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F.E.E.L. CHECKLIST

When you experience a negative emotion, turn to the following checklist to support you to recognize how you are experiencing your feelings.

1. How Do You Currently Understand Your Negative Feelings?

- My negative feelings feel like a nuisance whose only purpose is to preclude a happy and fulfilled life. I don't understand their purpose. They feel random & confusing.
- I now see how all of my emotions have a purpose. I recognize how negative feelings are a signal to support me when I have moved away from my highest self and to help me get back on track.

2. How Do You Relate To Your Negative Emotions?

- I often feel irritated and annoyed regarding my negative feeling. I judge my feelings and myself for how I feel. I want the "bad guys" gone for good!
- I feel grateful for how supported I truly am, and for the messages I am now hearing and understanding. It feels wonderful to receive guidance rather than remaining stuck. I sense the full integration of every aspect of my being, rather than a warring good-self, bad-self division.

3. How Do You Experience Emotional Pain?

- My experience varies from mean-spirited to torturous. When I allow myself to feel my negative emotions, I feel like I am sinking in quicksand, and my feelings will swallow me up. Spiraling downward may last for days or longer, with feelings of helplessness as to when my negative feelings will pass. When hit hard, I feel like I am suffocating or drowning in pain.
- My experience varies from laughable to still feeling pain, yet the pain is less and feels more manageable. Now that I am learning to understand my feelings, at times I immediately recognize what the negative feeling was about and I am able to move forward. With more deeply felt negative emotions, the ego still rears its head, yet I move more quickly out of its drama because I recognize the

alternative meaning that is present to support me. Because I see purpose even when experiencing emotional pain, the pain is neither oppressive nor long-lasting. No longer do I feel emotional suffering.

4. How Are My Emotions Used?

My emotions use me. I feel no control as to when they'll show up and when they'll leave. My ego uses my emotions to pull my strings like a marionette and keep me off balance.

Negative emotions are now a helpful tool for identifying fears, beliefs, and thoughts that are not my truth and are therefore unproductive. Being able to recognize their loving messages enables me to move more quickly through my emotion and utilize the emotional energy in negative feelings to take action outside of my comfort zone.

5. What Questions Are You Asking Yourself?

I turn to being the victim, blaming or wanting the quick fix. I ask myself: Why me? Why do I feel this way? How can I stop feeling this way quickly? I keep searching for a way to eliminate the negative feeling fast.

I look for long-term growth in the questions I ask myself, such as: How does love want me to respond to this situation? How can I open myself up more to allow this energy to work through me and guide me? I turn to my heart to find soul-utions for what will serve my highest good and create transformation at a core level.

6. What Is The Outcome?

I sense that I have hit a glass ceiling and am no longer evolving as I would like. I feel stuck in areas of my life, as if spinning my wheels, and cannot resolve certain core challenges in my life.

I am now accessing energy and feeling momentum that I have never experienced before. Life is now feeling more like an adventure. I feel in ever greater alignment with every aspect of myself and my life!

Any gray checked boxes (the first choice to each question) indicates an aspect of your emotional well-being that remains in the emotional Stone-Age. Use the guidance provided in the purple boxes (the second option to each question) to recognize how you can more fully utilize all your feelings from a conscious and loving perspective to more greatly serve you.