

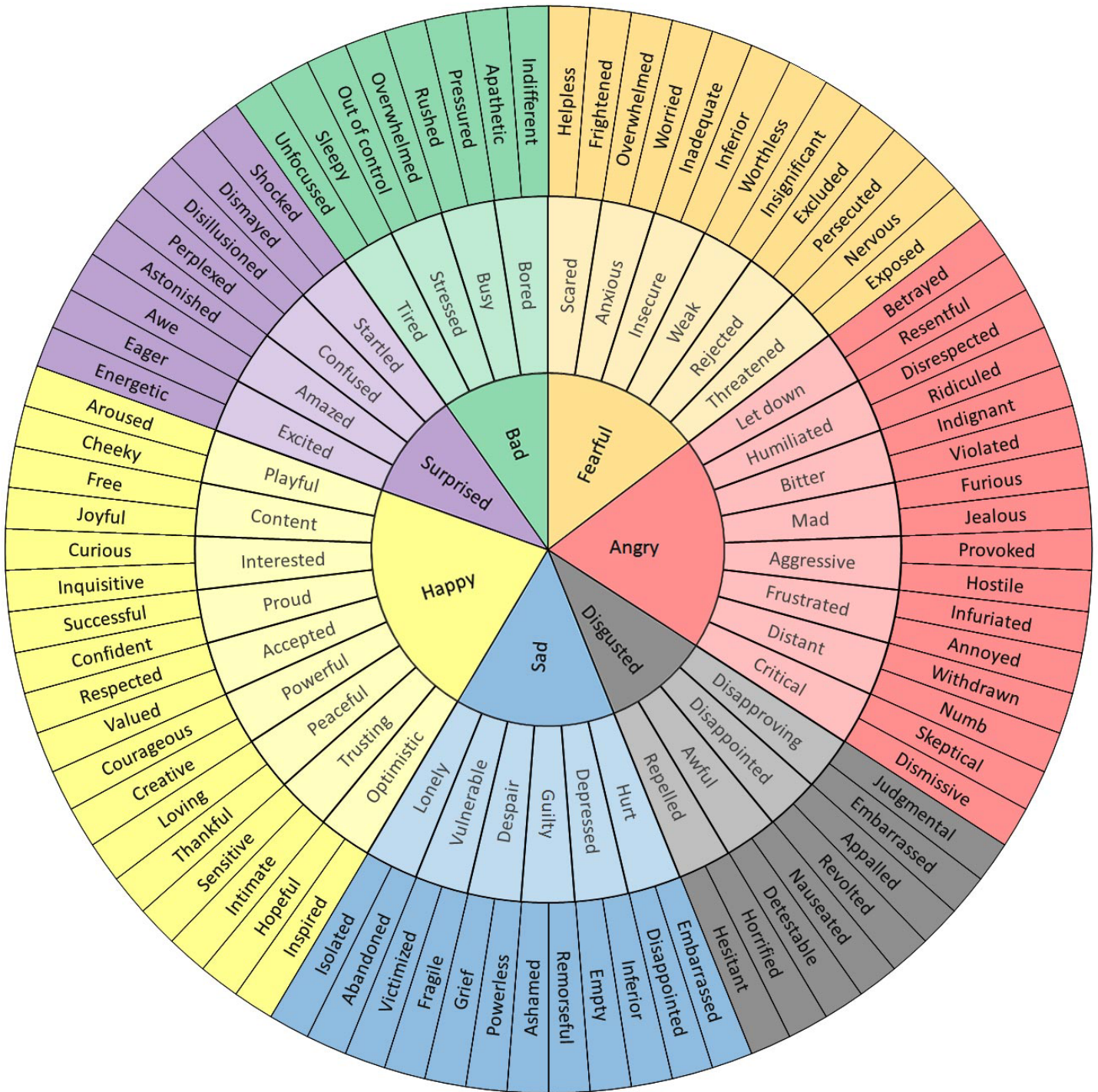
Feeling List

Accepting/ Open	Anger/ Annoyed	Connected/ Loving	Disconnected/ Numb	Fragile	Stressed/ Tense
Calm	Agitated	Accepting	Aloof	Helpless	Anxious
Centered	Aggravated	Affectionate	Bored	Sensitive	Burned out
Content	Bitter	Caring	Confused	Grateful	Cranky
Fulfilled	Contempt	Compassion	Distant	Blessed	Depleted
Patient	Cynical	Empathy	Empty	Delighted	Edgy
Peaceful	Disdain	Fulfilled	Indifferent	Fortunate	Exhausted
Present	Disgruntled	Present	Isolated	Grace	Frazzled
Relaxed	Disturbed	Safe	lethargic	Humbled	Overwhelmed
Serene	Edgy	Warm	Listless	Lucky	Rattled
Trusting	Exasperated	Worthy	Removed	Moved	Rejecting
Aliveness / Joy	Frustrated	Curious	Resistant	Thankful	Restless
Amazed	Furious	Engaged	Shut Down	Touched	Shaken
Awe	Grouchy	Exploring	Uneasy	Guilt	Tight
Bliss	Hostile	Fascinated	Withdrawn	Regret	Worn out
Delighted	Impatient	Interested	Embarrassed/ Shame	Remorseful	Unsettled/ Doubt
Eager	Irritated	Intrigued	Ashamed	Sorry	Apprehensive
Ecstatic	Irate	Involved	Humiliated	Hopeful	Concerned
Enchanted	Moody	Stimulated	Inhibited	Encouraged	Dissatisfied
Energized	On edge	Despair/Sad	Mortified	Expectant	Disturbed
Engaged	Outraged	Anguish	Self-conscious	Optimistic	Grouchy
Enthusiastic	Pissed	Depressed	Useless	Trusting	Hesitant
Excited	Resentful	Despondent	Weak	Powerless	Inhibited
Free	Upset	Disappointed	Worthless	Impotent	Perplexed
Happy	vindictive	Discouraged	Fear	Incapable	Questioning
Inspired	Courageous/ Powerful	Forlorn	Afraid	Resigned	Rejecting
Invigorated	Adventurous	Gloomy	Anxious	Trapped	Reluctant
Lively	Brave	Grief	Apprehensive	Victim	Shocked
Passionate	Capable	Heartbroken	Frightened	Tender	Stoical
Playful	Confident	Hopeless	Hesitant	Caring	Suspicious
Radiant	Daring	Lonely	Nervous	Loving	Ungrounded
Refreshed	Determined	Longing	Panic	Reflective	Unsure
Rejuvenated	Free	Melancholy	Paralyzed	Self-loving	Worried
Renewed	Grounded	Sorrow	Scared	Serene	
Satisfied	Proud	Teary	Terrified	Vulnerable	
Thrilled	Strong	Unhappy	Worried	Warm	
Vibrant	Worthy	Upset			
	Valiant	Weary			
		Yearning			

Body Sensations

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

Feeling Word Wheel



Negative emotions



demure



cautious



guilty



frightened



tired



envious



unsure



disappointed



hurt



bored



insulted



sneaky



discontented



ashamed



wistful



nervous



humiliated



weak



astonished



jealous



enraged



speechless



depressed



upset



lonely



arrogant



anxious



aggressive



eavesdropping



hopeless



gloomy



heart-broken



contemptuous



impatient



prudish



shy



repentant



grieving



resentful



mean



regretful



annoyed



suffering



obstinate



negative



cynical



suspicious



shocked



sad



unhappy

Positive emotions



ecstatic



blissful



confident



happy



curious



pleased



triumphant



attentive



self-collected



dreamy



peaceful



delighted



loving



sleepy



lovestruck



hopeful



sheepish



withdrawn



thoughtful



surprised



good



glad



proud



jolly



assured



bashful



idiotic



innocent



admiring



kind



adoring



calm



strong-willed



engaged



excited



interested



jubilant



inspired



grateful



tender



satisfied



phlegmatic



optimistic



meditative



sympathizing



relieved



determined



apologetic



indifferent



amazed

Emotion Worksheet

Instructions:

1. Each day note three different emotions that you felt during the day. Refer to feelings list if needed.

Emotions:
1. _____
2. _____
3. _____

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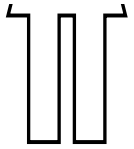
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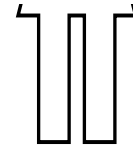
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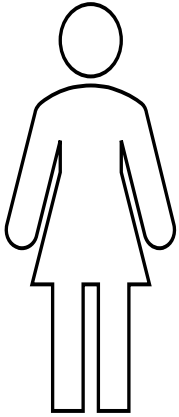
Gratitude Journal



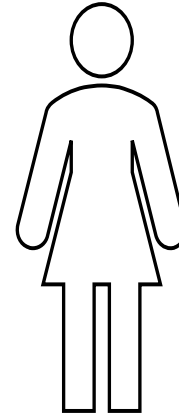
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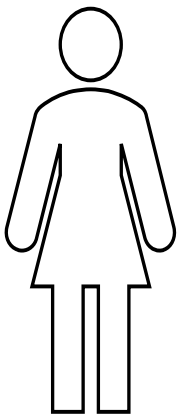
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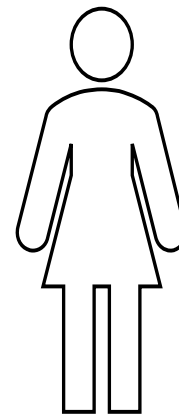
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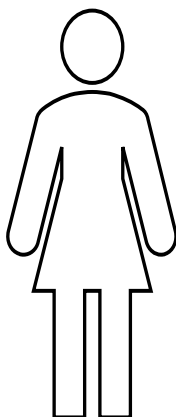
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Kindness Worksheet


1. Each day note three different times you acted kindly towards yourself, another individual or someone treated you with kindness.
2. Using the color of crayon that best represents that feeling and act kindness mark on the body where you felt this emotional response. For instance, yellow for happiness.
3. At the end of the week pick the best moment listed below and draw a picture of it on the back of the sheet.
4. Share this experience with a trusted individual.




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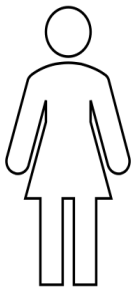
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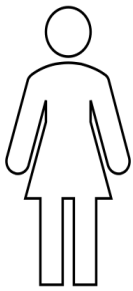
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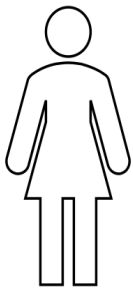
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The writing of a Psalm of lament¹

The importance and power of lament

- It is a transcending form of discourse, moving beyond the current reality.
- It acknowledges the limitations of an embodied life...
- It affirms the value of an embodied life.
- It grants permission to grieve and protest.
- It empowers when someone feels vulnerable.
- It prepares the way for new understandings of God.
- It strengthens our self-understanding as responsible agents.
- It purifies anger and the desire for vengeance.
- It promotes solidarity with those who suffer.
- It revitalizes praise and hope.

Grief and mourning

- “Grief is the normal emotional, spiritual, physical, and relational reaction to the experience of loss and change.” (Hamman, *When Steeples Cry*, p12)
- “Mourning, in contrast, is the intentional process of letting go of relationships, dreams, and visions as your congregation lives into a new identity after the experience of loss and change” (p13).
- Henri Nouwen calls us to Re-member in the wake of loss. When we lose a dear friend, someone we have loved deeply, we are left with a grief that can paralyze us emotionally for a long time. People we love become part of us. Our thinking, feeling and acting are codetermined by them: When they die a part of us has to die too. That is what grief is about: It is that slow and painful departure of someone who has become an intimate part of us. But as we let go of them they become part of our “members” and as we “re-member” them, they become our guides on our spiritual journey. (Text excerpts taken from [*Bread for the Journey*](#))

The expression of lament is vital for a child of God and is crucial to the work of mourning and revitalization.

*Drafting a lament is a life-giving and life-affirming task for all people and every community.*²

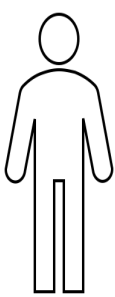
¹ Assembled from: Kathleen D. Billman and Daniel L. Migliore, *Rachel's Cry: Prayer of Lament and Rebirth of Hope* (Cleveland, Ohio: United Church Press, 1999); Walter Brueggemann, "Necessary Conditions of a Good Loud Lament," *Horizons in Biblical Theology* Vol. 25, no. 1 (June 2003); Brueggemann, *The Message of the Psalms: A Theological Commentary*; Donald Capps, *Biblical Approaches to Pastoral Counseling* (Philadelphia: The Westminster Press, 1981); Kathleen M. O'Connor, *Lamentations and the Tears of the World* (Maryknoll, NY: Orbis Books, 2002); Claus Westermann, "The Role of the Lament in the Theology of the Old Testament," *Interpretation* 28, no. 01 (1974). **When Steeples Cry: Leading Congregations Through Loss and Change** (Jaco Hamman- Cleveland: The Pilgrim Press, 2005)

² *Communal* Psalms of lament: Psalm 12; 44; 58; 60; 74; 79; 80; 83; 85; 90; 94; 123; 126; 137.
Individual Psalms of lament: Psalm 3; 5-7; 9; 10; 13; 17; 22; 25; 26; 27; 28; 31; 35; 38; 39; 40; 42; 43; 51; 54-57; 59; 61; 63; 64; 60-71; 77; 86; 88; 102; 109; 120; 130; 140-143. *Penitential* Psalms: Psalm 12, 44, 51.

<p>1. Address to God: The address to God is usually a brief cry for help, but is occasionally expanded to include a statement of praise or a recollection of God’s intervention in the past. (Ps 71:1-3).</p>	
<p>2. Complaint: God is informed about diverse problems or concerns that individuals (or a community) experience. (including acknowledgment of one’s sins) The complaint contains a range and depth of emotional, spiritual, and relational reactions to change. (Ps 71:4).</p>	
<p>3. Confession of trust: The psalmist remains confident in God despite the circumstances and begins to see his or her problems differently (Ps 71:5-8).</p>	
<p>4. Petition: Filled with confidence in God, the psalmist appeals to God for deliverance and intervention. Not bargaining, rather giving legitimate expressions & reasons why God should intervene. This awakens new spiritual energies to overcome the loss and suffering. (Ps 71:9-13).</p>	
<p>5. Words of assurance: The psalmist expresses certainty that the petition will be heard by God. Communicating God’s trustworthiness and desire for restoration and wholeness. (Ps 71:14a)</p>	
<p>6. Vow of praise: The lament concludes with a vow and commitment to testify of God’s intervention (even if it is still yet to come). (Ps 71:14b-24).</p>	

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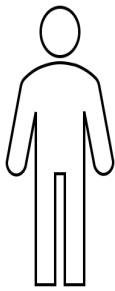
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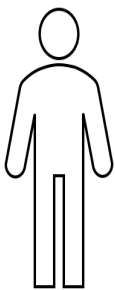
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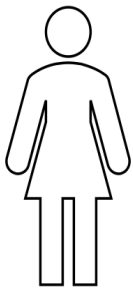
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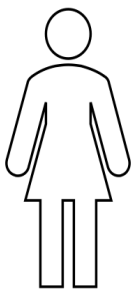
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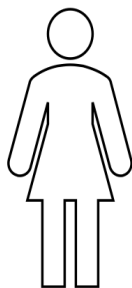
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