



# *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,



# *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/>

