

Feelings List

Sad

Unhappy
Depressed
Empty
Lonely
Discouraged
Hopeless
Pity
Disappointed
Grief
Sorrow
Broken Heart
Poor Me
Dark
Negative
Apathetic
Guilty
Miserable
Shy
Withdrawn
Bored
Alone
Lonely
Alienated
Separate
Don't Belong
Don't Relate
Isolated
Rejected
Choked Up
Discontented
Shut Down
Repressed
Stuck
Resistance
Stored Pain
Remorse

Joy

Happy
Delighted
Complete
Loved By Self
Encouraged
Hopeful
Clarity
Trusting
Accepted
Laughter
Open Hearted
Glowing
Enlightened
Positive
Empathy
Perfect As I Am
Unshaken
Outgoing
Exceptional
Creative Energy
True to Myself
Togetherness
Restored
Whole &
Expanded
I Belong
I Relate
Attuned to the
Light
Elevated
Restored
Contented
Purified
Blessed
Free Flowing
Receptive
Understanding
Worthy

Angry

Rage
Frustration
Blaming
Hostile
Putting Up
Walls
Revenge
Getting Even
I'll Show You
Furious
Resentment
Irritated
Indignant
Self-Righteous
Pride
Stubborn
Inflexible
(Rather be right
than Happy)
Separate
Better Than
Less Than
Guilty
Annoyed
Furious
Irate
Pissed Off
Condemnation
Judging
Despair
Pain
Helpless
Injured
Shock
Trauma
Agony
Aching
Heartbroken

Harmony

High Joy
Vibration
Humorous
Purposeful
Gentle
Dissolving Walls
Forgiveness
Giving Love
I Accept You
Vital
Humble
Peace
Relaxed
Satisfied
Glorified
Flexible
Adaptable
(Rather be
Happy than
Right)
Bonded
Equal
Deserving
Wonderful
Elated
Invigorated
Congruent
Energized
Helpful
Celebrate Life
Self-Reliant
Calm
In Control
Revitalized
Eager
Lighthearted
Tolerant
Balanced
Empowered



Feelings List

Afraid

Can't Cope
Worry
Fear of Failure
Insecure
Can't Survive
Terror
Separation
Fear of Life
Fear of Others
Fear of Feelings
Helpless
Anxious
Frightened
Nervous
Pettrified
Paralyzed
Shocked
Breathless
Horrified
Immobilized
Can't Move
Panic
Hysterical
Scared
Threatened
Cautious
Not Safe
Unprotected
Indecision
Powerless

Success

Life Manager
Faith in God
Faith in Self
Secure
Directed
Understanding
Fulfilled
Love of Life
Love of Others
Love of Feelings
Teachable
Preserving Calm
Content
Rejoice in Change
Mature
Giving
Comprehending
Breathing Deep
Lifted Up
Moving Forward
At Ease
Straight Forward
Rational
Resolute
Dynamic
Safe
Protected
Inspiration
Powerful

Negative Self

Confused
Guilty
Pride
Ego
Stubborn
Inflexible
Unworthy
Undeserving
Punish Self
Punish Others
Stored Pain
Self-Doubt
Self-Hate
Self-Abuse
Self-Rejection
Not Loving
Can't Take In
Closed Minded
Self-Sabotage
Not Focused
Ugly
Dirty
Shame
Bad
Despise Myself
Not Fun
Should
Must
Need
Life is Hard
Regret
Remorse

Positive Self

Clear Connections
Spiritual
Self-Care
Flowing With Life
Flexible
Tactful
Worthy
Deserving
Pardoned
Release Others
Freedom
Self-Trust
Self-Love
Self-Importance
Self-Acceptance
Loving
Always Capable
Open Minded
Faithful to Self-
Focused
Beautiful
Pure
Acceptance
Perfect
Recognized
Full of Fun
Choice
Get To
Faith
Life is Easy
New Perspective
Humorous About Life

Hurt

Victimized
Humiliated
Grief
Can't Speak Up
Stored Pain
Burdened

Safe

Chosen
Self-Soothing
Brave
Can Speak Up
Grateful
Liberated

