

DivaTude Workshop Exercise 7 ***What are you really feeling?***

Look at the list below and choose three emotional states which you have experienced when you have been feeling low in self-esteem. Take one feeling at a time and write down any other feelings which are associated with it. Try to get right into the skin of the state you choose. Get right into the feeling, and the *feelings behind the feeling* will emerge.

For example, I may choose guilty. I write this down and then think about all the other feelings which I experienced when I felt guilty. I write these down.

EXAMPLE:

Guilty	associated feelings:	Anger with self Anger with others Resentment Fear of being found out
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When our self esteem is low we may feel:

Uptight Insecure Antisocial	Depressed Guilty Worried	Critical Afraid of Emotions Victimized
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1) _____ associated feelings: _____

2) _____ associated feelings: _____

3) _____ associated feelings: _____
