



My Life Through the Seasons

*Go Deeper to Be Greater,
Using the Power of Journaling*



Created by **Karin Lubin, Ed.D.**

Dear Deep Soul

Finding the right words with the right nuance to describe how you feel can be a challenge sometimes. Sometimes we need a little stimulus to find just the right word to define a body sensation or feeling.

These feeling and body sensation word lists are here to help support you in your journaling. They are included in the two-journal series that guides you on your path to reducing stress and finding greater freedom—while embracing your whole beautiful self. Nothing is broken when you allow yourself to name and feel all feelings that might come up. When you begin to get clear about what you are feeling, you can then determine much more clearly what your next steps are. Clarity, knowing, and wisdom become your guides through life.

Being able to connect a feeling with a body sensation can be a new idea, and it will take practice to do it. However, once you begin, it becomes an opportunity to stay curious and explore unknown terrain every time—because each time is never really the “same.”

My Life Through the Seasons, A Wisdom Journal and Planner focuses on each of the four seasons, each with a unique theme that the season embodies. These guided journals based on neuroscience and positive psychology help you to succinctly cultivate your inner wisdom through the lenses of nature and something greater than yourself.

<https://drkarinlubin.com/my-journal-bundle/>

The other journal series is called *Living From My Centered Self, An Internal Family Systems Wisdom Journal*. These four journals help you to build greater presence and love on your inner journey while exploring the 8 Characteristics of Self. If you have worked with Internal Family Systems (IFS) from Richard Schwartz, this is a great opportunity to explore and go deeper. Elaine Casquarelli, Ph.D., LMHC, and I wrote this together.

<https://drkarinlubin.com/ifs-journals/>

Join me as I lead you through a three-day Journal Challenge to reduce your inner stress and awaken your beautiful soul. Each Journal Challenge is done in harmony with the seasonal shift in nature. Look for the next three-day Journaling opportunity on my website.

<https://drkarinlubin.com/3-day-journal-challenge/>

May you find the clarity and wisdom to better understand how to move ahead in life with peace and gratitude. Your dreams are waiting to be fulfilled. Tap into your inner wisdom and deepen your own self-reflective practice by embodying your thoughts, connecting with your feelings, and learn what actions you will take through journaling. Knowing who you are in the present moment allows you to embrace your full and magnificent self.

Go Deeper to Be Greater,

A handwritten signature in cursive script that reads "Karin" followed by a simple heart symbol.

Emotion/Feeling Words

Expanded Feelings

ACCEPTING/OPEN

accepting	confident	fulfilled	receptive	sympathetic
amazed	connected	interested	reliable	understanding
calm	easy	kind	satisfied	
centered	free	peaceful	serene	

ALIVE/HAPPY

animated	ecstatic	frisky	merry	sunny
attractive	elated	glad	optimistic	thankful
awe	enchanted	gleeful	orgasmic	thrilled
blissed	energetic	great	overjoyed	valued
bloom	enthusiastic	joyful	passionate	vibrant
cheerful	euphoric	joyous	playful	wonderful
content	excited	jubilant	provocative	
courageous	festive	liberated	rejuvenated	
delighted	fortunate	lively	renewed	
eager	free	lucky	spirited	

CONNECTED/COMPASSIONATE

accepting	compassion	exploring	intrigued	safe
affectionate	curious	fascinated	involved	stimulated
available	empathy	fulfilled	open	warm
caring	engaged	interested	present	worthy

COURAGEOUS/POWERFUL

adventurous	daring	free	purposeful	sure
brave	determined	gutsy	rebellious	tenacious
capable	dynamic	hardy	secure	unique
certain	engaged	impulsive	spirited	worthy
confident	fearless	proud	strong	valiant

GRATEFUL/HOPEFUL

appreciative	cheerful	expectant	lucky	reassured
at ease	certain	fortunate	moved	relaxed
blessed	comfortable	free and easy	optimistic	serene
bouyant	content	grace	peaceful	surprised
bright	delighted	hopeful	pleased	thankful
calm	encouraged	humbled	promising	touched

INTERESTED/ POSITIVE

absorbed	captivated	delighted	enthusiastic	inspired
affected	challenged	determined	excited	intent
affirmative	concerned	eager	fascinated	intrigued
attentive	confident	earnest	focused	keen
bold	curious	encouraged	hopeful	optimistic
brave	daring	engrossed	inquisitive	trusting

LOVING/TENDER

admiring	close	devoted	passionate	tender
affectionate	comforted	endearing	reflective	touched
attracted	compassionate	fondness	sensitive	vulnerable
calm	connected	loved	self-loving	warm
caring	considerate	loving	serene	warmth

Contracted Feelings

AFRAID/DOUBTFUL

alarmed	disturbed	nervous	restless	terrified
anxious	doubtful	panicked	scared	threatened
apprehensive	fearful	perplexed	shaky	timid
concerned	frightened	quaking	shocked	uneasy
cowardly	grouchy	questioning	skeptical	ungrounded
daunted	hesitant	rejecting	spooked	unsure
dissatisfied	inhibited	reluctant	suspicious	worried

ANGRY/ANNOYED

agitated	edgy	hostile	irate	resentful
aggressive	enraged	impatient	irritated	sore
annoyed	exasperated	incensed	moody	unpleasant
bitter	frustrated	indignant	offensive	upset
boiling	fuming	inflamed	on-edge	unsettled
contempt	furious	infuriated	pissed	vindictive
disturbed	grouchy	insulting	provoked	worked-up

CONFUSED

disillusioned	hesitant	muddled	skeptical	uncertain
distrustful	indecisive	perplexed	stupefied	uneasy
doubtful	lost	pessimistic	tense	unsure
embarrassed	misgiving	shy	unbelieving	upset

DESPAIR

a sense of loss	diminished	forlorn	lonely	terrible
abominable	disappointed	gloomy	longing	unhappy
anguish	discouraged	guilty	lousy	upset
ashamed	disgusted	heartbroken	miserable	weary
despondent	dissatisfied	hopeless	powerless	yearning

EMBARRASSED/SHAMED

ashamed	awkward	demeaned	mortified	weak
humiliated	chagrined	distressed	self-conscious	worthless
appalled	chastened	inhibited	useless	

HELPLESS/POWERLESS

alone	fatigued	in despair	resigned	victim
defenseless	forced	incapable	tragic	vulnerable
distressed	frustrated	inferior	trapped	woeful
dominated	hesitant	paralyzed	unprotected	
empty	Impotent	powerless	useless	

HURT/ SAD

aching	depressed	heartbroken	offended	upset
afflicted	deprived	hopeless	pained	victimized
agonized	desolate	humiliated	pessimistic	weary
alienated	desperate	injured	rejected	wronged
anguish	disappointed	lonely	sorrowful	yearning
appalled	forlorn	melancholy	teary	
crushed	gloomy	miserable	tortured	
dejected	grieving	mournful	unhappy	

INDIFFERENT

bored	distant	lifeless	ordinary	weary
cold	dull	mediocre	preoccupied	
disinterested	insensitive	neutral	reserved	
detached	lackluster	nonchalant	unremarkable	

STRESSED/TENSE

anxious	depleted	frazzled	rejecting	tight
burned out	edgy	overwhelm	restless	weary
cranky	exhausted	rattled	shaken	worn-out

Body Sensation Words

OPEN AND FLUID SENSATIONS

airy	expansive	open	shaky	strong
breathless	floating	pounding	shivery	trembly
bubbly-open	flowing	pulsing	smooth	tremulous
calm	fluid	radiating	soft	vibrating
cool	fluttery	relaxed	spacey	warm
dizzy	light	releasing	spacious	wobbly
energized	loose	sensitive	sparkly	
expanded	luminous	settled	streaming	

CONSTRICTED SENSATIONS

achy	congested	flaccid	numb	sweaty
bloated	constricted	frozen	paralyzed	tender
blocked	contained	full	puffy	tense
brittle	contracted	heavy	queasy	thick
bruised	dark	hollow	rigid	tight
clammy	dense	hot	raw	wooden
clenched	disconnected	icy	sore	
closed	dull	knotted	stiff	
cold	empty	nauseous	suffocated	

ACTIVE SENSATIONS

breathless	fluttery	pulsing	shaky	tremulous
bubbly-open	itchy	queasy	shivery	twitchy
burning	nauseous	quivery	spacey	vibrating
buzzy	nervy	radiating	throbbing	wobbly
dizzy	pounding	ragged	tingling	
electric	prickly	sensitive	trembly	



Thanks to soulalivewomen.com, Larisa Noonan, and The Hoffman Institute.

Go Deeper to Be Greater!

1. **Go deeper within yourself.** Find all four Seasonal Wisdom Journals at <https://drkarinlubin.com>
2. **Explore Journaling through the Seasons:** <https://drkarinlubin.com/journaling-bundle/>
3. **Engage in illuminating conversations.** Connect to a community of like-minded souls through journaling, seasonal reflections, dialogue, and practical and spiritual virtual discussions. Learn more about your seasonal online Wisdom Journaling Circle at <https://drkarinlubin.com/wisdom-circle/>
4. **Experience emotional resilience** and greater balance in your life. Become more heart-centered and real. Explore your intuitive nature that is ready to be set free. Ignite your passion and your authenticity—for yourself and your business—through Karin's one-on-one coaching. Learn more at <https://drkarinlubin.com/coaching/>

