

SHE Doorway to the Divine

Common Emotions

Each emotion has it's own subtleties. Though it is not necessary to have a word for the emotion(s) you are feeling when doing the Holding meditation, sometimes it is helpful to have a name when conversing with other people.

Most emotions fall in three major categories: Sad, Mad or Glad.

Difficult Emotions

SAD	MAD	GLAD
Unhappy	Angry	Pleased
Miserable	Furious	Happy
Sorrowful	Frustrated	Delighted
Mournful	Irritated	Elated
Broken-hearted	Annoyed	Blissful
Forlorn	Vexxed	Grateful
Despondent	Raging	Joyful
Dejected	Ticked Off	Content
Gloomy	Seething	Satisfied
Woeful	Livid	Carefree
Unlucky	Outraged	Cheerful
Down in the dumps	Cross	Overjoyed
Downcast	Indignant	Exhilarated
Depressed	Irked	Ecstatic
Blue	Seething	Euphoric

OTHER EMOTIONS		ADD YOUR OWN
Frozen	Stunned	
Distressed	Confused	
Shocked	Reluctant	
Stuck	Worried	
Hesitant	Anxious	