POCKET TOOLS

The Feelings Map

What am I feeling, and where?



1 Start in the middle, with the core feeling closest to how you feel.

2 Move outward to find a more exact word.

3 Ask yourself what that feeling might be telling you.

The interactive version, with what each feeling is telling you and where it shows up in your body:
equilibriumpsychotherapy.net/feelings-map

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What each feeling means

afraid

Afraid is what you feel when something in front of you seems dangerous, right now. It's fast, it's physical, and it's built to get you out of the way.

Worried is the thinking side of anxiety. Your mind keeps turning over what could go wrong and how you'd cope.

Nervous is a jittery, keyed-up feeling before something that matters to you, like a talk, a date or a test. It's smaller than fear, and it's usually tied to a moment you can see coming.

Anxious is that tense, what-if feeling about something that hasn't happened yet. The threat is in the future, so there's nothing to run from, and the feeling has nowhere to go.

Overwhelmed is when more is coming in than you can take in, whether that's tasks, feelings, noise or people. Your mind can't sort it, so everything feels equally urgent.

Stressed is the feeling that what's being asked of you is more than the time, energy or support you have right now. You're still managing, but it takes effort.

Restless is an itchy, can't-settle feeling, as if your body wants to move or change something but you don't know what.

On edge means braced and jumpy, as if something might go wrong at any second, even when you can't say what.

Panicky is fear that spikes fast and feels out of control, as if something terrible is about to happen right now. It often peaks within minutes and then eases.

angry

Angry is the feeling that something is wrong or unfair and needs to change. It gives you force to defend yourself or someone you care about.

Envious is wanting something another person has, be it a job, a body, a relationship or their ease, and it hurts to see it in them.

angry, continued

Jealous is the fear of losing something you have, usually someone's attention or love, to another person. There are three people in the picture: you, the person you care about, and someone who seems to threaten it.

Resentful is anger that stayed. It tends to build when you keep giving, going along or letting something slide, and the unfairness of it never gets addressed.

Disgusted is the recoil you feel toward something that seems unclean or morally wrong, from a rotten smell to a cruel act.

Furious is anger at full heat. It's big, fast and hard to think through, and it usually comes when something feels deeply wrong or unfair.

Betrayed is the shock and hurt of finding out that someone you trusted broke that trust, by lying, breaking a promise, sharing a secret or turning against you. It can shake what you thought you knew about the person, and sometimes your trust in your own judgment.

Irritated is a low-level annoyance, a short fuse. Little things get under your skin more than they normally would.

Frustrated is the feeling of being blocked. You're trying to get somewhere and something keeps getting in the way.

ashamed

Ashamed is the feeling that there's something wrong with you, not only with what you did. It makes you want to hide, shrink or disappear.

Regretful is the ache of wishing you'd chosen differently. It looks back at a decision you made, or didn't make, and keeps playing the other version.

Guilty is the feeling that you did something, or didn't do something, that goes against your own values, and that you'd like to put right.

Insecure is a shaky doubt about whether you're good enough, liked enough or safe in a relationship. It makes you check, compare or hold back.

Humiliated is the painful feeling of being put down, mocked or shown up in front of others. It hits your sense of dignity.

ashamed, continued

Embarrassed is the flush that comes when you feel you've been seen doing something clumsy or awkward in front of other people.

Inadequate is the sinking sense that you're not good enough, not capable enough or not doing enough. It often comes from measuring yourself against someone else, or against a standard in your head.

sad

Sad is the feeling of loss, of something that mattered being gone or changed. It slows you down so you can take in what's happened.

Hopeless is the feeling that nothing will get better and nothing you do will matter. It's heavy and very convincing, but it's a feeling, not a forecast.

Grieving is what love does after a loss. It's the long, uneven process of learning to live with someone or something being gone, and it can follow a death, a breakup, a move or a dream that ended.

Heartbroken is deep sadness after losing someone you love, or the future you hoped to have with them. It can follow a breakup, a betrayal or a death.

Helpless is the sense that you can't change what's happening, however hard you try, as if your hands are tied. It often comes when something big is out of your control, like an illness, a loss or someone else's choices.

Lonely is the gap you feel between the connection you have and the connection you want. You can feel it in a crowd, in a relationship or in a quiet house.

Rejected is the sting of being turned away, left out or not chosen. It can come from a person, a group, a job or a single unanswered message.

Disappointed is the drop you feel when something you expected or hoped for doesn't happen. The gap between what you wanted and what you got hurts.

Hurt is the sting that comes when someone you care about treats you in a way that feels careless, cruel or dismissive. It's about the relationship, not only the event.

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What each feeling means, continued

drained

Drained is the empty-battery feeling. You've given out more energy than you've had, in your body, your mind or your emotions.

Exhausted is being worn out all the way through, in body, mind or both. Rest feels needed, not just wanted.

Bored is an unsatisfied, tuned-out feeling when nothing holds your attention, even though you'd like to be engaged.

Discouraged is when your drive to keep trying runs low after setbacks. You still want the thing, but it's getting harder to believe your effort will pay off.

Numb is when feelings go dull or far away, as if there's a pane of glass between you and everything. It isn't calm. It's more like the volume turned down.

Empty is a hollow, nothing-inside feeling, as if something that used to matter has gone silent. It's different from being calm.

calm

Calm is an easy, settled feeling. Nothing feels urgent or threatening, and your body knows it.

Relaxed is when your body and mind let go of effort. Your muscles soften, your breathing slows, and you aren't trying to do anything.

Safe is the sense that nothing needs guarding right now. Your body and mind can stand down.

Content is a quiet satisfaction. What you have is enough for now, and you're not reaching for more.

Relieved is the release after something you were dreading or worrying about turns out okay, or ends.

connected

Connected is the feeling that you're in touch with someone or something: seen, understood or part of something bigger than yourself.

Trusting is the relaxed feeling of being able to count on someone. You don't need to guard or check, because you expect them to be there.

Loved is the feeling of being cared about and safe with someone, just as you are.

Compassionate is noticing someone's pain and feeling moved to help, including when that someone is you.

Grateful is warmth toward someone or something that has helped you, or simply been good to you.

Affectionate is a warm, fond feeling toward someone, with the wish to show it. It's love in its everyday clothes.

Longing is a deep wish for someone or something you can't have right now, like a person far away, a place you can't get to or a life you hoped for. It aches, and there's love in the ache.

Nostalgic is a bittersweet warmth when you think back to a time, a place or people that meant a lot to you. It's mostly fond, with a little ache for what's gone.

happy

Happy is a warm, bright feeling that things are good. It can be soft or loud, and it doesn't always need a reason.

Hopeful is the feeling that things could get better and that you may have a part in it. It sits between wishing and expecting.

Excited is a lively, forward-leaning feeling: energy, anticipation and a strong pull toward what's coming.

happy, continued

Proud is the glow of having done something that matters to you or to someone you care about.

Inspired is the lift you feel when someone's skill, kindness or courage moves you, and makes you want to do or be more.

Amused is the light, playful feeling when something strikes you as funny. It can be a small smile or a full laugh.

Playful is a light, mischievous mood when you feel like joking, teasing or turning something into a game. It doesn't need a reason or a goal.

Confident is a steady trust that you can handle what's in front of you. It doesn't mean you're sure it'll go perfectly, only that you can cope if it doesn't.

Determined is a firm, focused push to reach something, even when it's hard. You've made up your mind, and you're going to keep at it.

curious

Curious is the pull of wanting to know more, and a readiness to explore even when you don't know what you'll find.

Confused is the puzzled feeling when things don't add up and you can't make sense of them yet. It's uncomfortable, and it can be the step just before you understand.

Awe is the feeling of being in the presence of something vast that stretches how you see the world, like mountains, music, a birth or an act of great courage.

Surprised is the quick jolt you feel when something doesn't match what you expected. It lasts a moment, then turns into another feeling.

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This is a tool for noticing and naming. It isn't therapy or a diagnosis.

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