

# Hoffman Feelings List

## Accepting/Open

☐ Calm  
☐ Centered  
☐ Content  
☐ Fulfilled  
☐ Patient  
☐ Peaceful  
☐ Relaxed  
☐ Serene  
☐ Trusting

## Aliveness/Joy

☐ Amazed  
☐ Awe  
☐ Bliss  
☐ Delighted  
☐ Eager  
☐ Ecstatic  
☐ Enchanted  
☐ Energized  
☐ Engaged  
☐ Enthusiastic  
☐ Excited  
☐ Free  
☐ Happy  
☐ Inspired  
☐ Invigorated  
☐ Lively  
☐ Passionate  
☐ Playful  
☐ Radiant  
☐ Refreshed  
☐ Rejuvenated  
☐ Renewed  
☐ Satisfied  
☐ Thrilled  
☐ Vibrant

## Angry/Annoyed

☐ Agitated  
☐ Aggravated  
☐ Bitter  
☐ Contempt  
☐ Cynical  
☐ Disdain  
☐ Disgruntled  
☐ Disturbed  
☐ Edgy  
☐ Exasperated  
☐ Frustrated  
☐ Furious  
☐ Grouchy  
☐ Hostile  
☐ Impatient  
☐ Irritated  
☐ Irate  
☐ Moody  
☐ On edge  
☐ Outraged  
☐ Pissed  
☐ Resentful  
☐ Upset  
☐ Vindictive

## Courageous/Powerful

☐ Adventurous  
☐ Brave  
☐ Capable  
☐ Confident  
☐ Daring  
☐ Determined  
☐ Free  
☐ Grounded  
☐ Proud  
☐ Strong  
☐ Worthy  
☐ Valiant

## Connected/Loving

☐ Accepting  
☐ Affectionate  
☐ Caring  
☐ Compassion  
☐ Empathy  
☐ Fulfilled  
☐ Present  
☐ Safe  
☐ Warm  
☐ Worthy  
☐ Curious  
☐ Engaged  
☐ Exploring  
☐ Fascinated  
☐ Interested  
☐ Intrigued  
☐ Involved  
☐ Stimulated

## Despair/Sad

☐ Anguish  
☐ Depressed  
☐ Despondent  
☐ Disappointed  
☐ Discouraged  
☐ Forlorn  
☐ Gloomy  
☐ Grief  
☐ Heartbroken  
☐ Hopeless  
☐ Lonely  
☐ Longing  
☐ Melancholy  
☐ Sorrow  
☐ Teary  
☐ Unhappy  
☐ Upset  
☐ Weary  
☐ Yearning

## Disconnected/Numb

☐ Aloof  
☐ Bored  
☐ Confused  
☐ Distant  
☐ Empty  
☐ Indifferent  
☐ Isolated  
☐ Lethargic  
☐ Listless  
☐ Removed  
☐ Resistant  
☐ Shut down  
☐ Uneasy  
☐ Withdrawn

## Embarrassed/Shame

☐ Ashamed  
☐ Humiliated  
☐ Inhibited  
☐ Mortified  
☐ Self-conscious  
☐ Useless  
☐ Weak  
☐ Worthless

## Fear

☐ Afraid  
☐ Anxious  
☐ Apprehensive  
☐ Frightened  
☐ Hesitant  
☐ Nervous  
☐ Panic  
☐ Paralyzed  
☐ Scared  
☐ Terrified  
☐ Worried

## Fragile

☐ Helpless  
☐ Sensitive

## Grateful

☐ Appreciative  
☐ Blessed  
☐ Delighted  
☐ Fortunate  
☐ Grace  
☐ Humbled  
☐ Lucky  
☐ Moved  
☐ Thankful  
☐ Touched

## Guilt

☐ Regret  
☐ Remorseful  
☐ Sorry

## Hopeful

☐ Encouraged  
☐ Expectant  
☐ Optimistic  
☐ Trusting

## Powerless

☐ Impotent  
☐ Incapable  
☐ Resigned  
☐ Trapped  
☐ Victim

## Tender

☐ Calm  
☐ Caring  
☐ Loving  
☐ Reflective  
☐ Self-loving  
☐ Serene  
☐ Vulnerable  
☐ Warm

## Stressed/Tense

☐ Anxious  
☐ Burned out  
☐ Cranky  
☐ Depleted  
☐ Edgy  
☐ Exhausted  
☐ Frazzled  
☐ Overwhelm  
☐ Rattled  
☐ Rejecting  
☐ Restless  
☐ Shaken  
☐ Tight  
☐ Weary  
☐ Worn out

## Unsettled/Doubt

☐ Apprehensive  
☐ Concerned  
☐ Dissatisfied  
☐ Disturbed  
☐ Grouchy  
☐ Hesitant  
☐ Inhibited  
☐ Perplexed  
☐ Questioning  
☐ Rejecting  
☐ Reluctant  
☐ Shocked  
☐ Skeptical  
☐ Suspicious  
☐ Ungrounded  
☐ Unsure  
☐ Worried

### Body sensations

<input type="checkbox"/> Achy	<input type="checkbox"/> Contracted	<input type="checkbox"/> Gentle	<input type="checkbox"/> Numb	<input type="checkbox"/> Shaky	<input type="checkbox"/> Sweaty
<input type="checkbox"/> Airy	<input type="checkbox"/> Dizzy	<input type="checkbox"/> Hard	<input type="checkbox"/> Pain	<input type="checkbox"/> Shivery	<input type="checkbox"/> Tender
<input type="checkbox"/> Blocked	<input type="checkbox"/> Drained	<input type="checkbox"/> Heavy	<input type="checkbox"/> Pounding	<input type="checkbox"/> Slow	<input type="checkbox"/> Tense
<input type="checkbox"/> Breathless	<input type="checkbox"/> Dull	<input type="checkbox"/> Hollow	<input type="checkbox"/> Prickly	<input type="checkbox"/> Smooth	<input type="checkbox"/> Throbbing
<input type="checkbox"/> Bruised	<input type="checkbox"/> Electric	<input type="checkbox"/> Hot	<input type="checkbox"/> Pulsing	<input type="checkbox"/> Soft	<input type="checkbox"/> Tight
<input type="checkbox"/> Burning	<input type="checkbox"/> Empty	<input type="checkbox"/> Icy	<input type="checkbox"/> Queasy	<input type="checkbox"/> Sore	<input type="checkbox"/> Tingling
<input type="checkbox"/> Buzzy	<input type="checkbox"/> Expanded	<input type="checkbox"/> Itchy	<input type="checkbox"/> Radiating	<input type="checkbox"/> Spacey	<input type="checkbox"/> Trembly
<input type="checkbox"/> Clammy	<input type="checkbox"/> Flowing	<input type="checkbox"/> Jumpy	<input type="checkbox"/> Relaxed	<input type="checkbox"/> Spacious	<input type="checkbox"/> Twitchy
<input type="checkbox"/> Clenched	<input type="checkbox"/> Fluid	<input type="checkbox"/> Knotted	<input type="checkbox"/> Releasing	<input type="checkbox"/> Sparkly	<input type="checkbox"/> Vibrating
<input type="checkbox"/> Cold	<input type="checkbox"/> Fluttery	<input type="checkbox"/> Light	<input type="checkbox"/> Rigid	<input type="checkbox"/> Stiff	<input type="checkbox"/> Warm
<input type="checkbox"/> Constricted	<input type="checkbox"/> Frozen	<input type="checkbox"/> Loose	<input type="checkbox"/> Sensitive	<input type="checkbox"/> Still	<input type="checkbox"/> Wobbly
<input type="checkbox"/> Contained	<input type="checkbox"/> Full	<input type="checkbox"/> Nauseous	<input type="checkbox"/> Settled	<input type="checkbox"/> Suffocated	<input type="checkbox"/> Wooden

### Additional notes