

Feelings List

| SAD | JOY | ANGRY | HARMONY |
|--------------|-----------------|------------------|------------------|
| Unhappy | Happy | Rage | High Joy |
| Depressed | Delighted | Frustration | Vibration |
| Empty | Complete | Blaming | Humorous |
| Lonely | Loved By Self | Hostile | Purposeful |
| Discouraged | Encouraged | Putting Up | Gentle |
| Hopeless | Hopeful | Walls | Dissolving Walls |
| Pity | Clarity | Revenge | Forgiveness |
| Disappointed | Trusting | Getting Even | Giving Love |
| Grief | Accepted | I'll Show You | I Accept You |
| Sorrow | Laughter | Furious | Vital |
| Broken Heart | Open Hearted | Resentment | Humble |
| Poor Me | Glowing | Irritated | Peace |
| Dark | Enlightened | Indignant | Relaxed |
| Negative | Positive | Self-Righteous | Satisfied |
| Apathetic | Empathy | Pride | Glorified |
| Guilty | Perfect As I Am | Stubborn | Flexible |
| Miserable | Unshaken | Inflexible | Adaptable |
| Shy | Outgoing | (Rather be right | (Rather be |
| Withdrawn | Exceptional | than Happy) | Happy than |
| Bored | Creative Energy | Separate | Right) |
| Alone | True to Myself | Better Than | Bonded |
| Lonely | Togetherness | Less Than | Equal |
| Alienated | Restored | Guilty | Deserving |
| Separate | Whole & | Annoyed | Wonderful |
| Don't Belong | Expanded | Furious | Elated |
| Don't Relate | I Belong | Irate | Invigorated |
| Isolated | I Relate | Pissed Off | Congruent |
| Rejected | Attuned to the | Condemnation | Energized |
| Choked Up | Light | Judging | Helpful |
| Discontented | Elevated | Despair | Celebrate Life |
| Shut Down | Restored | Pain | Self-Reliant |
| Repressed | Contented | Helpless | Calm |
| Stuck | Purified | Injured | In Control |
| Resistance | Blessed | Shock | Revitalized |
| Stored Pain | Free Flowing | Trauma | Eager |
| Remorse | Receptive | Agony | Lighthearted |
| | Understanding | Aching | Tolerant |
| | Worthy | Heartbroken | Balanced |
| | | | Empowered |

Feelings List Continued

| | | | |
|------------------|-------------------|-----------------|---------------------|
| AFRAID | SUCCESS | NEGATIVE | POSITIVE |
| Can't Cope | Life Manager | SELF | SELF |
| Worry | Faith in God | Confused | Clear Connections |
| Fear of Failure | Faith in Self | Guilty | Spiritual |
| Insecure | Secure | Pride | Self-Care |
| Can't Survive | Directed | Ego | Flowing With Life |
| Terror | Understanding | Stubborn | Flexible |
| Separation | Fulfilled | Inflexible | Tactful |
| Fear of Life | Love of Life | Unworthy | Worthy |
| Fear of Others | Love of Others | Undeserving | Deserving |
| Fear of Feelings | Love of Feelings | Punish Self | Pardoned |
| Helpless | Teachable | Punish Others | Release Others |
| Anxious | Preserving Calm | Stored Pain | Freedom |
| Frightened | Content | Self-Doubt | Self-Trust |
| Nervous | Rejoice in Change | Self-Hate | Self-Love |
| Petrified | Mature | Self-Abuse | Self-Importance |
| Paralyzed | Giving | Self-Rejection | Self-Acceptance |
| Shocked | Comprehending | Not Loving | Loving |
| Breathless | Breathing Deep | Can't Take In | Always Capable |
| Horrified | Lifted Up | Closed Minded | Open Minded |
| Immobilized | Moving Forward | Self-Sabotage | Faithful to Self |
| Can't Move | At Ease | Not Focused | Focused |
| Panic | Straight Forward | Ugly | Beautiful |
| Hysterical | Rational | Dirty | Pure |
| Scared | Resolute | Shame | Acceptance |
| Threatened | Dynamic | Bad | Perfect |
| Cautious | Safe | Despise Myself | Recognized |
| Not Safe | Protected | Not Fun | Full of Fun |
| Unprotected | Inspiration | Shoulds | Choice |
| Indecision | Powerful | Must | Get To |
| Powerless | | Need | Faith |
| | | Life is Hard | Life is Easy |
| HURT | SAFE | Regret | New Perspective |
| Victimized | Chosen | Remorse | Humorous About Life |
| Humiliated | Self-Soothing | | |
| Grief | Brave | | |
| Can't Speak Up | Can Speak Up | | |
| Stored Pain | Grateful | | |
| Burdened | Liberated | | |