

Kimochis®



The Purpose of Feelings

There's a good reason we experience a wide range of feelings—they serve important purposes. Feelings help us communicate with others; for example, when we feel sad, they signal that we might need support. Additionally, feelings enable us to respond swiftly in critical situations. Even hard-to-have™ feelings are important. They've helped us survive by making us pay attention to danger and preparing our bodies to respond.

Feeling	Kotowaza and Purpose of Feeling
 BRAVE	PUT YOUR BRAVE IN FRONT.™ BRAVE helps us face fears and take action in challenging situations. Being brave allows us to confront difficulties, pursue our goals despite risks, and overcome obstacles, fostering personal growth and resilience.
 CRANKY	WHEN THINGS DON'T GO YOUR WAY REMEMBER BE KIND AND REWIND.™ CRANKY signals that something is bothering us or isn't right. It helps us recognize and address issues, set boundaries, and express our needs or frustrations.
 CURIOUS	WHEN CURIOUS, BE SAFE AND KIND.™ CURIOUS drives us to explore, learn, and discover new things. Curiosity helps us grow, solve problems, and understand the world better.
 DISAPPOINTED	MAYBE NEXT TIME.™ DISAPPOINTED helps us understand when things don't go as planned. It guides us to reflect, learn from our experiences, and adjust our expectations or actions for the future.
 EMBARRASSED	EVERYONE STUMBLES SOMETIMES, IT'S A PART OF LEARNING!™ EMBARRASSED helps us recognize when we acted in ways that others might view negatively or we perceive they might view negatively. This feeling encourages us to reflect on our behavior, learn from it, and improve our interactions with others.
 EXCITED	FUN HAS TO BE FUN FOR EVERYONE.™ EXCITED motivates us to pursue our goals and interests. Excitement energizes us, making activities more enjoyable and helping us stay engaged and enthusiastic about new opportunities.

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 FRIENDLY	FRIENDLY FACES CREATE FRIENDLY PLACES.™ FRIENDLY helps us build positive relationships and connect with others. Being friendly creates a welcoming environment, fosters trust, and makes interactions more pleasant and supportive.
 FRUSTRATED	BOUNCE BACK.™ FRUSTRATED is what we feel to indicate that something is difficult and challenging, and that there is room for us to grow and learn because it's beyond what we're used to. This feeling helps us recognize obstacles, motivates us to find solutions, and encourages us to persevere and overcome challenges.
 GRATEFUL	BEING GRATEFUL HELPS US APPRECIATE WHAT WE HAVE AND BE KIND TO OTHERS.™ GRATEFUL helps us recognize and appreciate the good things in our lives. Feeling grateful strengthens our relationships, boosts our mood, and encourages us to be more positive and generous. It also leads us to having more happy feelings.
 GUILTY	EVERYONE MAKES MISTAKES. WHEN WE HAVE HURT SOMEONE, WE CAN LEARN TO REDO.™ GUILTY helps us recognize when we've made an unwise choice (or made a mistake) that has hurt someone. This feeling encourages us to make amends, learn from our mistakes, and act more thoughtfully in the future.
 HAPPY	HAVE A HAPPY HEART.™ HAPPY boosts our overall well-being and helps us enjoy life. Happiness improves our relationships, increases our motivation, and contributes to our mental and physical health.
 HOPEFUL	A HOPEFUL HEART MAKES MANY THINGS POSSIBLE.™ HOPEFUL helps us stay motivated or connected to what we desire, even in challenging times. Hope encourages us to believe in positive outcomes, set goals, and keep working towards a better future.

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 HURT	EVEN KIND PEOPLE MAKE MISTAKES – BE KIND AND ALLOW OTHERS TO TRY AGAIN.™ HURT alerts us to emotional pain and helps us recognize when something is wrong or when we've been wronged. Feeling hurt can guide us to address issues, seek support, and heal from difficult experiences.
 INSECURE	YOU ARE ALWAYS ENOUGH.™ INSECURE helps us recognize and address our uncertainties or fears about ourselves. Insecurity can prompt self-reflection and growth, encouraging us to seek support, build confidence, and improve areas where we feel unsure of ourselves.
 LOVED	I AM LOVED. I AM VALUED. I AM ENOUGH.™ LOVED provides us with a sense of security, belonging, and emotional support. Feeling loved boosts our well-being, strengthens our relationships, and helps us thrive both emotionally and mentally.
 KIND	TAKE THE TIME TO BE KIND.™ KIND helps us build positive relationships and create a supportive, caring environment. Being kind fosters trust, improves interactions, and contributes to the well-being of both ourselves and others.
 LEFT OUT	MAKE ROOM FOR EVERYONE.™ LEFT OUT signals that we're missing out on social connections or experiences. This feeling helps us recognize the importance of inclusion and encourages us to seek out meaningful connections and communicate our needs to others.
 JEALOUS	I CAN FOCUS ON MY OWN PATH AND CELEBRATE MY SUCCESS.™ JEALOUS highlights our desires and insecurities about what others have or achieve. Jealousy can help us understand what we value and motivate us to address our own needs or goals, while also encouraging us to work on personal growth.

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 MAD	IT'S OKAY TO BE MAD, BUT IT'S NOT OKAY TO BE MEAN.™ MAD signals that something is unfair or wrong. Anger helps us address problems, stand up for ourselves, and make changes. It can also motivate us to resolve conflicts and take action to improve situations.
 PROUD	PROUD OF ME...PROUD OF YOU.™ PROUD recognizes and celebrates our achievements or the achievements of others. Pride boosts our confidence, motivates us to continue striving for success, and reinforces our sense of accomplishment and self-worth.
 SAD	SAD FEELINGS COME AND GO.™ SAD helps us process loss, disappointment, or unmet needs. Sadness allows us to reflect, seek support, and heal from difficult experiences. It also encourages us to understand our emotions better and make positive changes in our lives.
 SCARED	MAKE YOUR OWN KOTOWAZA SCARED alerts us to potential dangers and helps us respond to threats. Fear triggers our body's "fight or flight" response, making us more alert and prepared to protect ourselves. It also encourages us to be cautious and take steps to ensure our safety.
 SENSITIVE	MY FEELINGS ARE IMPORTANT, I AM STRONG, AND IT'S OKAY TO BE SENSITIVE.™ SENSITIVE helps us perceive and respond to the emotions and needs of ourselves and others. Being sensitive allows us to empathize, build deeper connections, and navigate social interactions with greater awareness and understanding.
 SHY	WHEN I FEEL SHY, I CAN STILL TAKE SMALL STEPS AND PUT MY BRAVE IN FRONT.™ SHY helps us manage social interactions and navigate new or unfamiliar situations with caution. Shyness can encourage us to observe and learn before fully engaging, allowing us to build confidence and gradually become more comfortable in social settings.

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 SILLY	KNOW WHEN TO BE SILLY AND WHEN TO BE SERIOUS.™ SILLY allows us to express joy, creativity, and playfulness. Being silly helps us lighten the mood, strengthen relationships through humor, and reduce stress. It also fosters a sense of fun and helps us connect with others in a positive way.
 SORRY	EVERYBODY MAKES MISTAKES. EVERYBODY GETS A RE-DO.™ SORRY helps us acknowledge when we've made a mistake or caused harm. Apologizing allows us to take responsibility, mend relationships, and show that we care about others' feelings. It also promotes forgiveness and helps us learn and grow from our actions.
 SURPRISED	SURPRISES ARE OKAY. I CAN HANDLE NEW THINGS WITH CURIOSITY AND CALM.™ SURPRISED helps us respond to unexpected events and adapt to new situations. Surprise keeps us alert, stimulates curiosity, and can make experiences more memorable. It also encourages us to be flexible and open to change.
 UNCOMFORTABLE	I AM SAFE AND I AM OKAY.™ UNCOMFORTABLE signals that something is wrong or unsettling, whether physically or emotionally. This feeling helps us identify issues that need to be addressed, prompts us to seek solutions or change our behavior, and encourages us to create more comfortable and supportive environments.



Remember:
ALL Feelings are OKAY.