

# Worksheet: Self-Coaching through the Experience Cube<sup>1</sup>

Observations I am observing I am paying attention to	Feelings I feel
Wants I want	Thoughts Because I think
I need	These include assumptions, interpretations, conclusions, perceptions, beliefs

<sup>&</sup>lt;sup>1</sup> Modelled after the Experience Cube proposed by Gervase Bushe (2009), Learning from Collective Experience, *The Organizational Development Network*.



## **Feelings Inventory**

The following are words we use when we want to express a combination of emotional states and physical sensations. This list is neither exhaustive nor definitive. It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people.

There are two parts to this list: feelings we may have when our needs are being met and feelings we may have when our needs are not being met.

## Feelings when your needs are satisfied

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## Feelings when your needs are not satisfied

#### AFRAID

apprehensive dread frightened mistrustful panicked petrified scared suspicious terrified wary worried

#### ANNOYED

aggravated dismayed disgruntled displeased exasperated frustrated impatient irritated irked

#### ANGRY

enraged furious incensed indignant irate livid outraged resentful

## **AVERSION**

animosity appalled contempt disgusted dislike hate or horrified CONFUSED ambivalent baffled bewildered dazed hesitant lost mystified perplexed puzzled torn DISCONNECTED alienated aloof apathetic bored cold detached distant distracted indifferent numb removed uninterested withdrawn DISQUIET agitated alarmed

alarmed disconcerted disturbed perturbed rattled restless shocked startled surprised troubled turmoil uncomfortable or uneasy

#### EMBARRASSED

ashamed chagrined flustered guilty mortified self-conscious

## FATIGUE

burnt out depleted exhausted lethargic listless sleepy tired weary worn out

#### PAIN

agony anguished devastated grief heartbroken hurt lonely miserable regretful remorseful

#### SAD

depressed dejected despair disappointed discouraged disheartened forlorn gloomy heavy hearted or hopeless

#### TENSE

anxious cranky distressed distraught edgy fidgety frazzled irritable jittery nervous overwhelmed restless stressed out

## VULNERABLE

fragile guarded helpless insecure leery reserved sensitive shaky

## YEARNING

envious jealous longing nostalgic pining wistful

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