

How Do I Feel? How Do I Want to Feel?

After being suddenly evacuated home, you're likely feeling a lot of complex and even contradictory emotions. That's completely normal and to be expected.

The first step in navigating your re-entry is to identify the emotions you're feeling. Your feelings are important to listen to because they're data that tell you what you want and don't want in your life going forward. They help you create healthy boundaries and articulate your fears, dreams, and desires, and they'll guide you in finding your best next step after this experience. Identifying the emotions you're feeling help you process them.

To get started, take a look at the feelings list below and then answer the reflection prompts on the following page. I also recommend listening to the accompanying audio I recorded for you here.

*"When everything seems to be going against you,
remember that the airplane takes off
against the wind, not with it."*

~ Henry Ford

Feelings List

| | | | |
|--------------|---------------|--------------|----------------|
| agonized | timid | independent | respected |
| alarmed | irritated | indifferent | restless |
| alert | dissatisfied | ineffectual | sad |
| alive | cynical | inspired | satisfied |
| amazed | daring | intelligent | secure |
| amused | delighted | joyful | self-conscious |
| angry | dependent | lethargic | sensitive |
| annoyed | desperate | liberated | serene |
| anticipating | determined | lonely | shocked |
| anxious | disappointed | lost | sick |
| appalled | discontented | loved | strong |
| appreciated | disinterested | mad | stuck |
| apprehensive | dismayed | miserable | sulky |
| at ease | eager | misplaced | suspicious |
| baffled | embarrassed | disoriented | sympathetic |
| benevolent | empathic | undecided | tenacious |
| bewildered | energetic | disappointed | tense |
| bitter | enthusiastic | alone | terrified |
| bold | envious | left out | tired |
| bored | excited | mixed up | torn |
| brave | exhausted | moody | trapped |
| capable | fearful | nervous | uncomfortable |
| cared for | fed up | optimistic | unhappy |
| certain | forlorn | overjoyed | unimportant |
| challenged | free | panicked | unique |
| cheerful | friendly | panicky | unloved |
| comfortable | frustrated | patient | unpopular |
| comforted | glad | peaceful | unsure |
| concerned | gloomy | pitied | upset |
| confident | graceful | playful | vibrant |
| confused | guilty | proud | wanted |
| consoled | happy | provoked | warm |
| content | heartbroken | reassured | wearied |
| courageous | hopeful | rebellious | weary |
| crushed | hopeless | receptive | worn out |
| fired up | horrified | regretful | worried |
| helpless | hurt | rejected | worthy |
| overwhelmed | impatient | relieved | yearning |
| impotent | important | reluctant | zealous |
| small | impulsive | resentful | |
| drained | inadequate | resigned | |

How I felt when I found out I had to return home:

How I felt when I was packing up my life abroad:

How I felt while I was in transit home:

How I'm feeling, now that I'm home:

How I'm feeling about _____ (fill in the blank):

I hope you found this initial activity and accompanying audio helpful in identifying your emotions in re-entry. Here are some more resources to help you:

1. Join our free (private) Facebook group!

Share your re-entry story and find help, support, and inspiration from people who “get it.”

2. Read these articles:

The one thing all returnees want.

An activity to help returnees bloom.

Lessons from my re-entry. (by Jenny Miner)

When to seek professional help in re-entry.

3. If you want more re-entry help right now, my Re-entry Roadmap workbook will help.

4. Get free monthly re-entry coaching via email here.

5. I'm here for you! As I mentioned in the accompanying audio, feel free to contact me anytime (cate@smallplanetstudio.com).

We'll get through this together!

-Cate

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