

## 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 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. Get free monthly re-entry coaching via email here.**

I'm here for you! As I mentioned in the accompanying audio, feel free to contact me ([cate@smallplanetstudio.com](mailto:cate@smallplanetstudio.com)). I'm thinking about ways to further support returnees like you, as well programs and organizations that are supporting returnees, so feel free to let me know how you're feeling, what you're struggling with, etc.

We'll get through this together!

-Cate

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