



# *States of Being*

*An Emotional Vocabulary  
Card Game*

# *Anger*

The background is a solid, deep red. A thick, black, curved band sweeps across the upper left and middle. A large, dark brown circle is positioned in the lower left. A bright yellow triangle is located in the lower right. Another dark brown circle is partially visible behind the word 'Anger'.

# Anger

“When something feels violated, unjust, or blocked.”

## **Cues**

Chest puffed, tight jaw, fists clenched, arms rigid, eyes narrow, sharp voice, heat rising through face or throat, red face.

## **Emotional Flow**

Anger moves upward and outward, like a flame reaching for oxygen. It brings power and clarity, but can burn if unexpressed or uncontrolled.

## **What it asks of you**

Boundaries, voice, and directed energy and recognition of what matters to you.

## **Try This**

Clench your fists, then release. Notice the difference. What's asking to move through you?



# Annoyance

Anger

- Metaphor* Like a low hum that becomes unbearable over time.
- Prompt* What repeated discomfort have I normalized to avoid conflict?
- Somatic Check* Do I feel shallow breathing or a restless fidgeting?
- Gentle Response* Your comfort matters. Even minor friction deserves attention.



# Bitterness

Anger

- Metaphor* Like chewing on something sour that won't dissolve.
- Prompt* Where have I stored old hurts instead of grieving them?
- Somatic Check* Is there a clench in my jaw or a sinking in my gut?
- Gentle Response* You don't need to pretend it didn't hurt. Healing doesn't require forgetting.



# Contempt

Anger

*Metaphor* Like a cold wall built to keep disappointment out.

*Prompt* What have I given up on caring about in order to feel superior or safe?

*Somatic Check* Is there a hardening in my posture or a withdrawal from others?

*Gentle Response* You don't have to freeze to stay safe. Openness is strength too.



# Disgust

Anger

- Metaphor* Like a full-body recoil from something that violates your values.
- Prompt* What part of me feels repulsed or dishonored, and why?
- Somatic Check* Do I feel a twisting in my stomach or recoil in my body?
- Gentle Response* Disgust is a guardian of your boundaries. Let it protect, not isolate.



# Frustration

Anger

- Metaphor* Like running in place on a treadmill you didn't choose.
- Prompt* What keeps blocking my progress, and how do I express that pressure?
- Somatic Check* Is there tightness in my temples or fists when I feel this?
- Gentle Response* Frustration is the energy of unmet needs. You're allowed to want more.



# Fury

Anger

*Metaphor* Like thunder that's been waiting to strike for too long.

*Prompt* What have I suppressed for so long that it's now boiling over?

*Somatic Check* Is there vibration, shaking, or clenched power in my body?

*Gentle Response* Your fury speaks of something sacred. Let it reveal what must not be ignored.



# Hostility

Anger

- Metaphor* Like bristling armor worn for too long.
- Prompt* What hurt am I defending so fiercely I can't feel anything else?
- Somatic Check* Is there tension in my back or an urge to push away?
- Gentle Response* Even behind hostility, there is pain. You're allowed to drop your guard.



# Injustice

Anger

- Metaphor* Like standing in a storm screaming for someone to listen.
- Prompt* Where have I witnessed or endured wrongs that demand repair?
- Somatic Check* Do I feel urgency or pressure in my chest or spine?
- Gentle Response* You have the right to name the wrong. Justice begins with truth.



# Irritation

Anger

*Metaphor* Like an itch in the soul you can't quite reach.

*Prompt* What small boundary or need am I constantly overriding?

*Somatic Check* Do I feel twitchy, restless, or short of breath?

*Gentle Response* Even small signals matter. Irritation is information, not weakness.



# Rage

Anger

- Metaphor* Like fire pressed behind glass, ready to explode.
- Prompt* What injustice or betrayal feels too big to name?
- Somatic Check* Is there a burning or pulsing in my limbs or face?
- Gentle Response* Your rage is not too much. It's the voice of your boundaries demanding to be heard.



# Rebellion

## Anger

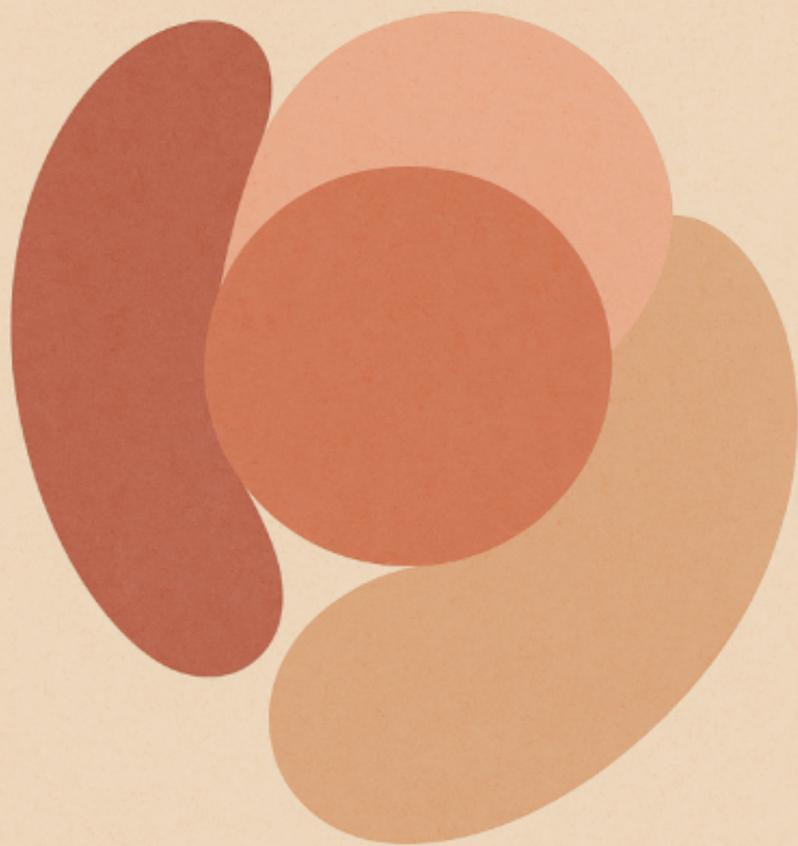
- Metaphor* Like a match lit in a dry field - fast, fierce, and focused.
- Prompt* What authority or system am I resisting, and what value is driving it?
- Somatic Check* Do I feel alert, alive, or on edge when I resist?
- Gentle Response* Rebellion isn't recklessness. It's the birth cry of agency and alignment.



# Resentment

Anger

- Metaphor* Like carrying a silent ledger of unpaid emotional debts.
- Prompt* What promises or expectations do I feel were broken without apology?
- Somatic Check* Do I feel heat in my chest or tightness in my throat?
- Gentle Response* Resentment points to something sacred that wasn't honored. Let it show you what



*Love*

# Love

“When you feel connected,  
bonded, or cared for.”

## **Cues**

Relaxed posture, soft eyes, open chest or leaning toward another, gentle hands, slower movements, sense of resting into connection.

## **Emotional Flow**

Love moves inward and outward in rhythm - a pulse of giving and receiving. It melts defenses and invites resonance.

## **What it asks of you**

Tenderness, presence, trust, and a willingness to be known.

## **Try This**

Breathe into your chest. Can you feel warmth or openness? Who or what are you feeling connected to?



# Admiration

Love

- Metaphor* Like sunlight illuminating someone's best self.
- Prompt* Who do I deeply respect, and what does that say about my values?
- Somatic Check* Do I feel openness in my posture or inspiration in my thoughts?
- Gentle Response* Admiration is connection through respect. Let it elevate you, too.



# Affection

Love

- Metaphor* Like a hand resting gently on your back.
- Prompt* Where in my life do I feel softness, care, or welcome attention?
- Somatic Check* Do I feel warmth in my hands or chest when I give or receive touch?
- Gentle Response* Affection is a language. You deserve to both speak and receive it.



# Care

Love

- Metaphor* Like having your needs anticipated before you name them.
- Prompt* Where do I feel truly cared for - not for what I do, but who I am?
- Somatic Check* Do I feel held, supported, or softened in posture?
- Gentle Response* Care is not weakness. It's a mirror that says: 'You matter.'



# Closeness

Love

- Metaphor* Like being known even in your silence.
- Prompt* Where do I feel truly seen without needing to perform?
- Somatic Check* Do I feel ease in my shoulders or the urge to lean in?
- Gentle Response* You're allowed to be known. Intimacy doesn't require perfection.



# Compassion

Love

- Metaphor* Like warm rain falling on a scorched field.
- Prompt* What pain in me or others am I willing to meet without fixing?
- Somatic Check* Do I feel fullness or ache in my chest when I witness suffering?
- Gentle Response* Compassion is not pity. It's presence with pain without judgment.



# Connection

Love

*Metaphor* Like a bridge built from both sides at once.

*Prompt* What kind of connection do I long for, and where might it already exist?

*Somatic Check* Do I feel a magnetic pull or attunement in my chest or eyes?

*Gentle Response* Connection is more than proximity. It's mutual presence.



# Devotion

Love

- Metaphor* Like lighting a candle each day for something you believe in.
- Prompt* What person, purpose, or path have I chosen again and again?
- Somatic Check* Do I feel rooted or steady in my body when I stay committed?
- Gentle Response* Devotion is love in motion. It makes the ordinary sacred.



# Empathy

Love

- Metaphor* Like tuning into someone else's radio frequency and hearing their pain.
- Prompt* Who's suffering do I feel pulled toward, and how do I meet it without absorbing it?
- Somatic Check* Do I feel openness, ache, or merging sensations in my chest?
- Gentle Response* Empathy is sacred attunement. Boundaries can coexist with deep feeling.



# Intimacy

Love

- Metaphor* Like resting your forehead against another's in perfect silence.
- Prompt* What am I letting someone see in me, and what am I hoping they'll hold?
- Somatic Check* Do I feel a soft openness in my chest or belly when I think of being close to someone?
- Gentle Response* True intimacy doesn't demand perfection, only presence.



# Passion

Love

- Metaphor* Like fire contained in a lantern—focused, yet alive.
- Prompt* What am I burning for right now, and what wants to be expressed through me?
- Somatic Check* Do I feel a surge of energy in my gut or hands when I connect to what moves me?
- Gentle Response* Passion isn't reckless—it's your soul asking to be lit from within.



# Safety

Love

*Metaphor* Like being able to exhale for the first time in hours.

*Prompt* Where does my nervous system finally calm down?

*Somatic Check* Can I feel the absence of threat anywhere in my body?

*Gentle Response* Safety is not just survival. It's the space where growth begins.



# Tenderness

Love

- Metaphor* Like a leaf held so gently it doesn't tear.
- Prompt* What part of me or another needs gentleness right now?
- Somatic Check* Can I feel openness around my heart or a softening of my face?
- Gentle Response* Tenderness doesn't weaken you. It's your strength in slow motion.



# Trust

Love

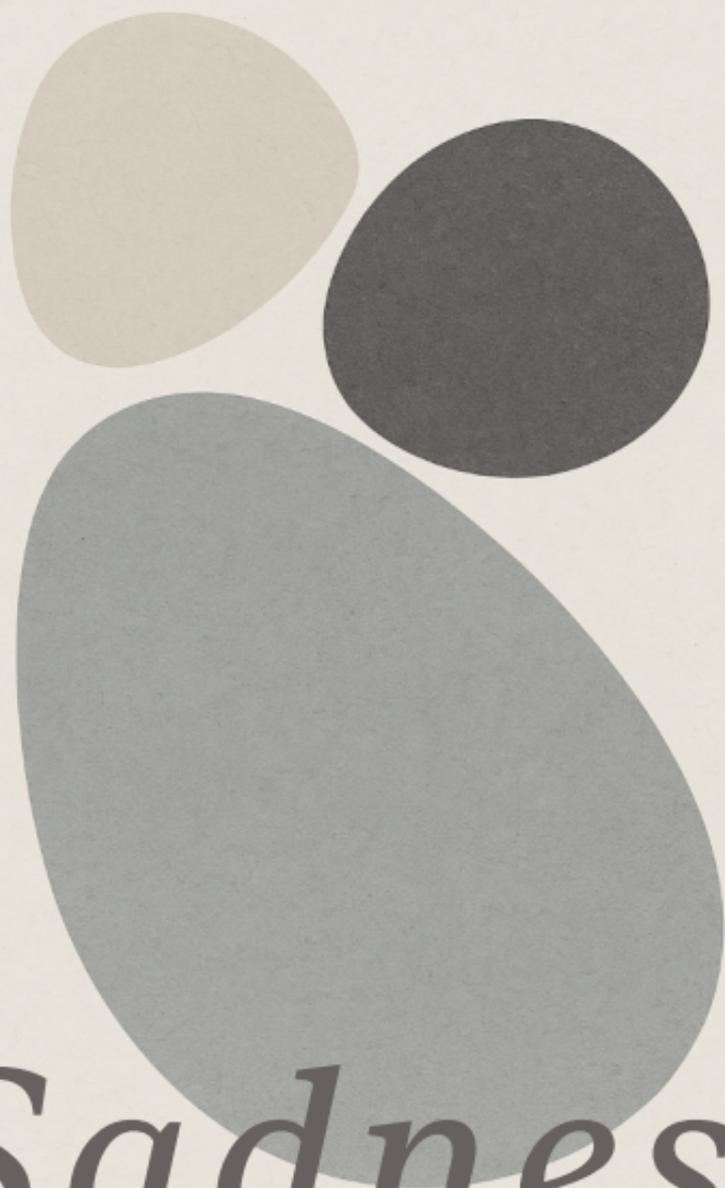
- Metaphor* Like handing someone your story and watching them hold it with care.
- Prompt* Who has earned my trust, and what did it take for them to do so?
- Somatic Check* Do I feel soft in my belly or steady in my stance around them?
- Gentle Response* Trust is a slow build. You're allowed to test the ground before you stand on it.



# Warmth

Love

- Metaphor* Like sitting near a fire you didn't know you needed.
- Prompt* What people or moments give me the feeling of being emotionally safe?
- Somatic Check* Do I feel calm in my breath, grounded in my skin?
- Gentle Response* Warmth soothes your nervous system. Let it stay longer than you're used to.



# *Sadness*

©Vanuvis - Thomas Broen

# Sadness

“When something is lost, unmet, or has changed..”

## **Cues**

Spine slumps, head lowers, breath slows, eyes soften or tear in a downward gaze. Limbs feel heavy, body seeks stillness or retreat.

## **Emotional Flow**

Sadness moves downward and inward, gently dissolving. It softens the heart and makes room for change.

## **What it asks of you**

Space to feel emotions and to receive support without fixing. Permission to let go.

## **Try This**

Place a hand on your heart. Can you allow yourself to feel what you've been carrying?



# Despair

Sadness

- Metaphor* Like the bottom of a well with no visible rope.
- Prompt* What hope have I given up on, and what does that hopelessness protect me from?
- Somatic Check* Do my limbs feel heavy or lifeless when I think about this?
- Gentle Response* Despair is a signal, not a sentence. The story isn't over yet.



# Disappointment

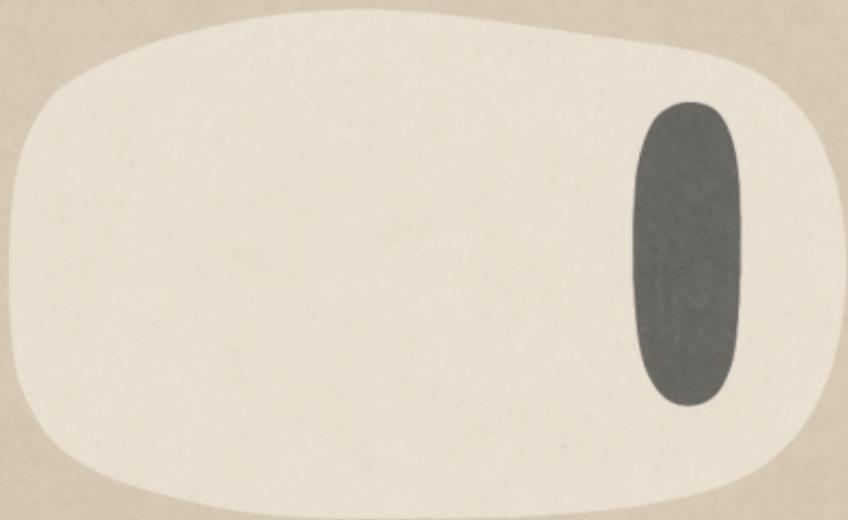
Sadness

*Metaphor* Like a balloon deflating slowly in your hands.

*Prompt* What did I hope for that didn't happen, and what does that reveal about what I care about?

*Somatic Check* Do I feel a drop in my posture or energy?

*Gentle Response* Disappointment means you dared to want something real. That's brave.



# Emptiness

Sadness

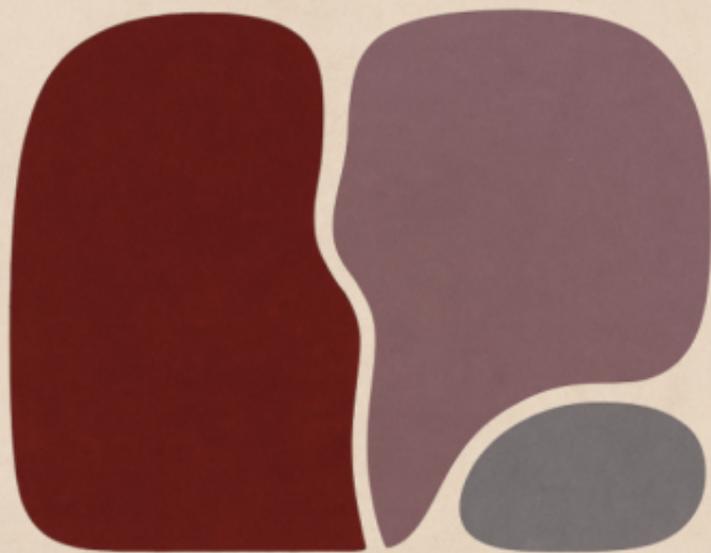
- Metaphor* Like walking through a house after all the furniture is gone.
- Prompt* What part of me feels unoccupied, forgotten, or missing?
- Somatic Check* Is there a numbness in my belly or a floating sensation in my limbs?
- Gentle Response* The void isn't failure - it's a space waiting to be filled with truth.



# Grief

Sadness

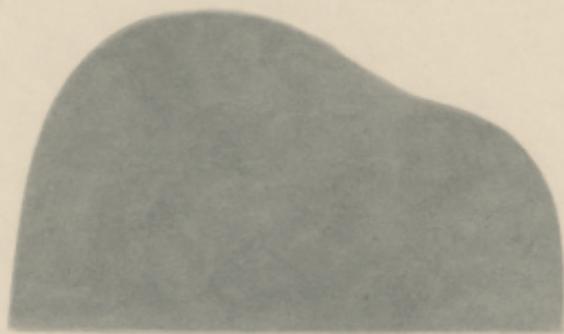
- Metaphor* Like a tide that pulls you under when you thought you could stand.
- Prompt* What am I still carrying that I haven't allowed myself to fully mourn?
- Somatic Check* Does my chest feel heavy or hollow when I name this loss?
- Gentle Response* You are allowed to miss what mattered. Grief is the shape of love after goodbye.



# Heartache

Sadness

- Metaphor* Like glass cracking under pressure you couldn't relieve.
- Prompt* Who or what has touched my heart deeply and left a mark?
- Somatic Check* Can I feel the tension in my chest or the heat behind my eyes?
- Gentle Response* Heartache means you risked love. That makes you courageous, not broken.



# Hopelessness

Sadness

- Metaphor* Like trying to light a match in the rain.
- Prompt* When did I stop believing that change was possible, and what would it mean to believe again?
- Somatic Check* Is my breathing shallow or stuck when I imagine a future?
- Gentle Response* Even the smallest spark can survive. Your hope isn't gone - it's just buried.



# Loneliness

Sadness

- Metaphor* Like being surrounded by voices that don't hear you.
- Prompt* When do I feel most disconnected, even in the presence of others?
- Somatic Check* Is there a chill in my skin or tightness in my throat when I feel alone?
- Gentle Response* Your need for connection is not a flaw. You were made to belong.



# Longing

Sadness

- Metaphor* Like reaching out in the dark for something just beyond your fingertips.
- Prompt* What yearning keeps surfacing no matter how much I suppress it?
- Somatic Check* Is there a tension in my arms or a leaning-forward in my chest?
- Gentle Response* Longing is not weakness. It's the compass of your soul trying to guide you home.



# Loss

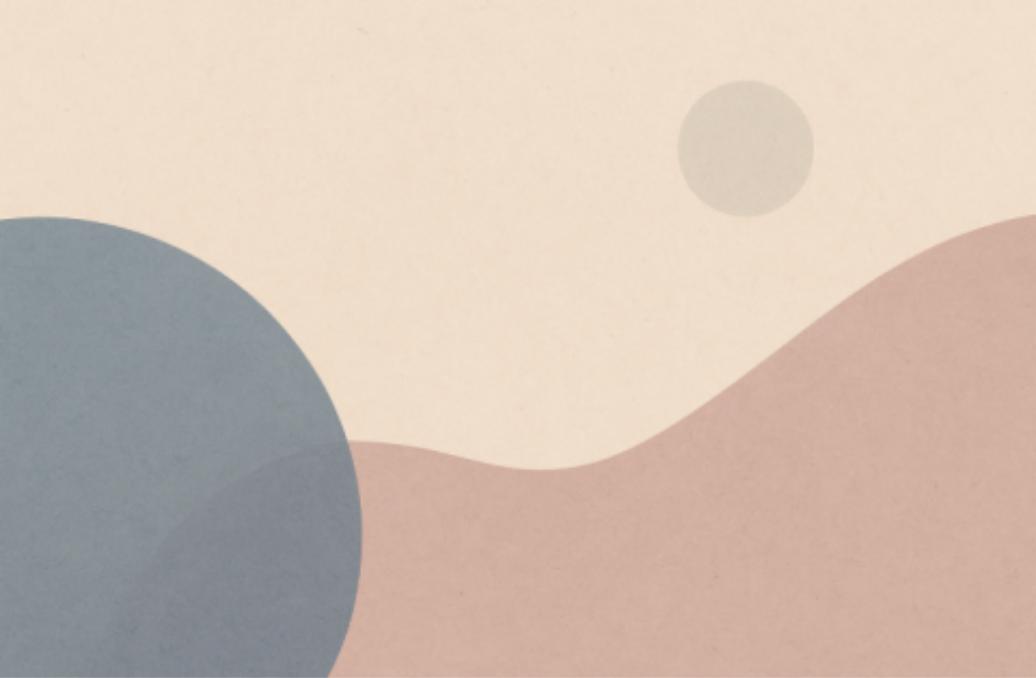
Sadness

*Metaphor* Like the outline of someone who is no longer there.

*Prompt* What have I lost that I still haven't given myself permission to name?

*Somatic Check* Do I feel a pulling sensation in my ribs or gut?

*Gentle Response* Naming the loss is part of honoring it. You don't have to let go all at once.



# Melancholy

Sadness

- Metaphor* Like sepia-toned memories of something beautiful that slipped away.
- Prompt* What beauty or sweetness am I grieving in silence?
- Somatic Check* Is there a quiet ache behind my eyes or in my throat?
- Gentle Response* It's okay to feel tender. Some emotions are poems, not problems.



# Resignation

Sadness

- Metaphor* Like slumping into a chair you no longer believe you can rise from.
- Prompt* Where in my life have I stopped trying because trying felt useless?
- Somatic Check* Is there a sinking feeling in my body or a flattening of breath?
- Gentle Response* You deserve more than survival. There's still a part of you that remembers how to rise.

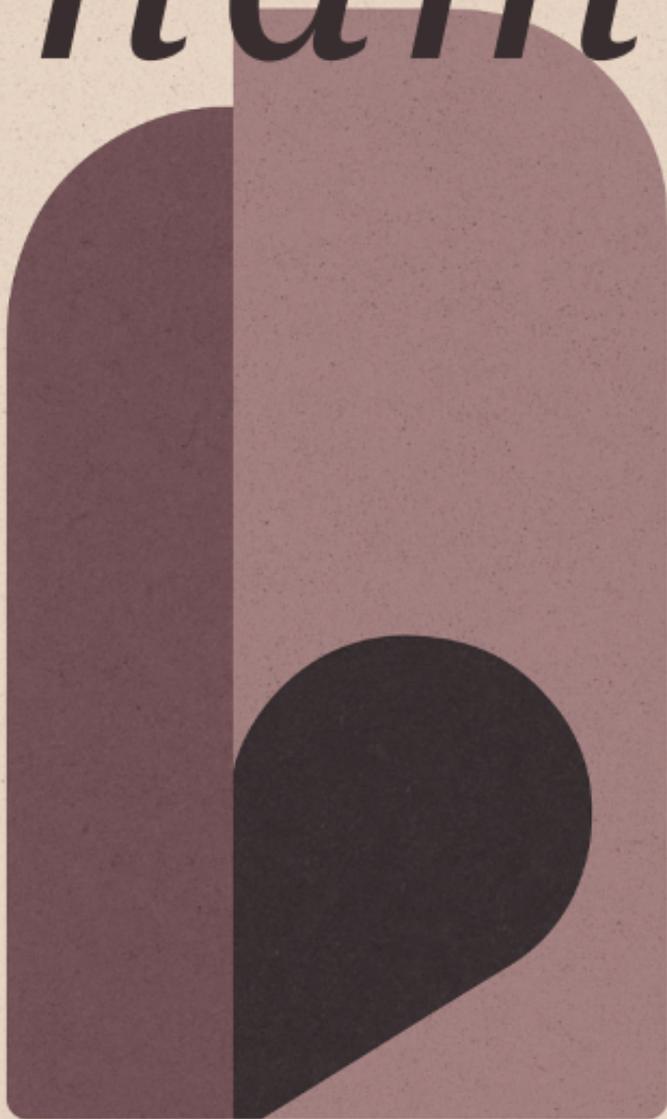


# Withdrawal

Sadness

- Metaphor* Like fading into the wallpaper of your own life.
- Prompt* What am I retreating from, and what wound am I protecting?
- Somatic Check* Do I feel a shrinking sensation or tightness across my shoulders?
- Gentle Response* You don't need to disappear to be safe. You deserve space and visibility.

# *Shame*



# Shame

“When you feel exposed, not enough, or unworthy.”

## **Cues**

Shoulders collapse, eyes look down, heat or tingling in the face, spine curls inward, urge to hide, shrink, or disappear.

## **Emotional Flow**

Shame moves inward and downward as a collapsing energy. It draws the body into hiding, severing connection to the outside.

## **What it asks of you**

Compassion, protection, and a safe space to be seen without judgment.

## **Try This**

Notice if you're folding in or avoiding eye contact. What happens if you gently place a hand on your chest?



# Disgrace

Shame

- Metaphor* Like being exiled from a place you once belonged.
- Prompt* Where do I feel like I lost my right to belong or be respected?
- Somatic Check* Is there shame lodged in my throat or a heat that burns low?
- Gentle Response* Disgrace isn't the end of your story. You can reclaim your dignity.



# Embarrassment

Shame

- Metaphor* Like standing in a spotlight you never asked for, with the wrong clothes on.
- Prompt* What moment still echoes in me with cringing regret?
- Somatic Check* Do I feel flushed cheeks or tension in my shoulders?
- Gentle Response* Embarrassment is a sign you risked visibility. That's courage in disguise.



# Exposure

Shame

*Metaphor* Like walking into a room with no armor and every flaw on display.

*Prompt* What am I afraid people will see if I stop hiding?

*Somatic Check* Do I feel raw, vulnerable, or like retreating inward?

*Gentle Response* Being seen isn't always safe - but hiding is rarely satisfying.



# Failure

Shame

- Metaphor* Like dropping something fragile you were told never to break.
- Prompt* What standard am I holding myself to that denies my humanity?
- Somatic Check* Do I feel heat in my skin or tension in my breath?
- Gentle Response* Failure is data, not identity. It's part of creating, not a verdict.



# Guilt

Shame

*Metaphor* Like wearing a weight that doesn't belong to you - but feels like it might.

*Prompt* What action or inaction am I judging myself for, and is that judgment mine?

*Somatic Check* Is there a knot in my stomach or heat in my face?

*Gentle Response* Guilt invites responsibility, not self-punishment. Learn, then let go.



# Humiliation

Shame

*Metaphor* Like being stripped of dignity in front of a crowd you can't escape.

*Prompt* What experience still makes me feel exposed, powerless, or mocked?

*Somatic Check* Do I feel my heart race or my muscles tighten in defense?

*Gentle Response* Humiliation is not your truth. Dignity is something no one can take from you.



# Inadequacy

Shame

*Metaphor* Like showing up to a contest you didn't know had rules.

*Prompt* Where do I feel behind, unprepared, or fundamentally 'less than'?

*Somatic Check* Do I feel a sinking sensation or gripping in my belly?

*Gentle Response* Being enough isn't about being more. It's about seeing what's already there.



# Invisibility

Shame

- Metaphor* Like shouting into a fog that swallows every word.
- Prompt* Where have I felt unseen no matter how loud or quiet I was?
- Somatic Check* Is there numbness in my chest or a shrinking in my stance?
- Gentle Response* You are not invisible. You're simply waiting for the right light to be seen in.



# Regret

Shame

- Metaphor* Like constantly looking in the rearview mirror, hoping for a rewrite.
- Prompt* What decision or inaction do I keep revisiting, and what do I wish I knew then?
- Somatic Check* Is there a drop in my energy or a pull to turn inward?
- Gentle Response* Regret honors growth. You couldn't have known until you knew.



# Remorse

Shame

- Metaphor* Like trying to stitch a wound you helped create.
- Prompt* Where have I hurt someone I care about, and how can I repair that?
- Somatic Check* Do I feel heaviness in my arms or sadness behind my eyes?
- Gentle Response* Remorse can be a bridge, not a prison. Let it guide your repair.



# Self-Loathing

Shame

- Metaphor* Like being trapped in a room with your harshest critic on repeat.
- Prompt* What voice inside me speaks in absolutes - and whose voice is it really?
- Somatic Check* Do I feel a hollow ache or sharp tension in my body?
- Gentle Response* You are not your worst thought. You deserve kindness, even from yourself.



# Unworthiness

Shame

- Metaphor* Like being the one dim light in a room full of brilliance.
- Prompt* What part of me believes I must earn my place in the world?
- Somatic Check* Do I feel collapse in my chest or withdrawal in my posture?
- Gentle Response* You don't have to prove your worth. It's already here.

A stylized graphic of a face in profile, rendered in dark teal. The face is composed of several geometric shapes: a large, rounded shape for the head, a smaller circle for the eye, a thick, curved line for the mouth, and a triangular shape for the ear. The background is a lighter shade of teal.

*Fear*

# Fear

“When something feels uncertain, unsafe, or overwhelming.”

## **Cues**

Neck drawn in, shoulders raised, eyes scanning, jaw tension, breath held, body leans back, freezes, or prepares to flee.

## **Emotional Flow**

Fear moves upward and outward fast – like a spark, narrowing your focus. If left unmet, it can turn inward into anxiety or restlessness.

## **What it asks of you**

Safety, grounding, reassurance and permission to pause and reassess.

## **Try This**

Notice your breath. Are you holding it? Let your shoulders drop and exhale slowly. Relax your jaw.



# Alarm

Fear

- Metaphor* Like a sudden jolt in a dream that wakes you before the fall.
- Prompt* What is demanding my urgent attention, and is it a true emergency?
- Somatic Check* Do I feel a spike in my heartbeat or tension in my limbs?
- Gentle Response* Not everything that feels urgent is a crisis. Pause before reacting.

An abstract graphic at the top of the page consists of various overlapping geometric shapes in shades of blue, ranging from light to dark. The shapes include triangles, circles, and curved lines, creating a complex, layered composition.

# Anxiety

Fear

*Metaphor* Like a thousand tabs open in your mind with no way to close them.

*Prompt* What am I trying to control that's actually out of my hands?

*Somatic Check* Do I feel buzzing, tightness, or rapid breath in my chest?

*Gentle Response* Anxiety isn't failure. It's your body asking for safety and grounding.



# Apprehension

Fear

- Metaphor* Like tiptoeing into a room you're not sure you belong in.
- Prompt* What situation or decision makes me flinch before I act?
- Somatic Check* Do I notice a pause or resistance in my steps or movements?
- Gentle Response* You can move forward slowly. Bravery includes hesitation.



# Caution

Fear

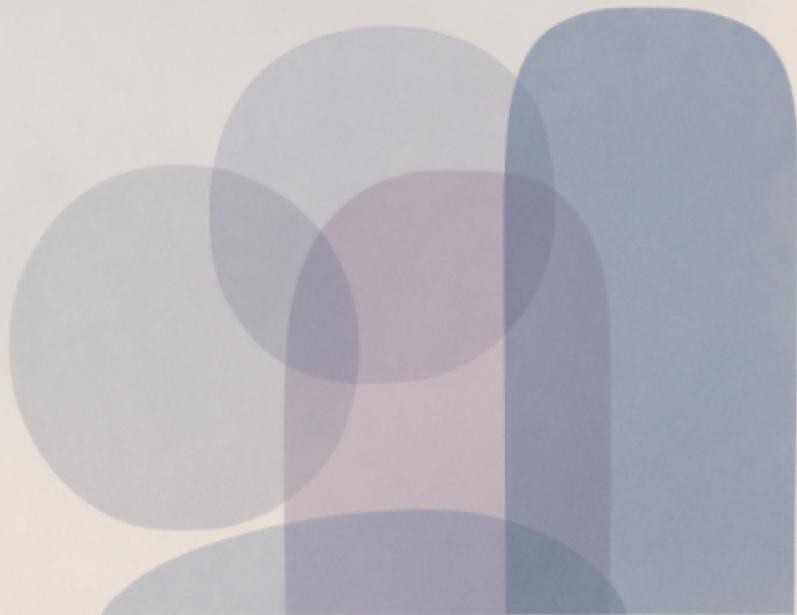
- Metaphor* Like tapping a bridge before stepping on it.
- Prompt* What risk am I sensing, and is it based in memory or the present moment?
- Somatic Check* Do I feel myself holding back or scanning for danger?
- Gentle Response* Caution protects, but it can also isolate. Sometimes safety lives in movement.



# Confusion

Fear

- Metaphor* Like fog over a familiar path.
- Prompt* What am I trying to force clarity on before it's ready?
- Somatic Check* Do I feel mental tightness or pressure in my forehead or jaw?
- Gentle Response* Confusion is often a signal that integration is happening. Let it be messy for now.



# Doubt

Fear

- Metaphor* Like standing at a crossroads with fog in every direction.
- Prompt* What decision feels murky, and what am I afraid of getting wrong?
- Somatic Check* Do I feel hesitation in my chest or a wobble in my gut?
- Gentle Response* Doubt is part of discernment. You don't need full certainty to act.



# Dread

Fear

- Metaphor* Like a shadow creeping toward you from the corner of your mind.
- Prompt* What am I bracing myself for, and is it already hurting me?
- Somatic Check* Do I feel tightness in my belly or numbness in my limbs?
- Gentle Response* Dread shrinks your future. Light still exists beyond the frame.



# Insecurity

Fear

- Metaphor* Like standing in a room full of mirrors that only show your flaws.
- Prompt* Where do I feel not enough, and what am I comparing myself to?
- Somatic Check* Do I feel collapse in my chest or a shrinking in posture?
- Gentle Response* Insecurity grows in silence. You don't have to prove your worth.



# Nervousness

Fear

- Metaphor* Like butterflies with steel wings in your stomach.
- Prompt* What moment is approaching that feels high-stakes or exposing?
- Somatic Check* Is there tightness in my throat or fluttering in my core?
- Gentle Response* Nervousness means you care. Let it fuel clarity, not avoidance.



# Overwhelm

Fear

- Metaphor* Like drowning in details with no anchor in sight.
- Prompt* What feels like too much, and where can I start saying 'no'?
- Somatic Check* Is there pressure behind my eyes or a frozen tension in my shoulders?
- Gentle Response* You don't need to do it all. One breath, one step, one thing at a time.



# Panic

Fear

- Metaphor* Like being trapped in a room with no doors, only alarms.
- Prompt* What fear feels immediate even if I know it isn't rational?
- Somatic Check* Is there a sense of urgency in my breath, heartbeat, or gut?
- Gentle Response* Panic is a flare for help. You're allowed to pause and ask what it needs.



# Paranoia

Fear

- Metaphor* Like mirrors everywhere, reflecting possible betrayal.
- Prompt* What story am I telling myself about others that might be a projection?
- Somatic Check* Do I feel tension between my shoulder blades or a constant scanning?
- Gentle Response* Paranoia is a mind in defense mode. Trust doesn't require proof - just a test.



# Terror

Fear

*Metaphor* Like your whole system screaming 'not safe' all at once.

*Prompt* What memory or threat is my body still holding onto as real?

*Somatic Check* Is my breath stuck or shallow, and can I feel my feet?

*Gentle Response* Terror can freeze time. Reclaim safety by returning to the now.



# Unease

Fear

- Metaphor* Like sitting in a chair with one leg shorter than the others.
- Prompt* What subtle signals am I picking up that something's off?
- Somatic Check* Do I feel agitation in my breath, skin, or hands?
- Gentle Response* Unease is a quiet guardian. Don't dismiss its whisper.



# Worry

Fear

- Metaphor* Like holding imaginary futures and trying to solve them all.
- Prompt* What problem am I rehearsing without permission from the present?
- Somatic Check* Do I feel tension in my forehead or a churn in my stomach?
- Gentle Response* Worry is a form of care gone feral. Reconnect it with reality.



*Joy*

# Joy

“When something feels aligned, open, or uplifting.”

## **Cues**

Upright spine, arms open or lifted, chest expands, breath is full, facial muscles relax, smiles come easy, movement feels spontaneous and light.

## **Emotional Flow**

Joy moves outward and upward, lifting and expanding. It radiates from the core, often asking to be shared with others.

## **What it asks of you**

Presence and permission to be, express yourself and connect.

## **Try This**

Notice where your body feels lightest. What's making space in you right now?



# Amusement

Joy

*Metaphor* Like a bubble rising through still water, small but uplifting.

*Prompt* What lightness or absurdity am I noticing in this moment, and what does it loosen in me?

*Somatic Check* Do I feel a flutter in my chest or a softening behind my eyes when I allow myself to smile?

*Gentle Response* Amusement doesn't solve everything, but it can soften the edges of the serious.



# Awe

Joy

- Metaphor* Like standing at the foot of a mountain and feeling yourself shrink, in a good way.
- Prompt* What vastness am I sensing right now, and what does it invite me to surrender?
- Somatic Check* Do I feel my breath pause or deepen when I open myself to the scale of something greater?
- Gentle Response* Awe reminds you that you are small, but not insignificant.



# Contentment

Joy

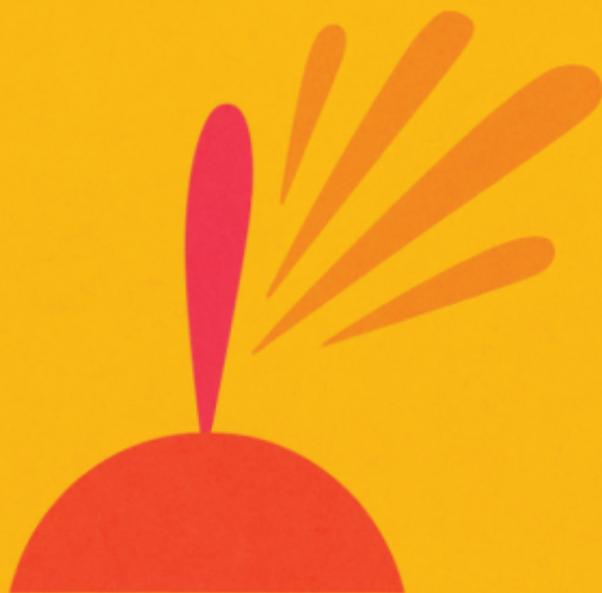
- Metaphor* Like a warm blanket and a quiet mind.
- Prompt* When do I feel most whole without needing anything more?
- Somatic Check* Is there a gentle exhale or soft stillness in my body?
- Gentle Response* You don't always have to strive. Peace is a destination, too.



# Delight

Joy

- Metaphor* Like bubbles rising uncontrollably to the surface.
- Prompt* What small moment recently sparked unexpected happiness?
- Somatic Check* Do I feel a lift in my chest or lightness in my limbs?
- Gentle Response* Delight is your system saying yes to life. Let it speak louder.



# Elation

Joy

- Metaphor* Like being carried by a wave you forgot you were allowed to ride.
- Prompt* What makes me feel so alive that I lose track of time?
- Somatic Check* Is there an urge to move, smile, or share this with others?
- Gentle Response* Elation reminds you what full aliveness feels like. Let yourself remember.



# Euphoria

Joy

- Metaphor* Like being caught in a wave of golden light that lifts you out of your body.
- Prompt* What moment or connection has lifted me beyond thought, into pure feeling?
- Somatic Check* Do I feel a rush of energy in my chest, spine, or fingertips when I remember that high?
- Gentle Response* Euphoria is a peak, not a place to live in—but it reminds you of what's possible when



# Excitement

Joy

- Metaphor* Like sparks catching dry kindling in your chest.
- Prompt* What possibility has my system already said yes to?
- Somatic Check* Is there buzzing in my hands, a lean-forward energy?
- Gentle Response* Let excitement fuel you. It's a signal that something's alive inside.



# Freedom

Joy

*Metaphor* Like wind through open windows on the first warm day of spring.

*Prompt* Where in my life do I feel unrestricted, light, or fully myself?

*Somatic Check* Can I feel expansion across my ribs or openness in my movement?

*Gentle Response* You deserve to live unbound. Freedom is your natural state, not a reward.



# Gratitude

Joy

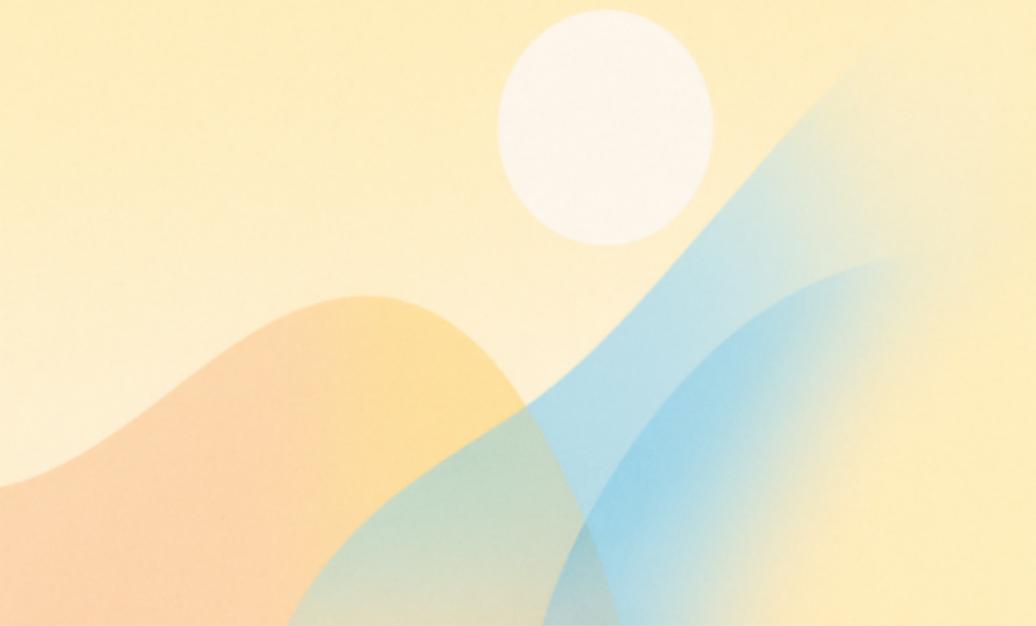
- Metaphor* Like light pooling around something once hidden.
- Prompt* What or who have I overlooked that brings richness to my life?
- Somatic Check* Can I feel a soft expansion around my heart?
- Gentle Response* Gratitude is recognition of the ordinary sacred. Let it fill you slowly.



# Happiness

Joy

- Metaphor* Like sunlight on skin after a long winter.
- Prompt* What is bringing me joy today, even in a small or quiet way?
- Somatic Check* Do I feel warmth in my chest or face when I focus on what is going well?
- Gentle Response* You don't need a reason to be happy. You only need permission.



# Hopefulness

Joy

*Metaphor* Like planting seeds you may never see grow.

*Prompt* What am I choosing to believe in, even if I can't prove it yet?

*Somatic Check* Does a part of me lift or lean forward when I imagine a better outcome?

*Gentle Response* Hope isn't naivety. It's a quiet kind of courage.



# Laughter

Joy

*Metaphor* Like shaking joy loose from your ribs.

*Prompt* When did I last laugh so hard it surprised me?

*Somatic Check* Do I feel a ripple in my chest, a breathlessness, or release?

*Gentle Response* Laughter is liberation. Let it take up space without apology.



# Playfulness

Joy

- Metaphor* Like skipping stones across your own seriousness.
- Prompt* What if I didn't need a reason to be silly, curious, or creative today?
- Somatic Check* Do I feel lightness in my limbs or spontaneity in my breath?
- Gentle Response* Play isn't childish - it's wisdom without the armor of expectation.



# Pleasure

Joy

*Metaphor* Like honey on your tongue when you've gone too long without sweetness.

*Prompt* Where do I allow myself to feel good without earning it?

*Somatic Check* Can I feel warmth or tingling where I experience this fully?

*Gentle Response* You don't need permission to enjoy. Pleasure is nourishment.



# Pride

Joy

- Metaphor* Like standing taller because you finally see yourself clearly.
- Prompt* What effort or truth have I embodied that deserves recognition?
- Somatic Check* Do I feel a lifting in my spine or a warmth in my heart?
- Gentle Response* Pride isn't arrogance. It's self-recognition rooted in integrity.



# Satisfaction

Joy

*Metaphor* Like putting the last puzzle piece into place.

*Prompt* What completion have I not celebrated enough?

*Somatic Check* Do I feel stillness, grounding, or fullness anywhere in my body?

*Gentle Response* Satisfaction is your body telling you: 'This was enough.' Let it land.



# Wonder

Joy

- Metaphor* Like staring into the night sky and remembering how small you are.
- Prompt* When was the last time something made me stop and say 'wow'?
- Somatic Check* Is there stillness mixed with awe in my chest or gaze?
- Gentle Response* Wonder cracks open the rational mind and lets magic back in.