



# META DYNAMICS™ FOUNDATIONS FEELINGS INVENTORY



META  
DYNAMICS™

FOUNDATIONS

## THE CODE TO FEELING OUR FEELINGS

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### 1. Name the feeling

Use the list of feelings available in this document as a reference and find the word for the feeling you have. Naming the feeling gives us clarity. If we can language it, we can fully experience it.

### 2. Own the feeling

Instead of blaming others for our feelings, connect with the truth that the feeling we have comes from inside. No one can make us feeling anything. We choose how we respond. Owning that the feeling is our own and no one else's responsibility is the precursor to acceptance, change and empowerment.

### 3. Feel the feeling

Feel the feeling without guilt or shame. The only reason we want to avoid a feeling is due to the times we experienced guilt or shame around the feeling. Know the guilt or shame comes from our conditioning. We hid the feelings for good reason when we were developing. It was too much to experience the feelings fully at that age. We are now neurologically designed and capable to experience the feeling fully and be ok. The feelings are parts of us to accept. And as we do, we reclaim our energy. **You have got this.**

### 4. Let it be and let it go

Once we remove the resistance to the feeling we allow it to be. Feelings are designed to be fleeting. It may last for hours and it may last for a minute. There is no rule here except to accept and allow. Connect with the feeling as if it's part of you and be there with the feeling like you would be there for a child.

## OUR FEELINGS AND PHYSICAL SENSATIONS WHEN OUR NEEDS ARE SATISFIED

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**AFFECTIONATE**

compassionate  
friendly  
loving  
open hearted  
sympathetic  
tender  
warm

**ENGAGED**

absorbed  
alert  
curious  
engrossed  
enchanted  
entranced  
fascinated  
interested  
intrigued  
involved  
spellbound  
stimulated

**HOPEFUL**

expectant  
encouraged  
optimistic

**CONFIDENT**

empowered  
open  
proud  
safe  
secure

**EXCITED**

amazed  
animated  
ardent  
aroused  
astonished  
dazzled  
eager  
energetic  
enthusiastic  
giddy  
invigorated  
lively  
passionate  
surprised  
vibrant

**GRATEFUL**

appreciative  
moved  
thankful  
touched

**INSPIRED**

amazed  
awed  
wonder

**JOYFUL**

amused  
delighted  
glad  
happy  
jubilant  
pleased  
tickled

**EXHILARATED**

blissful  
ecstatic  
elated  
enthralled  
exuberant  
radiant  
rapturous

**PEACEFUL**

calm  
clear headed  
comfortable  
centred  
content  
equanimous  
fulfilled  
mellow  
quiet  
relaxed  
relieved  
satisfied  
serene  
still  
tranquil  
trusting

**REFRESHED**

enlivened  
rejuvenated  
renewed  
rested  
restored  
revived  
thrilled

## OUR FEELINGS AND PHYSICAL SENSATIONS WHEN OUR NEEDS ARE NOT SATISFIED

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**AFRAID**

apprehensive  
dread  
foreboding  
frightened  
mistrustful  
panicked  
petrified  
scared  
suspicious  
terrified  
wary  
worried

**ANGRY**

enraged  
furious  
incensed  
indignant  
irate  
livid  
outraged  
resentful

**ANNOYED**

aggravated  
dismayed  
disgruntled  
displeased  
exasperated  
frustrated  
impatient  
irritated  
irked

**ANGRY**

enraged  
furious  
incensed  
indignant  
irate  
livid

**AVERSION**

animosity  
appalled  
contempt  
disgusted  
dislike  
hate  
horrified  
hostile  
repulsed

**CONFUSED**

ambivalent  
baffled  
bewildered  
dazed  
hesitant  
lost  
mystified  
perplexed  
puzzled  
torn

**DISCONNECTED**

alienated  
aloof  
apathetic  
bored  
cold  
detached  
distant  
distracted  
indifferent  
numb  
removed  
uninterested  
withdrawn

**DISQUIET**

agitated  
 alarmed  
 discombobulated  
 disconcerted  
 disturbed  
 perturbed  
 rattled  
 restless  
 shocked  
 startled  
 surprised  
 troubled  
 turbulent  
 turmoil  
 uncomfortable  
 uneasy  
 unnerved  
 unsettled  
 upset

**EMBARRASSED**

ashamed  
 chagrined  
 flustered  
 guilty  
 mortified  
 self-conscious

**FATIGUE**

beat  
 burnt out  
 depleted  
 exhausted  
 lethargic  
 listless  
 sleepy  
 tired  
 weary  
 worn out

**SAD**

depressed  
 dejected  
 despair  
 despondent  
 disappointed  
 discouraged  
 disheartened  
 forlorn heavy hearted  
 hopeless  
 melancholy  
 unhappy  
 wretched

**TENSE**

anxious  
 cranky  
 distressed  
 distraught  
 edgy  
 fidgety  
 frazzled  
 irritable  
 jittery  
 nervous  
 overwhelmed  
 restless  
 stressed out

**VULNERABLE**

fragile  
 guarded  
 helpless  
 insecure  
 leery  
 reserved  
 sensitive  
 shaky

**YEARNING**

envious  
 jealous  
 longing  
 nostalgic  
 pining  
 wistful



[illegible]

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Feeling Inventory

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room to make sure you have what you need  
to become a Professional Meta  
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