**Equity Journey Journal:** *A 6-month experience of doing the heart work*

The work of equity is often described as “heart work.” It is the practice of understanding ourselves and others better. This better understanding then leads to a better reality for everyone. It is also the work of moving into the uncomfortable on purpose─both by challenging one’s own thinking and by stepping into conversations and experiences that are unfamiliar. It is within the realm of the uncomfortable where new learning and insight emerges.   
  
Please join us on a 6-month journey of making connections, gathering resources, experiencing discomfort and changing practices. In June, we plan to develop a means of sharing what we have learned on our journeys. As with any task, the best learning happens when we are highly motivated…so pick and choose the parts that appeal to you most without the expectation that you need to do everything. Solidarity will emerge through the conversations and relationships that grow out of whatever work gets done.

**Feeling Words**At various times during the 6-month experience, attempt to identify your feelings.

**Feelings we experience when our needs are being met**

Accepted, Accountable, Acknowledged, Affectionate, Amazed, Amused, Appreciative, Blissful, Bold, Calm, Centered, Clear headed, Comfortable, Compassionate, Confident, Connected, Considered, Content, Creative, Curious, Daring, Delighted, Dignified, Ecstatic, Elated, Empowered, Encouraged, Energetic, Engaged, Enthralled, Enthusiastic, Exuberant, Fascinated, Fiery, Friendly, Fulfilled, Funny, Giddy, Glad, Grateful, Happy, Healthy, Honored, Hopeful, Interested, Inspired, Intrigued, Invigorated, Involved, Joyful, Jubilant, Kind, Loved, Mellow, Mesmerized, Moved, New, Open hearted, Optimistic, Orderly, Passionate, Peaceful, Powerful, Proud, Qualified, Quiet, Radiant, Ready, Refreshed, Rejuvenated, Relaxed, Renewed, Respected, Responsible, Rested, Restored, Safe, Secure, Serene, Strong, Surprised, Sympathetic, Tender, Tickled, Thankful, Thrilled, Trusting, Trustworthy, Unified, Vibrant, Warm, Welcomed

**Feelings we experience when our needs are not being met**

Afraid, Agitated, Aggravated, Alarmed, Alienated, Angry, Animosity, Annoyed, Apathetic, Appalled, Apprehensive, Artificial, Ashamed, Bitter, Blamed, Bored, Cheated, Cold, Concerned, Contempt, Cranky, Depressed, Despair, Detached, Devastated, Disappointed, Discombobulated, Disconnected, Disconcerted, Discouraged, Disgruntled, Disheartened, Distant, Distracted, Distraught, Distressed, Disturbed, Disgusted, Doubtful, Dread, Edgy, Embarrassed, Enraged, Exasperated, Fake, Fidgety, Flustered, Foreboding, Forlorn, Frantic, Frazzled, Frightened, Frustrated, Furious, Gloomy, Grief, Guilty, Heartbroken, Heavy hearted, Hopeless, Hurt, Incensed, Indifferent, Indignant, Impatient, Irate, Irked, Irritable, Irritated, Jealous, Jittery, Livid, Lonely, Nervous, Numb, Malicious, Melancholy, Miserable, Mistrustful, Mortified, Outraged, Overwhelmed, Panicked, Petrified, Pitiful, Rattled, Regretful, Remorseful, Resentful, Removed, Restless, Ripped Off, Sad, Scared, Shocked, Shy, Small, Startled, Suspicious, Tainted, Tense, Terrified, Timid, Troubled, Turbulent, Turmoil, Uncomfortable, Uneasy, Unhappy, Uninterested, Unsettled, Upset, Violated, Wary, Weathered, Withdrawn, Worried

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| **Feeling** | **Describe what experience or resource gave you this feeling** |
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**Reflection:**

* Did you experience more positive or negative feelings during this 6-month experience?
* What feeling allowed for the greatest growth? Explain.
* Did encountering negative feelings turn into a negative experience? Explain.