

# WIND WORK BASICS

## HOW AM I FEELING EXERCISE

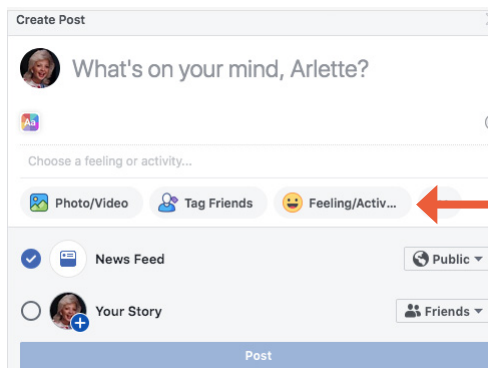
### EXPLORE YOUR FEELINGS FOR 7 DAYS CHALLENGE

#### For People who use FB

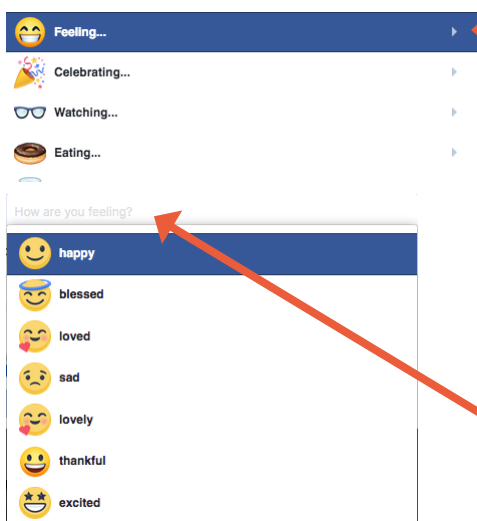
Before you make an actual post (or just as a way of checking inside) you can make a pretend post)

On your Facebook page

Start a Post  
A popup window will open.



Click on the Feeling/Activity button



This will open a 2<sup>nd</sup> popup window,  
Click on the arrow by the Feeling button

and that will open a 3<sup>rd</sup> popup window  
Scroll through the feelings and  
pick one that most resonates with you

you can also type a feeling in the  
"how are you feeling" field if you can't find  
the right feeling and see if it's there.

Pay attention to your feelings as you create form from energy in the world.



**For those Not on FB**

Before you speak to someone close to you or while making a request, scan your body from foot to head while asking “how do I feel?” Keep a Feelings Journal or make a note in your calendar

**Here is a list of feelings to choose from\***

The following list of needs 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.

**CONNECTION**

acceptance  
affection  
appreciation  
belonging  
cooperation  
communication  
closeness  
community  
companionship  
compassion  
consideration  
consistency  
empathy  
inclusion  
intimacy  
love  
mutuality  
nurturing  
respect/self-respect  
safety  
security  
stability  
support

**CONNECTION (cont)**

to know and be known  
to see and be seen  
to understand and be understood  
trust  
warmth

**PHYSICAL WELL-BEING**

air  
food  
movement/exercise  
rest/sleep  
sexual expression  
safety  
shelter  
touch  
water

**HONESTY**

authenticity  
integrity  
presence

**PLAY**

joy  
humor

**PEACE**

beauty  
communion  
ease  
equality  
harmony  
inspiration  
order

**AUTONOMY**

choice  
freedom  
independence  
space  
spontaneity

**MEANING**

awareness  
celebration of life  
challenge  
clarity  
competence  
consciousness  
contribution  
creativity  
discovery  
efficacy  
effectiveness  
growth  
hope  
learning  
mourning  
participation

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