



ASK ME House, LLC

1027 Seymour Ave
Lansing, MI 48906
(517) 484-3127

With Compliments from
Mary Elaine Kiener, RN, PhD

www.askmehouse.com
www.stresswell.com

Welcome to Lesson 4 in this 7-part e-course, **Finding Center**.

Here's today's exercise: [How Am I Feeling Right Now?](#)

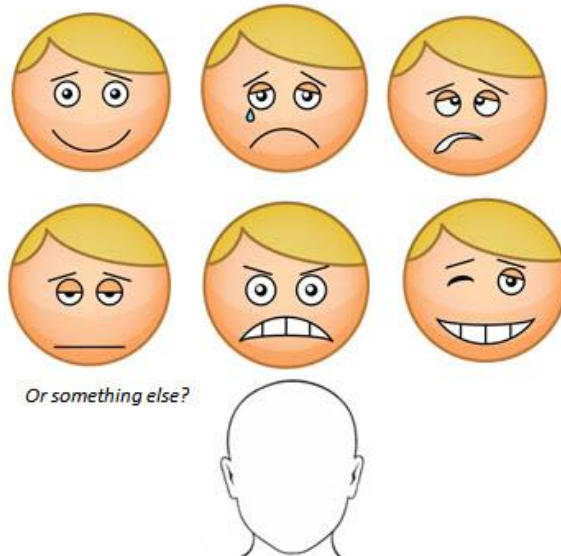
Take a moment to gently notice your breathing. And then, taking a moment to look at the chart that's included with this exercise –with the list of emotions and facial expressions that are linked with each one.

How Am I Feeling Right Now?

Is there a word to describe it?

Angry Ashamed Bored
Cautious Confident
Confused Depressed Embarrassed
Exhausted Frustrated
Guilty Happy Hopeful
Lonely Mischievous
Sad Surprised
Or something else?

Is there an expression that fits?



One by one, inviting a sense of “Is THIS how I feel right NOW?” Noticing how EACH option feels inside. Whether it’s “yes” or “no” or “not quite” or maybe even “it’s a little bit of this and some of that.”



ASK ME House, LLC

1027 Seymour Ave
Lansing, MI 48906
(517) 484-3127

*With Compliments from
Mary Elaine Kiener, RN, PhD*

www.askmehouse.com
www.stresswell.com

Just noticing....nothing else to do....

Knowing that you can always pause at any time during your day to notice how you're feeling in the moment. [You might even want to print out a copy of the chart and post it someplace that you pass throughout the day—mine's on my refrigerator.]

Welcome back! What did you notice?

It's possible that some uncomfortable thoughts and/or feelings may have surfaced during today's exercise. If so, here's a link (mp3--about 13 minutes long) to a guided Focusing exercise you might find helpful, entitled [Saying Hello to Something](#).

I'd love for you to share any of your observations, comments about today's lesson or the e-course in general, either by [email](#) or by phone: (517) 484-3127.

me

Mary Elaine Kiener, RN, PhD
Creative Energy Officer (CEO)