

## How Do You Feel?

Written by Gayle Nobel  
Thursday, 26 May 2011 18:22 -

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Day 6

I am a sucker for all kinds of journals. I have been asked to review *Rejuvenating Refuge: Uplifting Journal for Caring Warriors* by Courtney Long (Self-Care Specialist, Caring for Your Spirt).

Here's a taste:

Today I feel...

(Circle one or more)

Sad Angry Frustrated Disappointed Hurt Lonely Happy Calm Upset Hopeful Guilty  
Overwhelmed Anxious/Worried Indifferent Fulfilled Excited Proud Nervous Suspicious  
Depressed Confused Exhausted Hysterical Disgusted Enraged Bored Surprised

because.....

Below the page of blank lines, she has an affirmation: "I give myself permission to feel whatever I feel. I allow emotions to flow through me, releasing all self-judgment and guilt, I am lovable, perfect, whole, and complete just as I am."

Here's my list...

Happy, Overwhelmed, Hopeful, Worried, Excited, Proud, Nervous

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Some of these seem like opposites, don't they?