

## FEELINGS INDICATOR

Life not going exactly as planned? Feeling frustrated or depressed? Smoking, but you want to quit? Drinking, but you want to quit or drink less? Eating more than you should? Using drugs and it's wrecking your life? Any of the above? Read on....

All of these different problems have something in common: they all result in not responding to feelings in a way that takes care of the problem causing the feeling. Smoking, drinking, overeating, gambling, shopping, surfing the net and excess snacking are only ways of temporarily coping with the feeling, by distracting yourself from the cause. Since the cause has not been taken care of, it comes back again. This can lead to frustration and even depression.

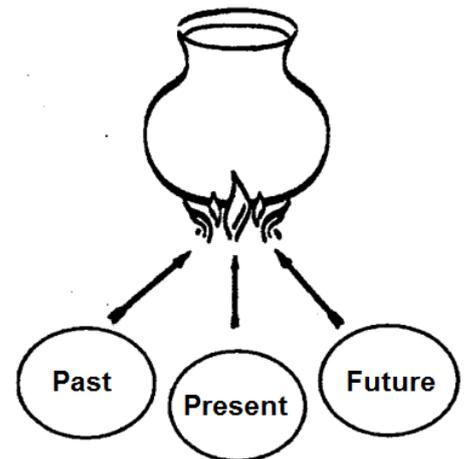
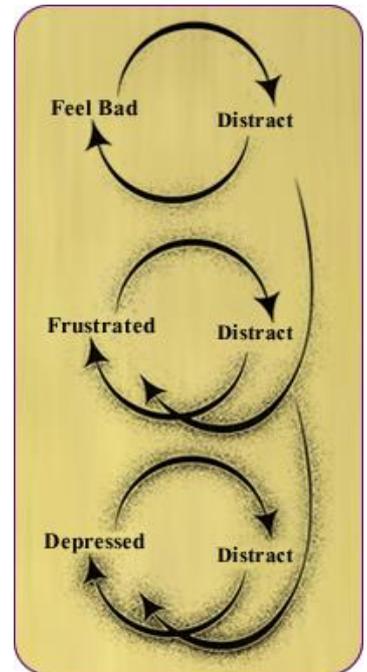
All of our feelings are good. They are there to help and guide us. Learn to name the feeling and associate it with what it indicates. Then you will be well on your way to finding a satisfying response for a happier life.

Here are a few lists of information that can serve as a guide to help you to respond to your feelings in a more satisfying way than any compulsive behaviour ever could:

### Emotional Pain

### Need/Want/Desire

- |                |  |
|----------------|--|
| 1. Bored       | To grow through Challenge                  |
| 2. Anger       | To experience fairness for self and others |
| 3. Guilt       | To be fair to others                       |
| 4. Sadness     | To keep valued things and people           |
| 5. Loneliness  | To have meaningful relationships           |
| 6. inadequacy  | To feel good enough/adequate               |
| 7. Stress      | To have success in managing one's life     |
| 8. Fear        | To feel safe                               |
| 9. Frustration | To meet needs through own effort           |
| 10. Depression | To be effective and hopeful                |



Seething Cauldron of Emotion

**Creating strategies for life is as easy as 1, 2, 3 for self help.**

**Step 1:** Name the feeling.

**Step 2:** What does it indicate?

**Step 3:** Plan a satisfying response.

### Step 1 Step 2

#### Name It

#### What does it indicate?

- |            |   |
|------------|---|
| Bored      | I need a growth experience, or to do something different, fun or interesting. |
| Frustrated | What I'm doing is not working.  |
| Hurt       | What just happened was it not fair?   |
| Angry      | What just happened (or is happening to me) is not fair.                       |
| Slighted   | It is unfair. They don't appreciate what I've done, or who I am.              |
| Unrewarded | Not appreciated. I'm thinking the reward of a job well done, is not enough.   |
| Hateful    | He or she is not being fair, and that has (or is going to) hurt terribly.     |

Guilty	I'm concerned because I did something unfair to someone else.
Lonely	I have a healthy desire for the company of someone I care about me.
Anxious	I think I (or someone I care about) might get hurt.
Worried	I think I (or someone I care about) might get or be hurt.
Scared	I think I'm (or someone I care about) going to get hurt.
Confused	What I'm doing (or what others are doing) doesn't make sense.
Crazy	What I'm doing (or thinking) doesn't make sense.
Stressed	I'm trying to do too many things; to be able to do them all well enough.
Depressed	I'm thinking that I'm helpless, hopeless or ineffective.
Trapped	In this situation, I'm thinking I'm helpless, hopeless, or ineffective.
Hopeless	I'm thinking there is no hope in this situation.
Helpless	I'm thinking there is no help available to me.
Ineffective	I'm thinking there is nothing I can do to make a difference.
Sad	I feel the loss of someone or something important to me.
Worthless	I see no evidence of my own worth.
Unloved	I see no evidence of anyone caring about me.

Notice that some feelings seem to be related. For example hurt, angry, are slight forms of anger. Frustration may also be a form of anger. Anxiety, stress, concern, worry are all forms of fear.

### Step 3

None of these feelings can be satisfied by food, smoking, drugs, alcohol, gambling, shopping, or any other distracting behaviour. Each feeling is there for a good reason. Plan something that you can do to satisfy the source of the feeling. The following are just examples of satisfying responses. You can make them personal by adding more things *you* like to do.

<b>Feeling</b>	<b>Satisfying Response</b>
Bored	Do something different, fun or interesting. Get at hobby, go to school, get a life.
Frustrated	Be creative: try something else.
Hurt	Change your perspective: look at it as a learning experience and begin to heal.
Angry	Become assertive; look at it from a larger less personal perspective. Make it more fair.
Slighted	Assertiveness about unfair treatment. Work on self-approval. Learn to shine.
Unrewarded	Assertiveness about unfair issues. Focus on the accomplishment, rather than recognition.
Hateful	Protect yourself and the ones you care about. Forgive. Holding onto hate hurts you.
Guilty	Make amends. Forgive yourself. Look at it as a lesson.
Lonely	Call someone, write a letter, check your e-mail, or join a club. Care about more people.
Anxious	Become more informed about the situation. Be prepared.
Worried	Become more informed. Be realistic. Don't let your imagination get out of hand.
Scared	Be informed. Be with those who can protect you. Learn to protect yourself.
Confused	Get a larger perspective. Get help. Take a minute to gather your thoughts.
Crazy	Talk to a friend, your family or, a professional, others have felt this way, too, without being crazy.
Stressed	Get organized, delegate. Take a break. Share your concerns. Get help. Be honest.
Depressed	Do anything that will make a difference. Even planning will lift the depression.

Trapped	Change or plan to change the situation. Get advice. You have other options.
Hopeless	Realize that you are focusing on the problem, rather than the solution. There is always hope.
Helpless	There is always help. Widen your perspective. Do even the smallest thing and it can help.
Ineffective	Even the smallest acts can make a difference in the long run. Act, never give up.
Sad	It's okay to feel sad for awhile, and then look at what you have <b>not</b> lost. Focus on thankfulness.
Worthless	There are others that have done great things, starting from less. You're overlooking a valuable lesson.
Unlovable	The most important love is self-love; this is under your control. Your mum loves you and others do, too. This is always a case of stinking thinking.

**A SHORT LIST OF DISTRACTORS- Use ONLY under these conditions:**

1. Distract when you are not using food, drugs etc. as the distracter.
2. Distract only when you are aware that you are **ONLY** distracting, and not taking care of the problem at hand (or it will continue to rear it's ugly head at a later time).
3. Distracters should be something pleasant, so you are likely to do it again, if need be.
4. Distract when it is not possible, or in your best interest at the time, to try and satisfy the feeling. It's not a perfect world, where we can instantly satisfy all of our feelings in any given moment.

**5. Distracters should NOT BE illegal, immoral or fattening.**

Recommended distracters are healthy things that you find pleasant or enjoyable. Things on this list are basically things you enjoy that are **NOT** illegal, immoral or fattening. Add your own to make it more personal and carry the list so that if a particularly unwanted emotion come up you could use the distractor till you get the opportunity to process or deal with it. Ideally you could make a list for each of the basic emotional pains listed above.

1. Call a friend.
2. Love your pet.
3. Get a new hobby.
4. Learn to meditate, pray, or ascend.
5. Volunteer to help others.
6. Take a class.
7. Read something exciting, inspiring, or uplifting.
8. Rent an old movie.
9. Learn to type.
10. Write a poem.
11. Draw a portrait of a friend.
12. Plant a garden, or if the weather is good, play in the one you have.
13. Count your blessings.
14. Write a letter or an e-mail.
15. Volunteer at the Humane Society, or other places that have animals needing attention.
16. Get out the family album.

17. Go for a walk and say "Hi" to someone.
18. Go to the park and see how close you can get to a bird or squirrel (use sunflower seeds).
19. Make a picnic lunch and invite someone along.
20. Read a biography about someone else who overcame a challenge.
21. Take an art class.
22. Read a story to someone else.
23. Go outside for a little while, even if it's only for a few minutes, it can help.
24. Go to the library; and go into a section where you have never been.
25. Learn self-hypnosis.
26. Try a new kind of tea and ask someone over.
27. Get a new address and telephone book, transfer over the old numbers and addresses.
28. Think about what you would do if you had more time; then do it.
29. Take up magic; you might amaze yourself.
30. Go for a drive or bike ride.
31. Contemplate why you got that tattoo, or never got that tattoo, and smile either way.
32. If we had 12 fingers rather than 10, would we count by dozens instead of 10? Try it.
33. Learn a new language. How about Greek, Chinese, Spanish, Japanese, Latin or Pascal?
34. Get a harmonica and a tape on how to play the darn thing - it will drive your cat or dog crazy!
35. Listen to some of those really old albums in the closet.
36. Get a magnifying glass and look at things close up; this can be amazing!
37. Rearrange something and be creative.
38. Close your eyes and create a special room in your mind; go there sometimes just to relax
39. Create another fantasy, better than the one before, and turn it into a story you can share.
40. Read a spiritually uplifting book, like the Bible, Koran or some kind of hopeful book.
41. Go all day long without listening to or watching the news. Instead, watch cartoons.
42. Get on the Internet; but don't stay there forever, you do have people who love you.
43. See if you can touch your toes then sign up for yoga and maybe someday you will.
44. Ventriloquism anyone?
45. Surprise someone with a new polysyllabic neologism (long word that you just made up).
46. Teach a class. You have some skills that others envy.
47. Collect all your recipes and make a cookbook, or get organized in some other way.
48. Plan a garage sale or go to one.
49. Don't get into photography, pet fish, computers, or mountain biking (just kidding).
50. Make a list just like this, with ideas that are much better than mine.

These suggestions go a long way towards self-help. If you need to do further work, know that forgiveness of self and others can often be the only way to really clear a problem *for good*. Deep emotional work can also be done with help from a hypnotherapist or professional you trust, to get to the root of the issue.

For a more in-depth article on the above, feel free to phone me on 0413346637, email me at [carol\\_macrae@hotmail.com](mailto:carol_macrae@hotmail.com) or purchase the book "The Secret Language of Feelings" by Calvin D. Banyan.