

Emotional Intimacy in Ten Minutes or Less: The Feeling Wordlist Check-in

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Emotional Intimacy is the ability to feel what you are feeling and accurately describe or label that feeling with a word and brief description.

Assignment –

Share four feeling words you are experiencing with a sentence or two about each feeling. Feel free to use the *Feeling Word List* and *Feeling Wheel* (attached). Let the first two feeling words be related to your relationship with your partner (with at one of the words being positive).

The last two feeling words can be about anything else that is going in your world other than the relationship with your partner.

As your partner shares their feeling words and sentences – write down what they say.

When you have both had turns sharing your feeling words and sentences and written down what has been shared – then say, “I’m hearing you say…” and read back to your partner what they have shared with you. You want to hear “Yes that’s right! That’s what I said.” (We call it the BULLSEYE.)

At this point the exercise is over.

Note: It’s tempting to go into a long conversation about what was just shared. But let it be a brief exercise. If it always turns in to a marathon talk, you’ll be tempted to not do it any longer - we typically don’t have time for marathons.

If you do want to talk more just take a break, then have a separate conversation apart from the exercise.

Remember – **If we can connect quickly and deeply, we can connect often.**

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**HAPPY/
COMFORTABLE**

airy
blissful
bright
bubbly
buoyant
charmed
cheerful
cheery
ecstatic
elated
enchanted
expectant
free
giddy
glad
happy
hilarious
jolly
jovial
joyful
jubilant
light
light-hearted
merry
overjoyed
sparkling
surprised
thrilled

SECURE/CONFIDENT

adventurous
at ease
at home
attracted
bold
calm
comforted
confident
cool
courageous
dashing
determined
easygoing
fearless
free and easy
heroic
loose
pleased
poised
relaxed
secure
smug
spontaneous

strong
unbridled
unhindered
unrestrained

UNEASY

awkward
baffled
embarrassed
frustrated
nauseated
out of sorts
restless
wound up

**UNHAPPY/
UNCOMFORTABLE**

aching
agonized
ashamed
cheerless
cold
crushed
dark
dejected
depressed
despondent
disconcerted
discouraged
dismal
down in the dumps
down in the mouth
downcast
downhearted
frowny
gloomy
glum
grief-stricken
grieved
heartbroken
heavy
heavy-hearted
joyless
lonely
long-faced
morose
mournful
murky
pained
sad
sullen
unhappy
weepy
whiny

AFRAID

afraid
alarmed
anxious
apprehensive
bewildered
boxed-in
burdened
butterflies in the stomach
coming unglued
confused
distressed
fearful
frightened
guarded
hard-pressed
horrified
horror-stricken
jittery
locked-in
nervous
overwhelmed
panic-stricken
panicky
paralyzed
queasy
quivery
shaky
shocked
squeamish
tense
tight in the neck
timid
trembly
uptight
worried

AFFECTIONATE

affectionate
amorous
cozy
cuddly
grateful
loving
moved
passionate
romantic
sensitive
sexy
tender
touched
warm

LOW ENERGY

bashful
beaten down
bushed
cool
dull
exhausted
feeble
groggy
listless
lukewarm
pensive
shy
tired
unlively
washed out
waterlogged
weak

HIGH ENERGY

alert
all alive
attentive
awake
eager
energetic
enthusiastic
excited
exhilarated
fidgety
frisky
lively
peppy
playful
refreshed
rejuvenated
revived
spirited
spritely
talkative
vivacious

ANGRY

angry
annoyed
boiling
cantankerous
furious
grouchy
grumpy
irritated
peevish
provoked
seething
sulky
touchy

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The Feelings of Jesus

| | |
|-------------|---|
| Matt. 26:37 | He took Peter and the two sons of Zebedee along with them, and he began to be <i>Sorrowful and troubled</i> . |
| Matt. 26:38 | Then He said to them, “My soul is <i>overwhelmed with sorrow</i> to the point of death. Stay here and keep watch with me.” |
| Mark 3:5 | He looked around at them in <i>anger</i> and, <i>deeply distressed</i> at their stubborn heart, said to the man, “Stretch out your hand.” He stretched it out, and his hand was completely restored. |
| Mark 6:6 | And He was <i>amazed</i> at their lack of faith. Then Jesus went around teaching from village to village. |
| Mark 10:14 | When Jesus saw this, He was <i>indignant</i> . He said to them, “Let the little children come to me, and do not hinder them, for the Kingdom of God belongs to such as these.” |
| Mark 10:21 | Jesus looked at him and <i>loved</i> him. “One thing you lack,” he said. “Go, sell everything you have and give to the poor, and you will have treasure in heaven. Then, come, follow me.” |
| Mark 14:33 | He took Peter, James and John along with him, and he began to be <i>deeply distressed and troubled</i> . |
| Mark 14:34 | “My soul is <i>overwhelmed with sorrow</i> to the point of death,” he said to them. “Stay here and keep watch.” |
| Luke 7:9 | When Jesus heard this, he was <i>amazed</i> at him, and turning to the crowd following him, he said, “I tell you, I have not found such great faith even in Israel.” |
| Luke 7:13 | When the Lord saw her, <i>his heart went out</i> to her and he said, “Don’t cry.” |
| Luke 9:51 | As the time approached for him to be taken up to heaven, Jesus <i>resolutely</i> set out for Jerusalem. |
| Luke 10:21 | At that time Jesus, <i>full of joy</i> through the Holy Spirit, said, “I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. Yes, Father, for this was your good pleasure.” |
| Luke 12:50 | But I have a baptism to undergo, and how <i>distressed</i> and I until it is completed! |
| Luke 13:34 | “O Jerusalem, Jerusalem, you who kill the prophets and stone those sent to you, how often I have longed to gather your children together, as a hen gathers her chicks under her wings, but you were not willing!” |
| Luke 19:41 | As He approached Jerusalem and saw the city, He <i>wept</i> over it. |
| Luke 22:15 | And he said to them, “I have <i>eagerly</i> desired to eat this Passover with you before I suffer.” |
| Luke 22:44 | And being in <i>anguish</i> , he prayed more <i>earnestly</i> , and his sweat was like drops of blood falling to the ground. |
| John 4:6 | Jacob’s well we there, and Jesus, <i>tired</i> as he was from the journey, sate down by the well. It was about the sixth hour. |
| John 11:5 | Jesus <i>loved</i> Martha and her sister and Lazarus. |
| John 11:33 | When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was <i>deeply moved in spirit and troubled</i> . |
| John 11:35 | Jesus <i>wept</i> . |
| John 11:36 | Then the Jews said, “See how he <i>loved</i> him!” |

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