

<p><b>Denial</b> *It wasn't so bad. *We will just work it out. *This isn't happening to me.</p>	<p><b>Anger</b> *Everyone is terrible and unfair. *I just hate him so much. *How dare God let this happen?</p>
<p><b>Bargaining</b> *If only I had tried harder. *If I was prettier/smarter/nicer this wouldn't have happened. *If only we had gone to the doctor sooner.</p>	<p><b>Depression</b> *Why bother trying? *I cannot find a reason to go on. *No one cares about me.</p>
<p><b>Acceptance</b> *I do have a lot of good memories. *I know I did my best. *I believe that God has a plan for me.</p>	<p>Do any other feelings come to mind?</p>

**Anger**

Disgust  
Envy  
Jealousy  
Irritation  
Rage  
Bitterness

**Fear**

Horror  
Alarm  
Shock  
Nervousness  
Tension  
Terror

**Joy**

Cheerfulness  
Bliss  
Pride  
Relief  
Excitement  
Happiness

**Love**

Liking  
Affection  
Caring  
Sentimentality  
Adorations  
Fondness  
Tenderness  
Attraction  
Longing  
Lust

**Sadness**

Depression  
Disappointment  
Neglect  
Rejection  
Despair  
Shame  
Guilt  
Regret  
Anguish  
Suffering

**Surprise**

Amazement  
Astonishment  
Surprise  
Sympathy  
Pity

Label each room with a different aspect of your life- work, family, friends, relationship, activities, church, self-esteem, fitness, school – whatever comes up when you think about the different parts of your life. Then, you will give each room a number on a scale from one to ten... one being terrible and ten being amazing. This simple practice can be helpful in combating anxiety and in identifying why we may be feeling a certain way.

Walking through the rooms

