

The Doctor Bliss Doctrine

Feeling Happy Feeling Sad



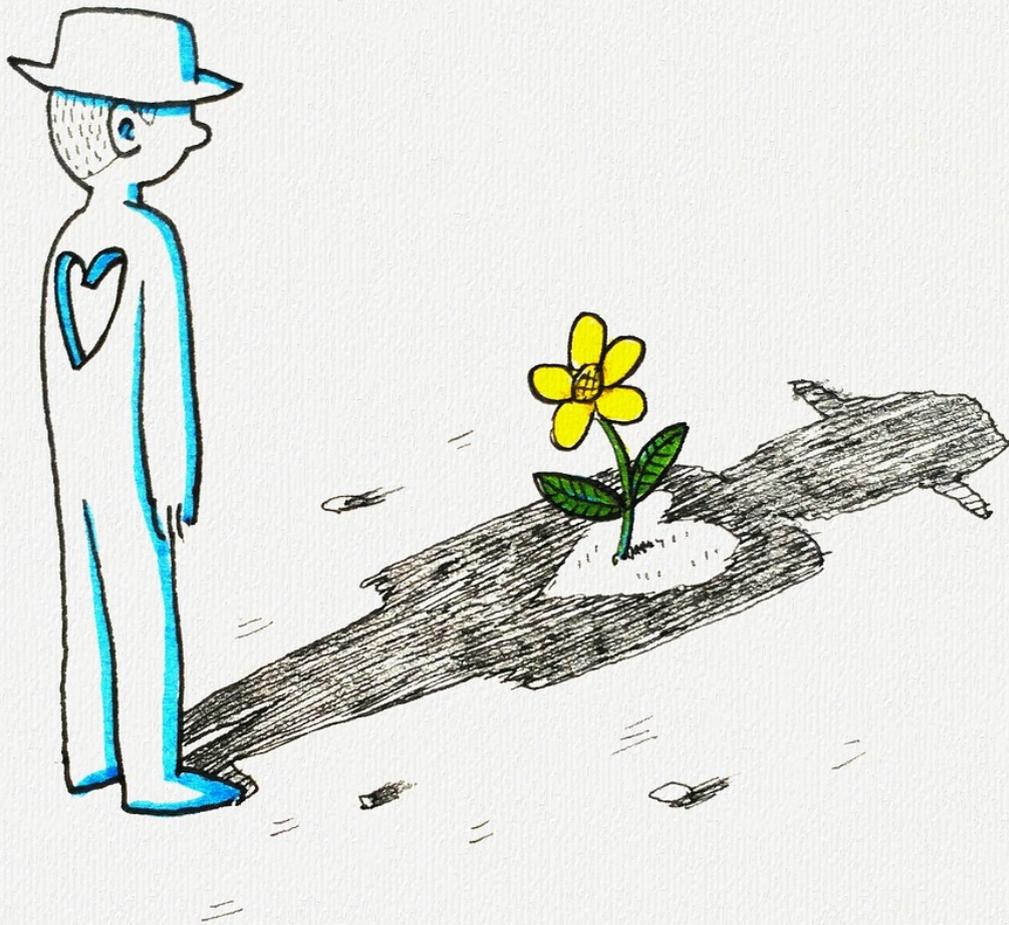
Why am I feeling sad when I want to be happy?



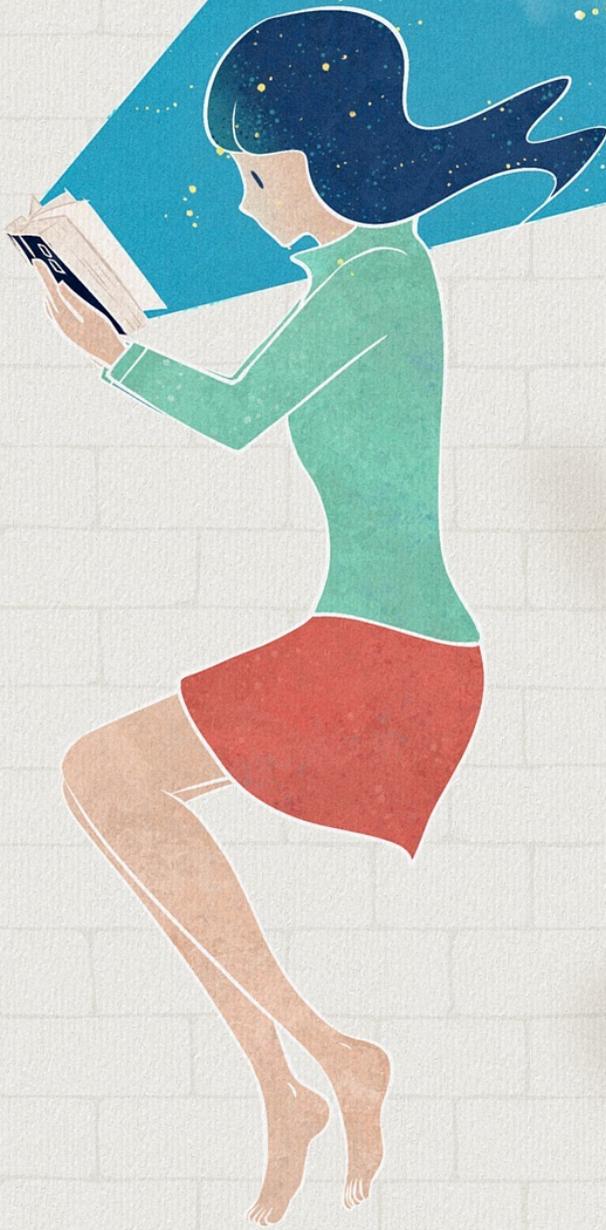


What do I do with my feelings?

Feel
Express
Consider
Act

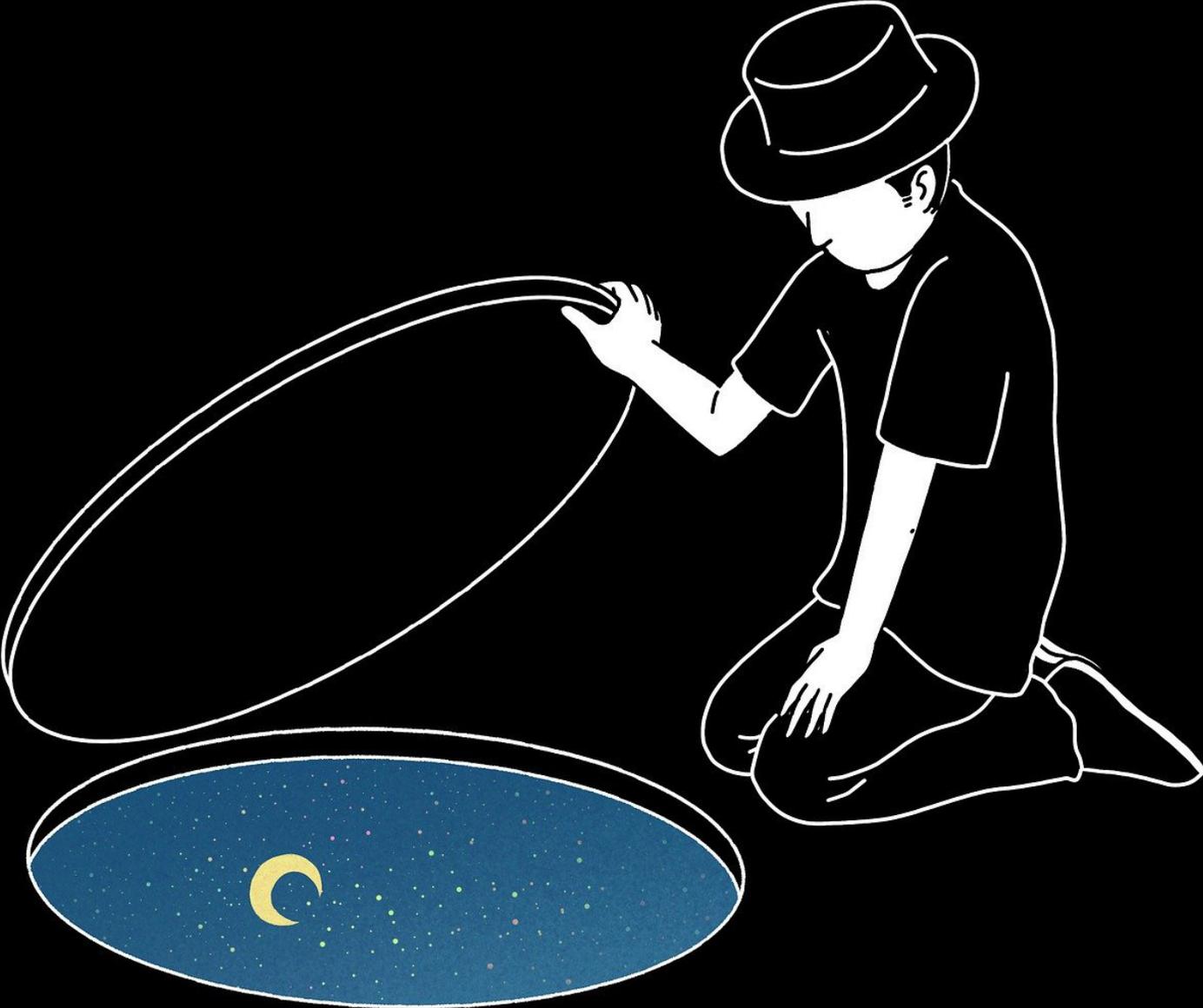


Feel your feelings
Express your feelings



Consider your thoughts
Act wisely rather than react

Feel Your feelings



Feelings that can be difficult to feel

Sad

Depressed
Dejected
Despair
Despondent
Disappointed
Discouraged
Disheartened
Forlorn
Gloomy
Heavy
Hearted
Hopeless
Melancholy
Unhappy
Wretched

Confused

Ambivalent
Baffled
Bewildered
Dazed
Hesitant
Lost
Mystified
Perplexed
Puzzled
Torn

Jealous

Yearning
Envious
Longing
Nostalgic
Pining
Wistful

Anxious

Cranky
Distressed
Distraught
Edgy
Fidgety
Frazzled
Irritable
Jittery
Nervous
Overwhelmed
Restless
Stressed
Tense

Upset

Disquiet
Agitated
Alarmed
Disconcerted
Disturbed
Perturbed
Rattled
Restless
Shocked
Startled
Surprised
Troubled
Turbulent
Turmoil
Uncomfortable
Uneasy
Unnerved
Unsettled

Shame

Ashamed
Embarrassed
Chagrined
Flustered
Guilty
Mortified
Self-Conscious

Numb

Disconnected
Alienated
Aloof
Apathetic
Bored
Cold
Detached
Distant
Distracted
Indifferent
Removed
Uninterested
Withdrawn

Fearful

Afraid
Apprehensive
Distrustful
Dread
Foreboding
Frightened
Mistrustful
Panicked
Petrified
Scared
Suspicious
Terrified
Wary
Worried

Insecure

Fragile
Guarded
Helpless
Leery
Reserved
Sensitive
Shaky

Angry

Enraged
Furious
Incensed
Indignant
Irate
Livid
Mad
Outraged
Resentful

Tired

Fatigued
Burnt Out
Depleted
Exhausted
Lethargic
Listless
Sleepy
Tired
Weary
Worn Out

Hate

Aversion
Animosity
Appalled
Contempt
Disgusted
Dislike
Horrorified
Hostile
Repulsed

Annoyed

Aggravated
Dismayed
Disgruntled
Displeased
Exasperated
Frustrated
Impatient
Irritated
Irked



Express your Feelings

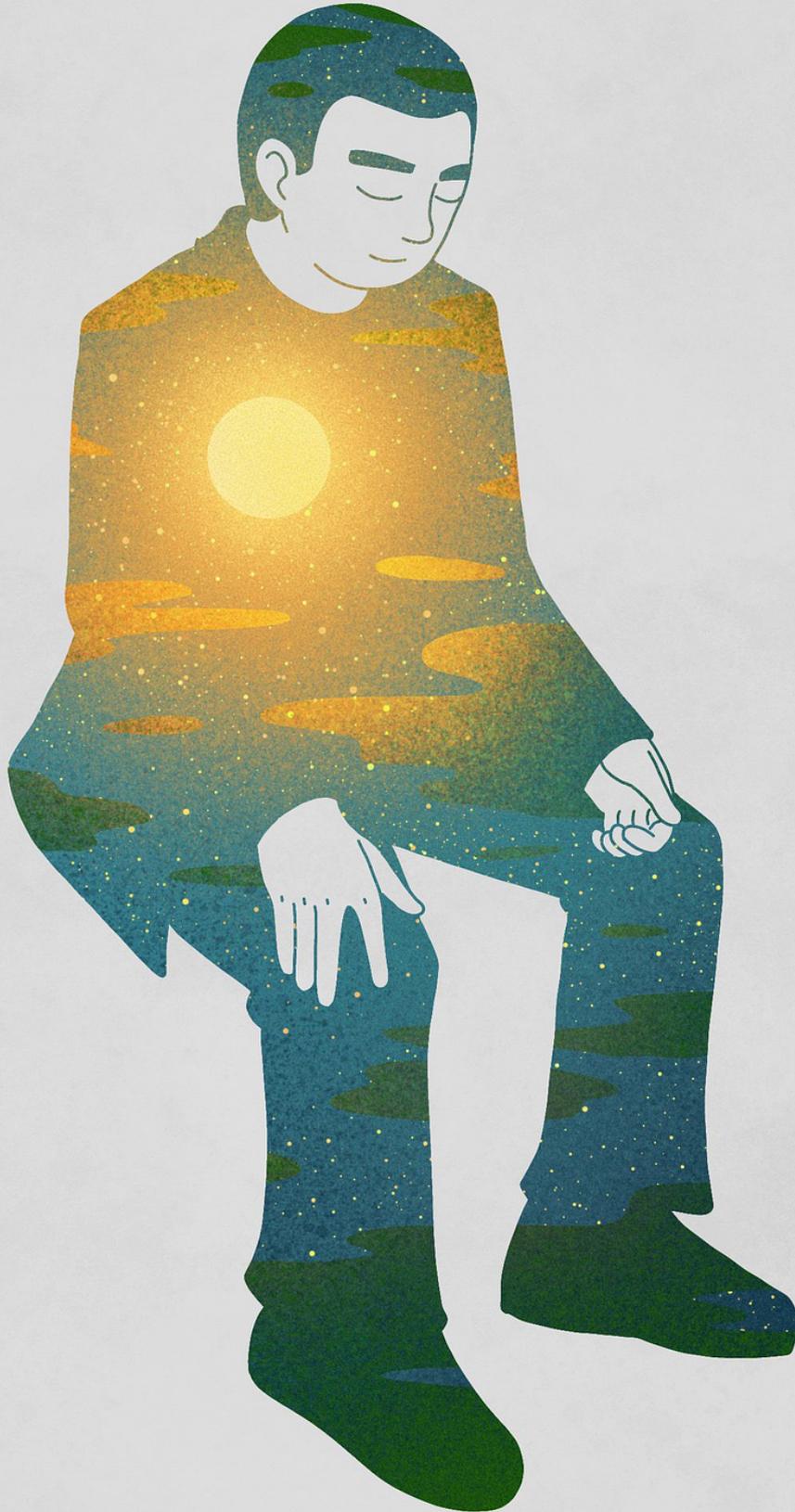


Express your feelings in a safe place.

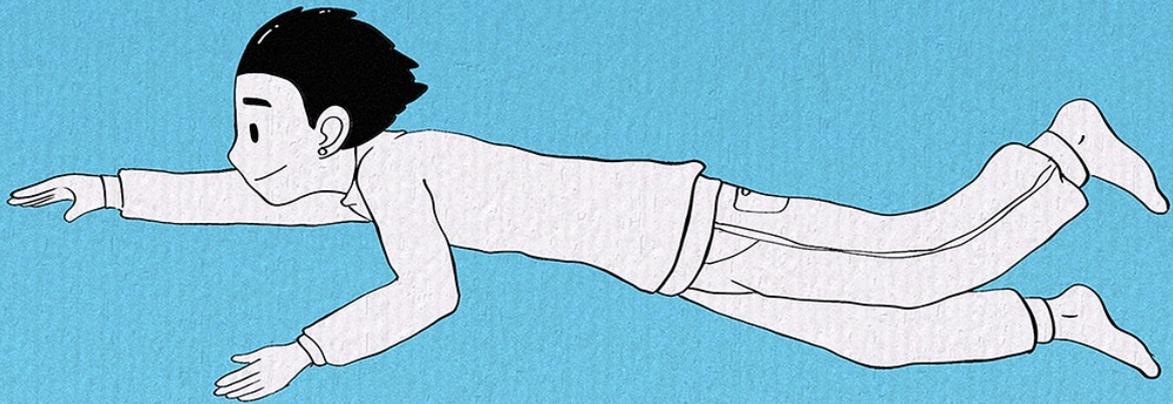


**Allow
yourself
to have
all your
feelings.**

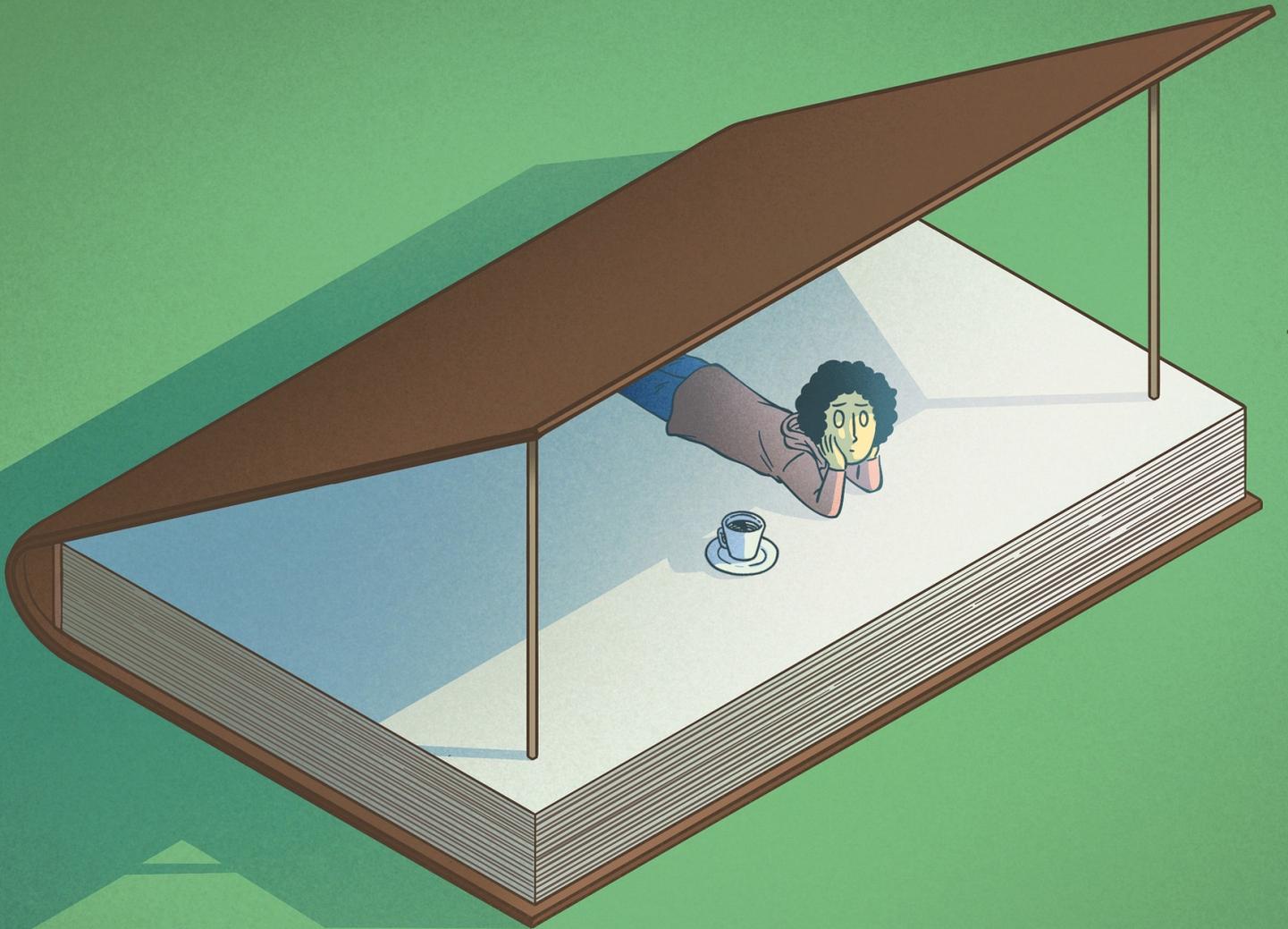
**Allow yourself to have any
and all thoughts that come up
without judgement.**



**Feelings and thoughts are not
the same thing as actions.**



Write down your feelings and thoughts – take 3 pages and fill them up.



Talk to someone who does not judge you and who you trust about your feelings.



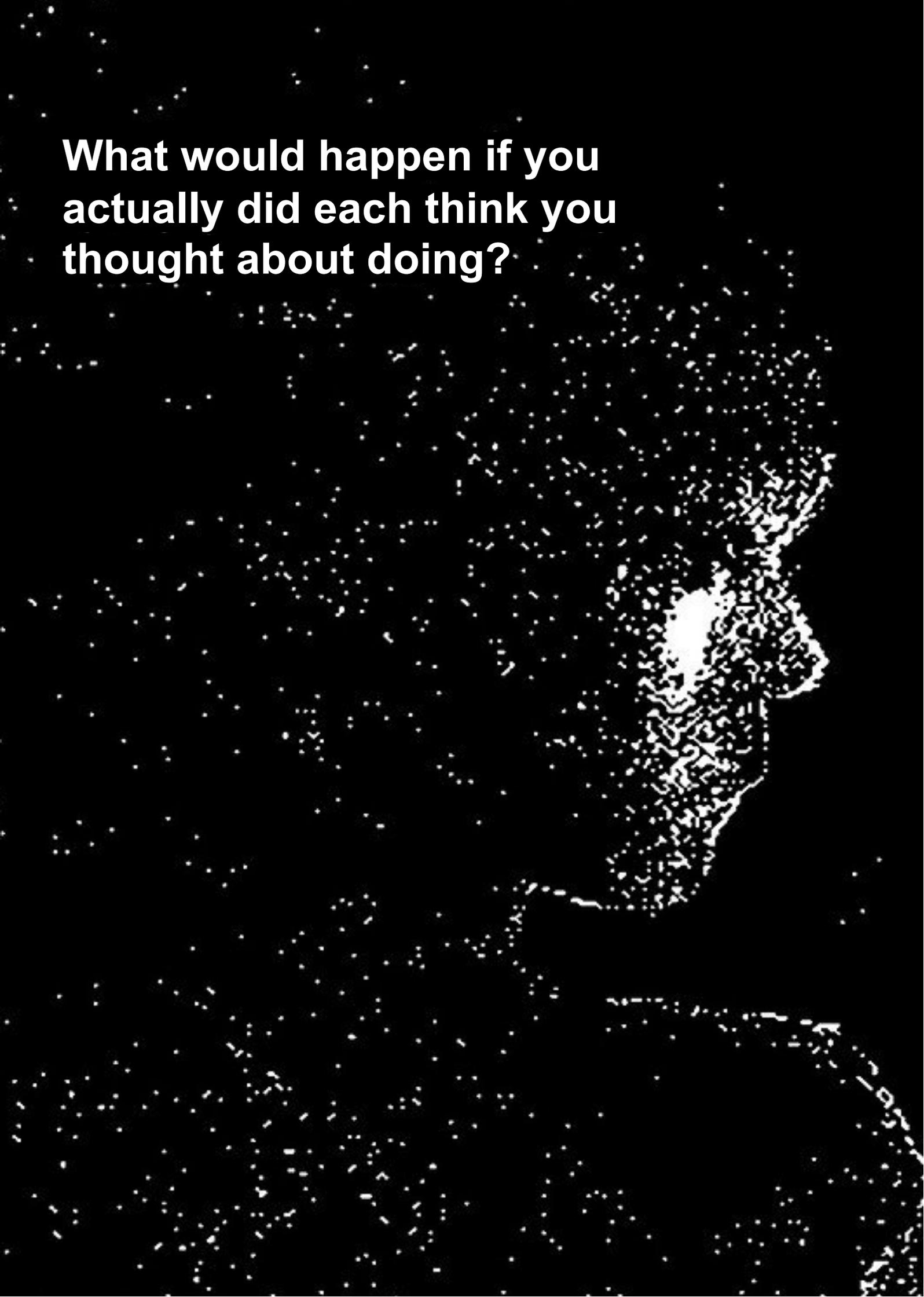


Consider
The impacts of your feelings,
desires, thoughts, ideas.



Play it all out in your mind.

**What would happen if you
actually did each think you
thought about doing?**



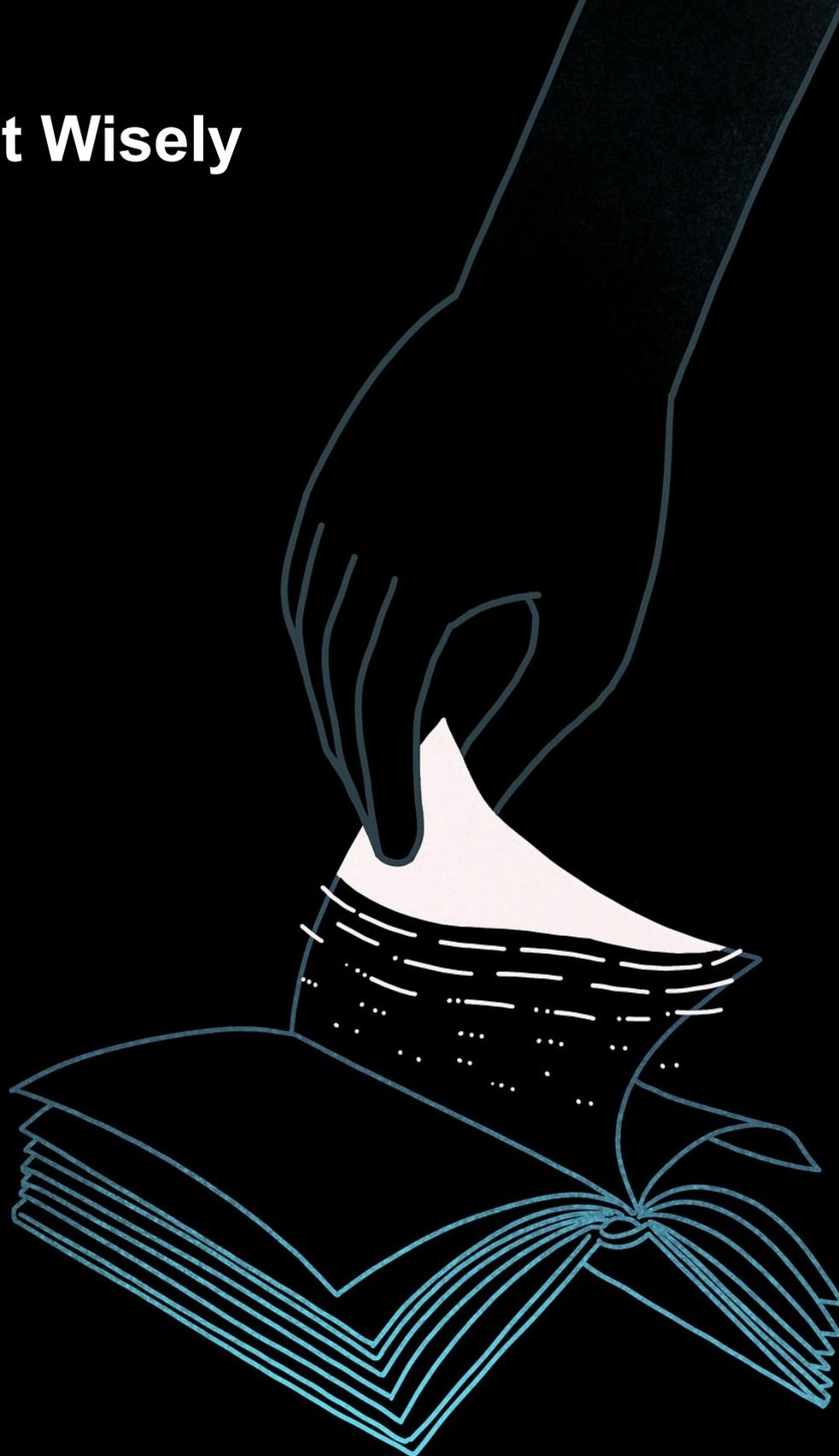
What would be the outcomes?

Would it be worth it?

Spend time talking about what you are considering with someone who does not judge you.



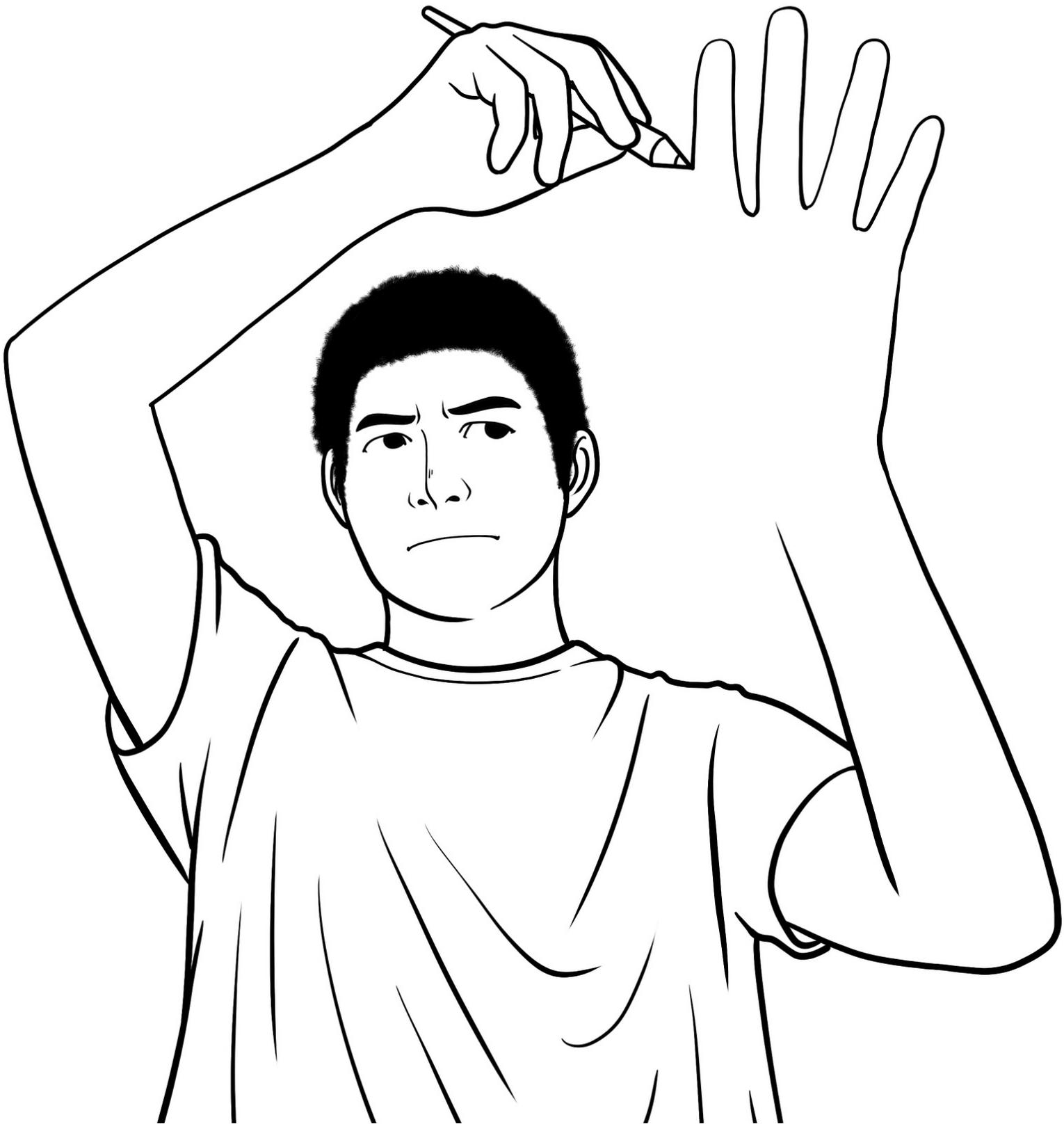
Act Wisely



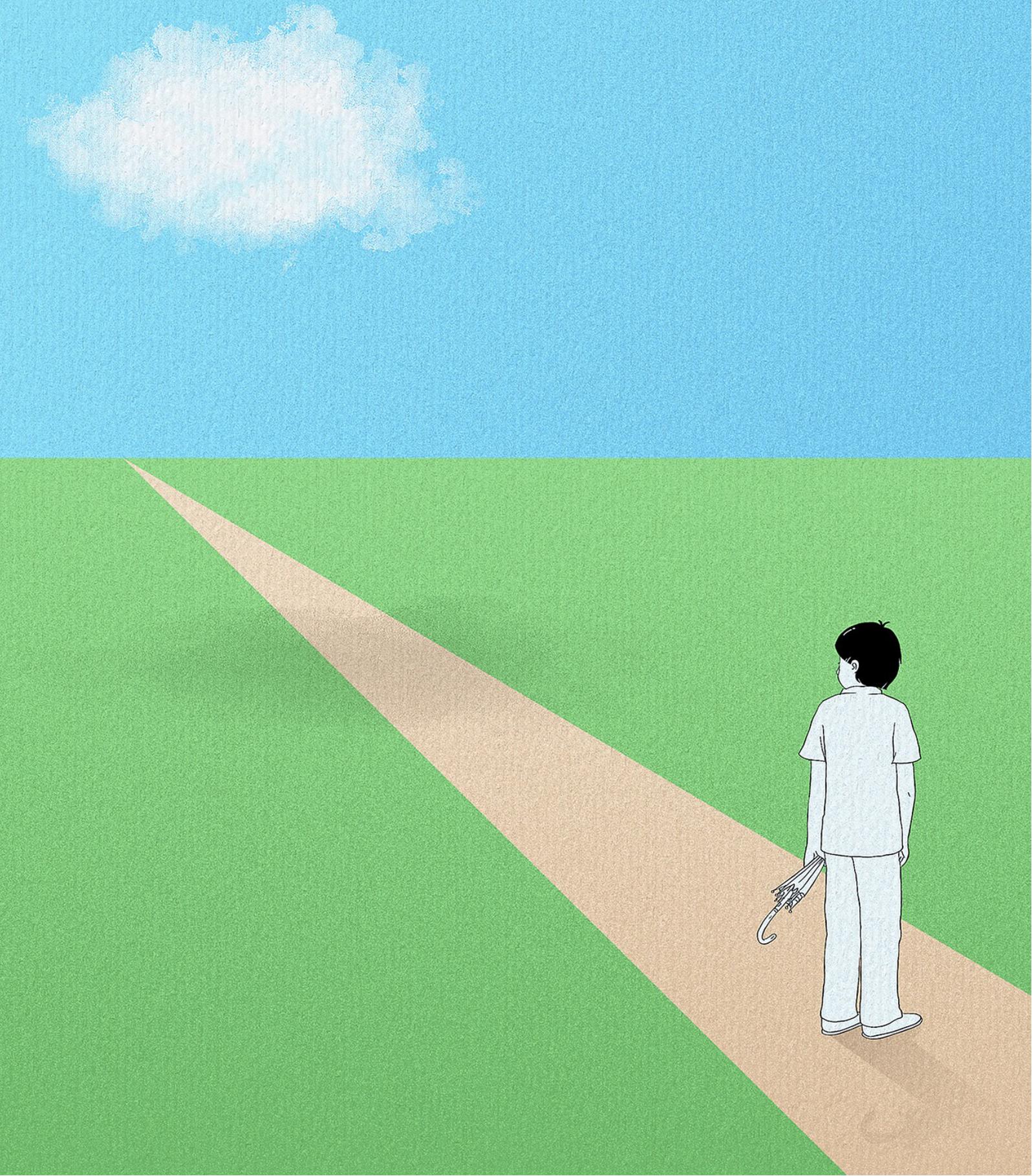
**Wise Actions do
not harm you or
others**

Wise actions do not cause you or others harm.

Reactions often result in the same but different kind of harm that triggered the reaction.

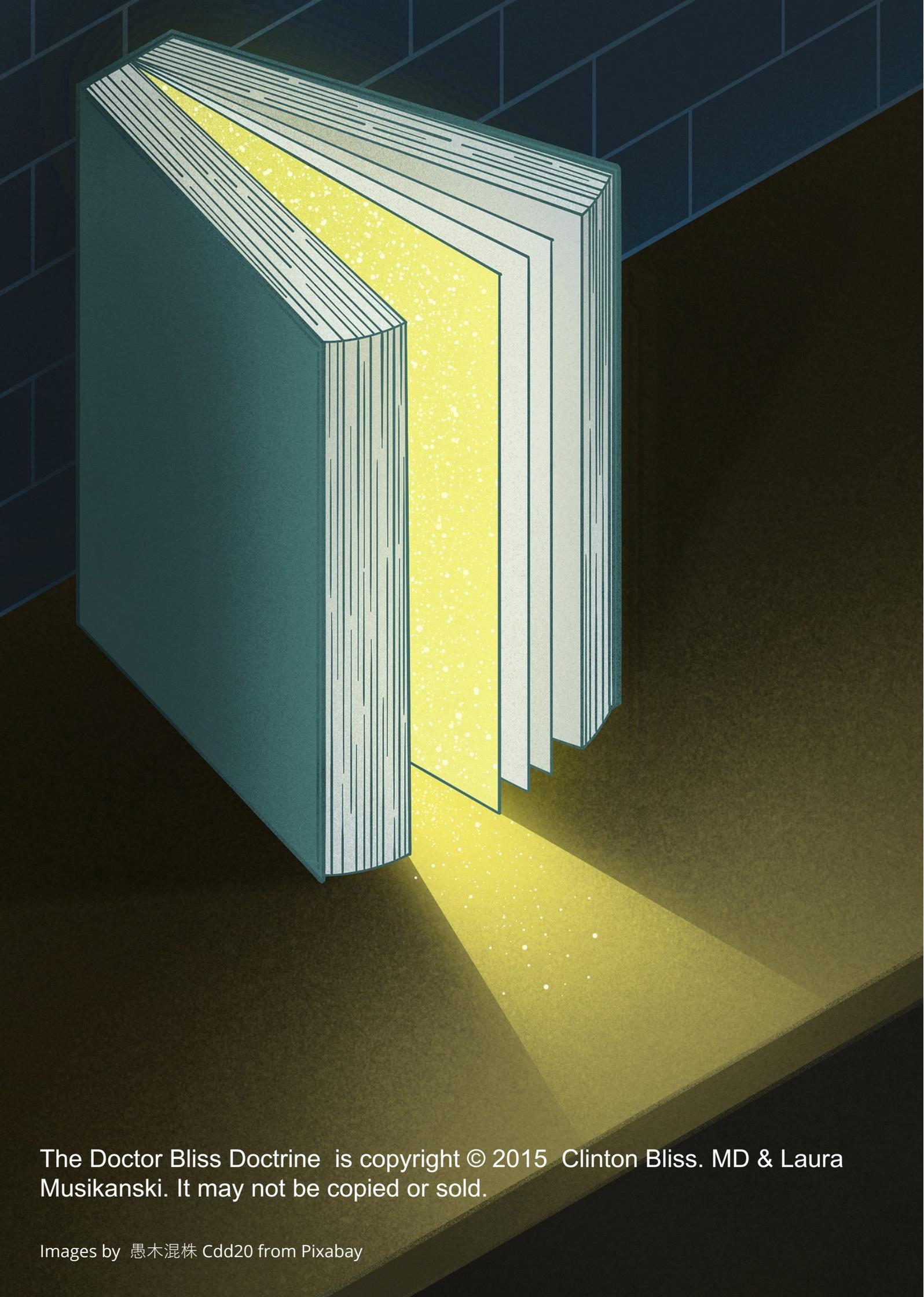


Once you have taken the time to feel, express and consider, you will know you are ready to act wisely with considered wise actions instead of reacting.





Dr. Clinton Bliss is a primary care and emergency medicine doctor with over 30 years experience. The Doctor Bliss Doctrine comes from his experience with patients from across the spectrums of life.



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