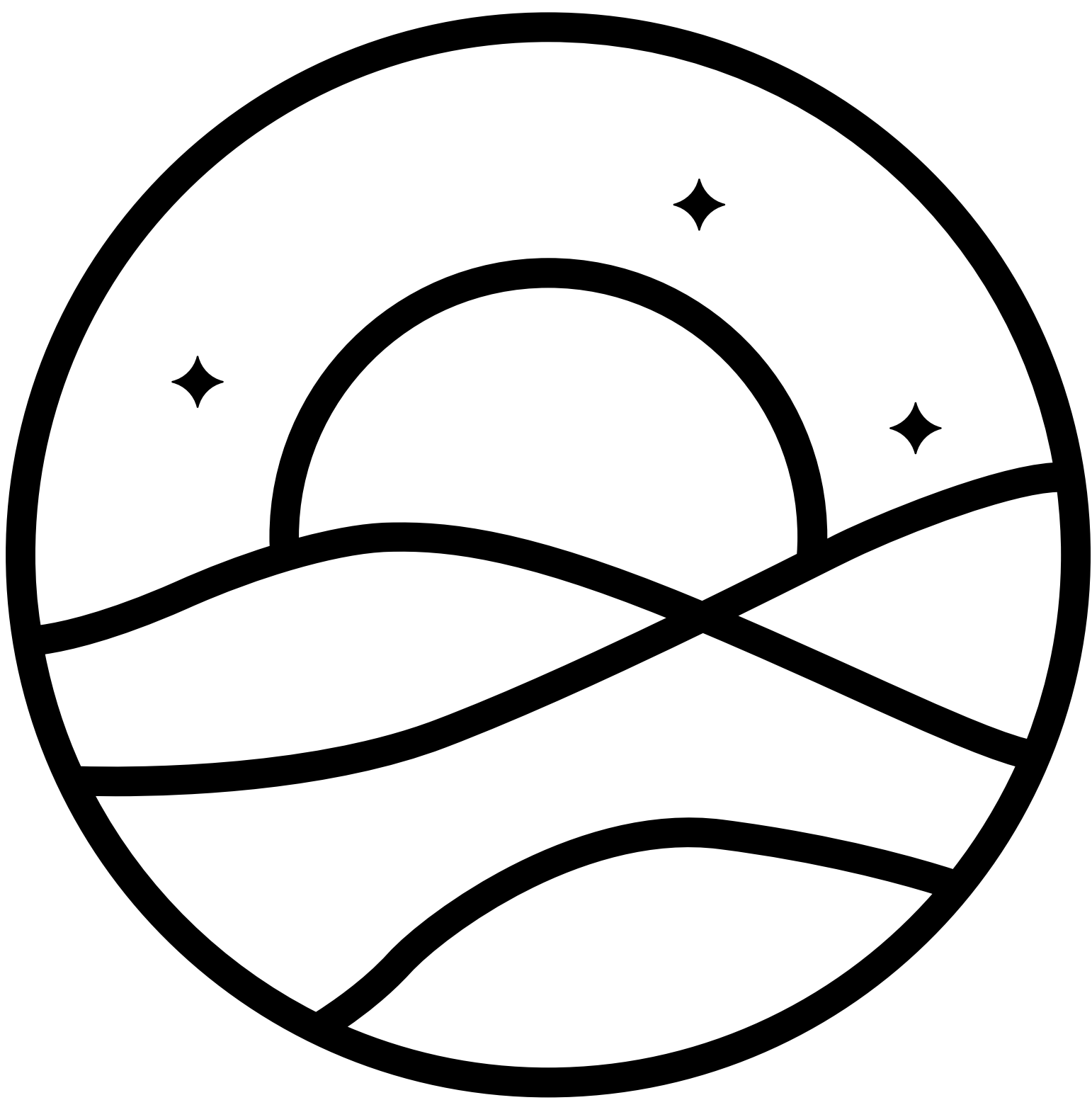


THE NEXT STEP STRATEGY

JESSICA-CARNEY.COM



The Feelings Sheets

GET SPECIFIC AND IDENTIFY YOUR FEELINGS, FEEL THEM AND
MOVE TOWARDS YOUR BETTER SELF

THE ELEMENTARY OR UMBRELLA FEELINGS

GETTING SPECIFIC WITH UNDERSTANDING THE FEELINGS YOU ARE EXPERIENCING OFFERS YOU MORE KNOWLEDGE AND INFORMATION.

IF YOU FEEL ONE OF THESE FEELINGS GO TO IT'S PAGE AND EXPLORE THE OTHER FEELINGS TO SEE IF YOU CAN GET MORE SPECIFIC.

BEING SPECIFIC WILL HELP YOU ADDRESS YOUR EMOTIONAL SITUATION WITH GREATER CLARITY AND REDUCE PAIN AND SUFFERING IN YOUR LIFE.

HAPPY
???

SURPRISED
???

BAD
???

FEARFUL
????

ANGRY
???

DISGUSTED
???

SAD
????

HAPPY
???

Joyful
Free
Content

Cheeky
Aroused
Playful

Creative
Courageous
Powerful

Optimistic
Hopeful
Inspired

Proud
Successful
Confident

Accepted
Respected
Vaunted

Trusting
Sensitive
Intimate

Interested
Curious
Inquisitive

Thankful
Loving
Peaceful

SURPRISED
???

Startled
Shocked
Dismayed

Confused
Disillusioned
Perplexed

Amazed
Astonished
Awe

Excited
Eager
Energetic

BAD
???

Bored
Indifferent
Apathetic

Busy
Pressured
Rushed

Stressed
Overwhelmed
Out of Control

Tired
Sleepy
Unfocused

FEARFUL ?????

Scared
Helpless
Frightened

Weak
Worthless
Insignificant

Anxious
Overwhelmed
Worried

Rejected
Excluded
Persecuted

Insecure
Inadequate
Inferior

Threatened
Nervous
Exposed

ANGRY ???

Let down
Betrayed
Disrespected

Aggressive
Provoked
Hostile

Humiliated
Disrespected
Ridiculed

Frustrated
Infuriated
Annoyed

Bitter
Indignant
Violated

Distant
Withdrawn
Numb

Mad
Furious
Jealous

Critical
Sceptical
Dismissive

DISGUSTED
???

Disapproving
Judgemental
Embarrassed

Disappointed
Appalled
Revolted

Awful
Nauseated
Detestable

Repelled
Horrorified
Hesitant

SAD
?????

Hurt
Embarrassed
Disappointed

Vulnerable
Fragile
Victimized

Depressed
Inferior
Empty

Lonely
Abandoned
Isolated

Guilty
Remorseful
Ashamed

Despair
Powerless
Grief