

### Emotional Experience Inventory

Emotions are related to both the thoughts and the organ function. Scientific research of “Neurotransmitter” activity has brought about great changes in the understanding of emotions and Autonomic Nervous System auto-Regulation. In addition, indigenous medicine systems have long histories of recognizing and treating emotions but they have done this by using different ways of describing what the doctors of that system were detecting. Traditional Chinese Medicine, for example, describes emotions related to each organ. Homeopathic Medicine describes different emotional states that can be affected by different homeopathic medicines (or “remedies”).\* Listing the strong emotions you can recall in the past or present may be helpful in choosing treatments that can affect the body and mind.

**Strong Emotions Experienced:** [check one or both]  Now or in  Past

#### Primary Emotions

<b>Joy</b> <input type="checkbox"/> Now <input type="checkbox"/> Past / <b>Happiness</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Sadness</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Fear</b> <input type="checkbox"/> Now <input type="checkbox"/> Past / <b>Anxiety</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Anger</b> <input type="checkbox"/> Now <input type="checkbox"/> Past

Other not listed: \_\_\_\_\_

#### General Inventory

<b>Anger</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Anxiety</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Apathy</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Awe</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Boredom</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Compassion</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Confusion</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Contempt</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Disgust</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Elation</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Embarrassment (“internal”)</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Empathy</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Envy</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Excitement</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Fear</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Grandiosity</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Gratitude</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Grieving</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Guilt (“internal”)</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Homesickness</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Hope</b> <input type="checkbox"/> Now <input type="checkbox"/> Past

<b>Hubris</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Indignation</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Interest</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Jealousy</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Joy</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Loneliness</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Lust</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Love: Romantic</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Love: Familial</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Love: For others</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Love: “Puppy love”</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Narcissism</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Pleasure</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Pride (“internal”)</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Playfulness</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Predatoriness</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Remorse</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Revenge</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Shame (“internal”)</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Surprise</b> <input type="checkbox"/> Now <input type="checkbox"/> Past
<b>Sympathy</b> <input type="checkbox"/> Now <input type="checkbox"/> Past

\* The Complete Homeopathic Resource for Common Illnesses, by Dennis Chernin has excellent descriptions of the subtle differences in emotional states that can be used in choosing an appropriate homeopathic remedy.

## Emotional Health Exercise: Pick one word at a time and think about it

This list is intended merely as a sample. You can build your own. Think of what aspect of experience you are exploring and associated words that evoke feelings and emotions in relation to that. Other headings could include: Energy, Motivation, Pain, Light, Confusion, Love. This gets your conscious mind more aware of the feelings generated internally by your (3-Level) Autonomic Nervous System.

<p><b>HAPPY:</b></p> <p>cheerful delighted glad pleased elated thrilled smile humor</p>	<p><b>SAD:</b></p> <p>dejected depressed melancholy sorrowful dismal blue down gloomy glum forlorn low</p>	<p><b>UPLIFTING:</b></p> <p>height towering overhead elevated lofty magnificent surpassing sublime glorious grand transcendent</p>	<p><b>FEAR:</b></p> <p>tense anxious afraid nervous worried concerned scared insecure</p>
<p><b>LONELY:</b></p> <p>empty abandoned hollow alone sunken desolate bleak withdrawn detached aloof distant</p>	<p><b>BEAUTY:</b></p> <p>charm elegance glamour grace superior excellence lovely delightful charming</p>	<p><b>LOW SELF-WORTH:</b></p> <p>rejected worthless useless unimportant ignored left out humiliated pathetic shy timid</p>	<p><b>CONFIDENCE:</b></p> <p>assured sure certain positive safe stable balanced grounded brave proud</p>
<p><b>GUILT:</b></p> <p>ashamed judged damned convicted condemned undeserving sentenced disgrace villain remorse contempt</p>	<p><b>SPACE:</b></p> <p>expanse vast empty universe astronomic boundless colossal enormous sweeping tremendous unlimited</p>	<p><b>TRAVEL:</b></p> <p>journey proceed ramble adventure dive soar trek voyage</p>	<p><b>TIME:</b></p> <p>generation interval space endless interval season era span lifetime</p>