

DivaTude Workshop Exercise 8

Accepting and Expressing Emotions

We all find some feelings harder to accept and to express than others. Fill in the Table of Emotions below to see what you find easy and what you find hard. Really think your answers through.

TABLE OF EMOTIONS						
Feelings	Accepting			Expressing		
	Easy	Sometimes Difficult	Always Difficult	Easy	Sometimes Difficult	Always Difficult
Shame						
Sadness						
Happiness						
Anger						
Delight						
Grief						
Dislike						
Friendliness						
Fear						
Jealousy						
Worry						
Love						
Vulnerability						
Frustration						
Caring						
Aloneness						
Rejection						
Depression						