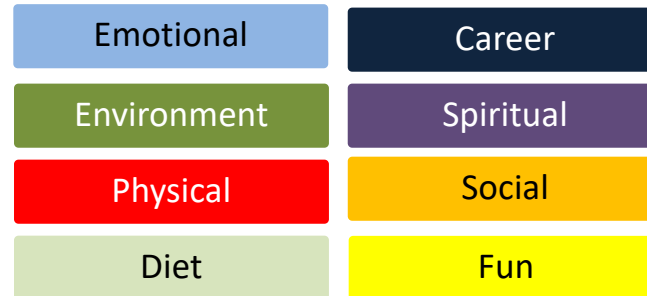


## Thoughts

- Do I share my fun and excitement with others?
- Am I taking the easy way out by not letting others know how I really feel? (hint: It's not really easier in the long run to keep silent)
- Who do I need to get to know better so I can feel comfortable speaking up about myself?
- Strong, empowered people speak up. You have the power!
- Yes, you do have the POWER!
- I really want to know how my friend is doing.
- Can I let my friends know how I am doing?
- My parents are probably really interested in how I feel but I won't know unless I talk to them.
- Do I know how to set up an appointment with the school counselor?
- Am I being honest with myself about how I feel or what I need?
- What else can I do to help others know what's up with me?
- How will I let others know that I care about them?

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# I TO I COUNSELING



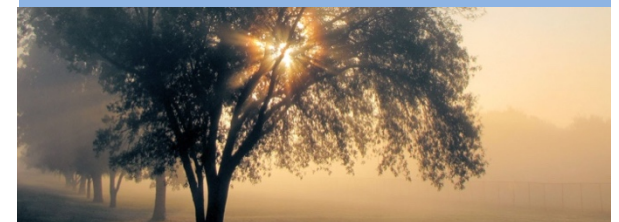
**Total Wellness** is made up of many different things.

- **Emotional:** Balanced Feelings
- **Spiritual:** Greater Meaning
- **Physical:** Healthy Body
- **Diet:** Best Fuel
- **Fun:** Lighten Up
- **Environment:** Stable and Clean
- **Social:** Friends and Family
- **Career:** Goals and Independence

## Express Yourself



## Descriptive Words



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## Ever hear this?

You say, "Hi! How's it goin'?"  
And your friend says, "Good."

'Good' could mean just about anything. Right? Some people say 'Fine'. Have you ever said 'Fine' or "Good" when you're really feeling something else? For instance, when someone asks you in the evening at dinner how you're doing, you may say 'fine'. This is not really the truth though. More descriptive words like amazed, fulfilled, relieved, tired, excited, would be more accurate.

Fine doesn't even come close to letting anyone really know how you feel. This is not recommending that our feelings should be dumped on everyone and anyone who asks. What is being suggested is the importance of being clear and honest when asked about how you are doing or feeling by a friend or family member.

Here are a few reasons why. First, it helps you to not bottle up negative feelings which tend to get vented at inappropriate times. That's no fun. Secondly, the other person may really want to know how you are doing and be able to help, or they may want to share in your excitement and achievements. And finally, being more open to friends and family allows them to be part of your life. Ever feel like you are being shut out by a friend or family member who does not let you know what's up with them? That's no fun.

To the right are some words to assist with more clearly expressing how you really feel. Try them out and see how it goes! Also, add as many other words as you can to your own inventory of descriptive words.

## Say what you really mean

<u>WELL</u>	<u>INTERESTED</u>	<u>HAPPY</u>	<u>CALM</u>	<u>EMPOWERED</u>	<u>AWE STRUCK</u>
Calm Peaceful At Ease Comfortable Pleased Encouraged Clever Surprised Content Quiet Certain Relaxed Serene Free and Easy	Admiration Curious Trepidation Pre-judge Concern Involved Fascinated Wonder Exploration Questioning Trying Investigate  I Need More Information	Great Joyous Lucky Fortunate Delighted Overjoyed Gleeful Thankful Important Festive Ecstatic Satisfied Glad Cheerful Sunny	Happy Tranquil Relaxed Focused Depressed Serene Easygoing Composed Contented Settled Still Placid Un-agitated Gentle Rain	Strong Healthy Happy Courageous Determined Energized Brave Intelligent Confident Focused Authorized In-Charge Decider Able Entitled	Confused Unsure Amazed Overwhelmed Questioning Relaxed Happy Distracted Loss for Words Clear Revitalized Giddy Peaceful Elated Mystified
<u>AFRAID</u>	<u>HURT</u>	<u>ANGRY</u>	<u>CONFUSED</u>	<u>EMBAREASSED</u>	<u>BORED</u>
Disillusioned Fearful Confused Frightened Unsure Shaky Pensive Doubtful Cowardly Threatened Bullied Worried Anxious Scared	Crushed Tormented Deprived Pained Dejected Rejected Injured Offended Aching Victimized Heartbroken Appalled Humiliated Wronged Alienated	Irritated Enraged Hostile Insulting Sore Annoyed Upset Hateful Unpleasant Offensive Bitter Aggressive Resentful Inflamed Provoked	Unsafe Misunderstood Side Swiped Distracted Curious Startled Unhappy Disappointed Misunderstood Ignored Depressed Stuck Tearful Trapped	Isolated Shocked Exposed Speechless Pointed Out Surprised Called Out Frightened Unsure Exposed Trapped Unpredicted Powerless Alone	Tired Careless Fed Up Anxious Uninterested Fidgety Hypervigilant Antsy Sleepy Blasé Distracted Uninterested Don't Care Need Help Challenged