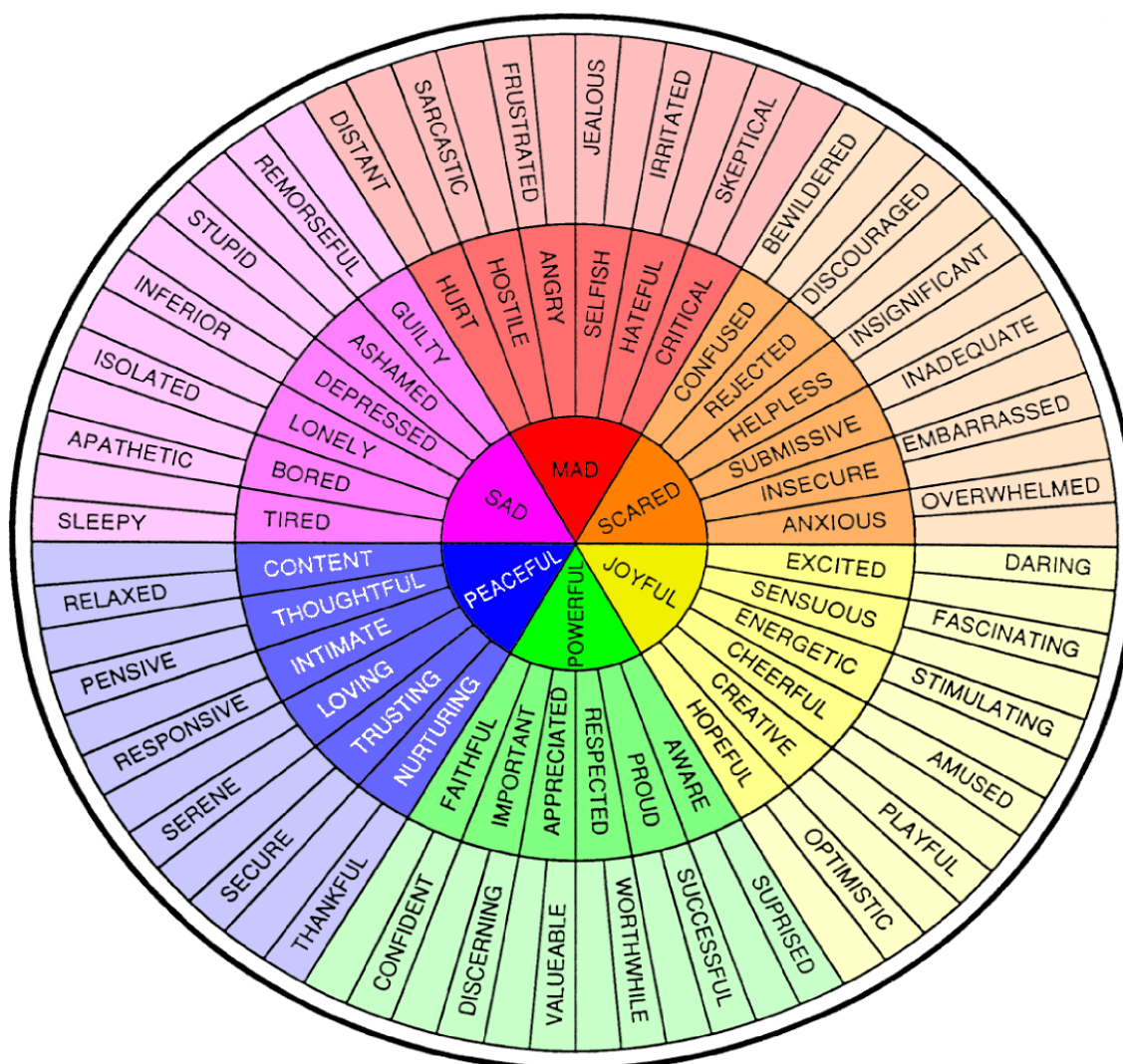


Sensations

Open	Bruised	Constricted	Spacey	Empty
Light	Achy	Clenched	Buzzy	Queasy
Referring	Sore	Knotted	Itchy	Dizzy
Fluid	Sensitive	Hot	Wobbly	Floating
Expansive	Tense	Full	Dense	Draining
Flowing	Tight	Sweaty	Nauseous	Wooden
Bubbly	Breathless	Shaky	Frozen	Congested
Spacious	Prickly	Energized	Icy	Closed
Airy	Electric	Streaming	Thick	Dark
Releasing	Tingling	Trembly	Blocked	Hollow
Expanded	Nervy	Throbbing	Contracted	Dull
Calm	Twitchy	Pounding	Heavy	Disconnected
Smooth	Burning	Fluttery	Suffocated	
Warm	Radiating	Shivery	Cold	
Tender			Numb	

Feelings



Negative Cognitions

I don't deserve love
I am a bad person
I am terrible
I am worthless (inadequate)
I am shameful
I am not loveable
I am not good enough
I deserve only bad things
I cannot be trusted
I cannot trust my judgment
I cannot succeed
I am not in control
I am powerless
I am weak
I cannot protect myself
I am stupid
I am insignificant (unimportant)
I am a disappointment
I deserve to die
I deserve to be miserable
I cannot get what I want
I am a failure
I have to be perfect
I am permanently damaged
I am ugly
I should have done something
I did something wrong
I am in danger
I cannot stand it
I cannot trust anyone
I cannot let it out
I do not deserve
I need to run

Feeling wheel developed by Dr. Gloria Willcox (1982)