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

Adapted from: The Re-entry Roadmap Workbook
Feelings List

agonized
alarmed
alert
alive
amazed
amused
angry
annoyed
anticipating
anxious
appalled
appreciated
apprehensive
at ease
baffled
benevolent
bewildered
bitter
bold
bored
brave
capable
cared for
certain
challenged
cheerful
comfortable
comforted
concerned
confident
confused
consolated
content
courageous
crushed
fired up
helpless
overwhelmed
impotent
small
drained
timid
irritated
dissatisfied
cynical
daring
delighted
dependent
desperate
determined
disappointed
discontented
disinterested
dismayed
eager
embarrassed
empathic
energetic
enthusiastic
envious
excited
exhausted
fearful
fed up
forlorn
free
friendly
frustrated
glad
gloomy
graceful
guilty
happy
heartbroken
hopeful
hopeless
horrified
hurt
impatient
important
impulsive
inadequate
independent
indifferent
inefficient
inspired
intelligent
joyful
lethargic
liberated
lonely
lost
loved
mad
miserable
misplaced
disoriented
undecided
disappointed
alone
left out
mixed up
moody
nervous
optimistic
overjoyed
panicked
panicky
patient
peaceful
pitied
playful
proud
provoked
reassured
rebellious
receptive
regretful
rejected
relieved
reluctant
resentful
resigned
respected
restless
sad
satisfied
secure
self-conscious
sensitive
serene
shocked
sick
strong
stuck
sulky
suspicious
sympathetic
tenacious
tense
terrified
tired
torn
trapped
uncomfortable
unhappy
unimportant
unique
unloved
unpopular
unsure
upset
vibrant
wanted
warm
wearied
weary
worn out
worried
worthy
yearning
zealous

Adapted from: The Re-entry Roadmap Workbook
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):

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