

# THE INTROSPECTIVE GUIDES

THESE GUIDES ARE AN INVALUABLE RESOURCE FOR TEACHERS, THERAPISTS, CLIENTS, AND ANYONE WHO WANTS TO CLEARLY UNDERSTAND WHAT THEY FEEL, AND WHAT IS NEEDED IN ORDER TO TAKE BETTER CARE OF THEMSELVES AND OTHERS.



[www.AwarenessThatHeals.org](http://www.AwarenessThatHeals.org)



# INTROSPECTIVE GUIDE



## CHART ONE

### CHALLENGING FEELINGS AND EMOTIONS

- Challenging feelings include both resistant and vulnerable emotions.
- Vulnerable feelings are softer and nonaggressive.
- Resistant emotions have fight and resistance in them.

Use the lists below to help you identify challenging feelings.  
The descriptions are not intended to be all-inclusive or rigid in any way.

Resistant Emotions		Vulnerable Emotions	
agitated	impatient	abandonment	inferior
aggressive	intolerant	anxiety	incomplete
alienated	irritation	confusion	inhibition
angry	judgmental	dependency	insecurity
annoyed	moralistic	depletion	jealousy
antagonistic	pessimistic	depression	loneliness
aversion	power	despair	loss
bitter	rage	disappointment	needy
coldness	repulsion	discouragement	pain
competitive	resentment	disillusionment	powerless
condescension	resistance	embarrassment	regret
contracted	sarcasm	emptiness	rejection
disgust	self-hatred	fear	remorse
distrust	selfishness	grief	sadness
dominated	skepticism	guilt	shame
exasperation	superiority	helplessness	sick
frustration	tension	hopelessness	sorrow
hatred	violence	hurt	wanting
hostility	wariness	inadequate	weak



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## CHART TWO

### UNDERLYING NEEDS/ESSENTIAL QUALITIES

As we use them here, needs and essential qualities are identical: they are all elements of compassion. This list can help you identify them so you can use them in more exacting and healing ways in your life.

abundance	friendliness	peace
acceptance	fulfillment	positivity
affection	generosity	presence
appreciation	gentleness	receptivity
attention	gratitude	recognition
authenticity	growth	reflection
awareness	happiness	relaxation
belonging	harmlessness	relief
calmness	healing	respect
communication	health	responsibility
compassion	helpfulness	safety
competence	honesty	satisfaction
confidence	hope	security
connection	humility	sensitivity
containment	humor	sexuality
contemplation	independence	silence
contentment	innocence	soothing
cooperation	inspiration	strength
courage	integrity	success
creativity	intimacy	support
discipline	kindness	tenderness
ease	love	tolerance
empathy	meaning	trust
encouragement	mutuality	understanding
esteem	openness	well-being
faith	patience	witnessing

