

# S · A · S · H · E · T · S

Sad · Angry · Scared · Happy · Excited · Tender · Shame

A simple map for knowing what is stirring within

“Emotions are powerful motivators, whether we acknowledge them or ignore them. When we name what is rising in us, we **honor ourselves**, and unlock the door to what we truly need.

## S Sad SOMETHING MATTERED, AND WAS LOST

**Low Energy:** beaten down, exhausted, tired, weak, listless, depressed, detached, withdrawn, indifferent, apathetic, lazy, bored

**Sad:** unhappy, crushed, dejected, desperate, hopeless, grieved, heavy, despairing, weepy

**Betrayed & Disappointed:** deceived, disillusioned, distrustful, let down, disheartened

**Invisible:** forgotten, overlooked, unimportant, disregarded, lost

**Rejected:** hated, detested, unwanted, unloved, cast aside, forsaken, alone

**Hopeless despair:** given up, defeated, resigned, numb, empty, done.  
*The floor of sadness: I no longer believe things can be good again.*

## A Angry SOMETHING WASN'T HONORED

**Angry:** annoyed, controlled, manipulated, furious, grouchy, grumpy, irritated, provoked, frustrated, hateful, cold, icy, bitter, cynical

**Disgust:** repulsed, sickened, revolted, contempt, put off, grossed out.  
*A cousin of anger: this is not lifegiving; I want it away from me.*

### LISTEN UNDERNEATH

Anger says “make it stop”; it rises to guard something tender, a value, a limit, a hurt. Both are signals that joy is under threat. The gentle question is not “why am I so angry?” but “what am I protecting?”

## S Scared SOMETHING FEELS THREATENING

**Anxious:** afraid, uneasy, nauseated, nervous, restless, preoccupied, worried, tense, fearful, terrified, insecure, indecisive, hyper-vigilant, cautious

**Overwhelmed:** apprehensive, boxed in, burdened, confused, distressed, guarded, hard-pressed, paralyzed, panicky, weighted down, edgy

**Traumatized:** shocked, disturbed, injured, damaged, hated

**Confused:** baffled, perplexed, mystified, bewildered, misunderstood, disoriented

## H Happy SOMETHING GOOD IS HERE

**Happy:** cheerful, delighted, elated, encouraged, glad, gratified, joyful, light-hearted, overjoyed, pleased, relieved, satisfied, thrilled, secure, optimistic

**Confident:** positive, secure, self-assured, assertive

**Peaceful:** relieved, at ease, calm, comforted, cool, relaxed, composed, protected

## E Excited SOMETHING IS RISING IN ME

**High Energy:** energetic, enthusiastic, playful, rejuvenated, talkative, pumped, motivated, driven, determined, obsessed, jittery

**Amazed:** stunned, surprised, shocked, jolted, enlightened

## T Tender THE HEART IS SOFT AND OPEN

**Loving:** affectionate, cozy, passionate, romantic, warm, tender, responsive, thankful, appreciative, refreshed, pleased, comforted, reassured

**Alone:** avoidant, lonely, abandoned, deserted, isolated, cut off, detached, disconnected, unwanted

## S Shame OUR JOY HAS DROPPED

**Ashamed:** embarrassed, self-conscious, foolish, small, exposed, humiliated, mortified

### LISTEN UNDERNEATH

Shame says “hang your head”; it is the signal that joy has dipped between us, not a verdict on who you are. The way back is not to hide or try harder, but to be met and welcomed, and glad again: the return to joy.

### THE PRACTICE

#### How to check in with your heart

1

#### Pause & feel the body

Stop and notice. A tight chest, a warm face, a knot in the stomach, a lightness. The body speaks before words.

2

#### Follow it to a feeling

Ask what those sensations might be pointing to. Which of the seven is stirring? Often it is more than one at once.

3

#### Name it plainly

Put words to it, out loud if you can. “Peaceful yet sad.” “Tender and a little scared.”

### SAY IT LIKE THIS

“Right now, I am checking in as feeling \_\_\_\_, and that makes sense because...”

What you can name, you can tame.

#### POINTERS Honoring What Is Here

- + **Name two at a time.** Emotions rarely arrive alone. “Peaceful yet sad” is honest.
- + **Notice the body.** Where does the feeling live? What is it asking you to hear?
- + **Honor the signal.** Each emotion is a messenger, not a problem.
- + **Bring shame into the light.** Being seen by someone safe is what dismantles it.
- + **Invite Immanuel.** “Lord, what do You want me to know about my heart right now?”

#### PITFALLS What Silences the Heart

- × **Dismissing.** “I shouldn’t feel this.” The feeling goes underground.
- × **Masking.** Saying “fine” when we are anything but.
- × **Numbing.** Scroll, snack, stay busy, anything but feel.
- × **Hiding.** “If they knew...” Shame’s whisper starves the healing.
- × **Diagnosing.** Skipping past the feeling to explain or fix it.