

## Talking About Feelings

It is normal to find ourselves responding with “fine”, “OK”, or “the same” when someone asks us how we are. Sometimes we don’t know how we feel ourselves; it can be hard to connect to and understand our emotions. Sometimes we can only describe how we are feeling with a sound, like “meh”, with a hand gesture or maybe a meme/image you really relate to. Maybe we know that we feel bad, but we don’t know what kind of bad. We can also struggle to share, open up and communicate these feelings to others in our lives.

This is especially the case when we are having a hard time and may go into ‘fight or flight’ mode. Emotions can seem overwhelming, jumbled up, or perhaps there is a numbness where we can’t connect to what’s underneath. These are all normal experiences. However, working towards better recognising your feelings can make it easier to cope with them.

The below table aims to help with this, to make it easier to talk about your feelings.

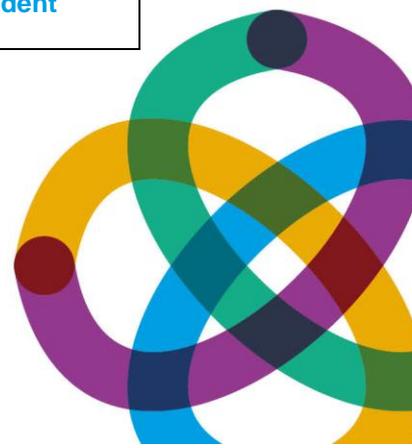
### You can use it to:

- **Identify and label your feelings**
- **Celebrate positive feelings you are experiencing**
- **Become more accepting of negative feelings you are experiencing**
- **Explore where your feelings may be coming from by identifying patterns**
- **Notice how your feelings change**
- **Communicate your feelings to others – either verbally or by pointing.**

Below are 100 words to get you started but you may want to add your own.



Happy	Tired	Hurt	Ashamed	Fulfilled
Shaky	Awkward	Outraged	Peaceful	Ecstatic
Energised	Hopeful	Joyful	Giddy	Gloomy
Amused	Low	Trapped	Excited	Vulnerable
Numb	Tense	Torn	Relaxed	Drained
Disgusted	Uplifted	Embarrassed	Exhausted	Irritated
Distracted	Encouraged	Relieved	Inferior	Shy
Wary	Proud	Tormented	Distant	Apprehensive
Defensive	Empty	Surprised	Jittery	Isolated
Trusting	Lost	Giggly	Merry	Overwhelmed
Content	In awe	Worried	Optimistic	Angry
Shocked	Abandoned	Offended	Self-conscious	Jealous
Anxious	Elated	Scared	Satisfied	Intrigued
Alarmed	Intimidated	Spiteful	Harassed	Panicky
Weary	Knackered	Exuberant	Comfortable	Paralysed
Frazzled	Determined	Sad	Crushed	Confused
Lonely	Flattered	Depressed	Grumpy	Enthusiastic
Tearful	Pessimistic	Frustrated	Thankful	Sensitive
Nervous	Cautious	Betrayed	Disappointed	Guilty
Withdrawn	Doubtful	Despairing	Rageful	Confident





If you would like to speak to someone about how you are feeling or need additional support for any issues relating to cancer and your mental health, we are here for you. Contact Cancer Support Scotland free on 0800 652 4531 or email [wellbeing@cancersupportscotland.org](mailto:wellbeing@cancersupportscotland.org) to find out more about our free counselling, stress management workshops and 'here for you' calls.

