

## Emotions List

# Question 3: How do you react, what happens, when you believe that thought?

| ANGRY      |               | DEPRESSED     |             | CONFUSED      | HELPLESS      | INDIFFERENT  | AFRAID      | HURT         | SAD         | JUDGMENTAL    |              |
|------------|---------------|---------------|-------------|---------------|---------------|--------------|-------------|--------------|-------------|---------------|--------------|
| enraged    | mad           | suicidal      | pessimistic | lost          | paralyzed     | cold         | terrified   | insecure     | tormented   | anguished     | stony        |
| malicious  | cross         | directionless | dejected    | disoriented   | distraught    | lifeless     | petrified   | wary         | pained      | desolate      | hurtful      |
| infuriated | retaliating   | empty         | glum        | off-kilter    | doomed        | uncaring     | panicked    | menaced      | tortured    | devastated    | brutal       |
| violent    | overbearing   | desperate     | cheerless   | frenzied      | distressed    | uninterested | frozen      | uptight      | agonized    | grieved       | combative    |
| vindictive | incensed      | despairing    | rotten      | indecisive    | pathetic      | unresponsive | threatened  | apprehensive | crushed     | tearful       | attacked     |
| furious    | upset         | in hell       | crabby      | doubtful      | overwhelmed   | insensitive  | hateful     | defensive    | deprived    | sorrowful     | tactless     |
| repulsed   | irritated     | alienated     | resistant   | uncertain     | shut down     | numb         | agoraphobic | guarded      | rejected    | unhappy       | glaring      |
| seething   | controlling   | miserable     | punishing   | distrustful   | incompetent   | dull         | fearful     | troubled     | humiliated  | lonely        | disgusted    |
| scornful   | agitated      | masochistic   | morose      | misgiving     | incapable     | reserved     | suspicious  | self-        | insulted    | mournful      | ranting      |
| hitting    | antagonistic  | despicable    | cranky      | unsure        | alone         | weary        | rigid       | absorbed     | injured     | dismayed      | scolding     |
| yelling    | reprimanding  | self-hating   | grumpy      | uneasy        | fatigued      | bored        | phobic      | intolerant   | offended    | downhearted   | obsessive    |
| revengeful | envious       | self-critical | burdened    | tense         | useless       | preoccupied  | disturbed   | avoiding     | afflicted   | oversensitive | serious      |
| hostile    | reactive      | self-         | negative    | stressed      | inferior      | robotic      | disrupted   | unwelcoming  | aching      | remorseful    | stern        |
| insulting  | abrupt        | deprecating   | closed      | argumentative | vulnerable    | slow         | anxious     | unbending    | victimized  | sullen        | frowning     |
| swearing   | quarrelsome   | stuck         | contracted  | authoritative | inept         | sluggish     | alarmed     | paranoid     | heartbroken | sour          | recoiling    |
| condemning | stubborn      | ashamed       | tight       | condescending | incapacitated | blasé        | dreading    | inhibited    | appalled    | self-         | unfair       |
| offensive  | rebellious    | exhausted     | blocked     | embarrassed   | cut off       | blank        | attacking   | immobile     | wronged     | castigating   | bossy        |
| aggressive | exasperated   | lousy         | moody       | hesitant      | trapped       |              | intimidated | attached     | withdrawn   | unworthy      | stilted      |
| bitter     | impatient     | tired         | out of      | shy           | weak          |              | nervous     | prejudiced   | miffed      | fragile       | stiff        |
| loud       | contrary      | despondent    | sorts       | disillusioned | sick          |              | scared      | self-        | indignant   | disconnected  | pushy        |
| sarcastic  | disrespectful | disheartened  | no energy   | uncomfortable | nauseated     |              | worried     | conscious    | suffering   | blindsided    | neglectful   |
| frustrated | unpleasant    | down          | touchy      | comparing     | fidgety       |              | frightened  |              | distant     | discontented  | stonewalling |
| resentful  | annoyed       | disappointed  | haggard     | dishonest     | trembling     |              | timid       |              | invaded     | crying        | rude         |
| critical   | dictatorial   | discouraged   | drawn       | demanding     | craving       |              | shaky       |              | bulldozed   | groaning      | shrill       |
| mean       | sharp         | powerless     | slumped     | distracted    | squirming     |              | restless    |              | bullied     | moaning       | hard         |
| sadistic   | snapping      | hopeless      | slouching   | blushing      | jittery       |              | cowardly    |              | secretive   | forlorn       | fake         |
| spiteful   |               | grouchy       | achy        | awkward       | woozy         |              |             |              | slighted    |               | phony        |
| jealous    |               | guilty        | self-       | conflicted    | compulsive    |              |             |              | smothered   |               | shallow      |
| short-     |               | dissatisfied  | loathing    |               |               |              |             |              | belittled   |               | territorial  |
| tempered   |               | sulky         | crummy      |               |               |              |             |              |             |               | complaining  |
|            |               | low           | wretched    |               |               |              |             |              |             |               | blunt        |
|            |               | bad           |             |               |               |              |             |              |             |               | arrogant     |
|            |               | bummed out    |             |               |               |              |             |              |             |               | superior     |
|            |               |               |             |               |               |              |             |              |             |               | faultfinding |

## Question 4: Who would you be without the thought?

| OPEN          | LOVING        | HAPPY               | INTERESTED  | ALIVE         | POSITIVE      | PEACEFUL        | STRONG         | RELAXED         |
|---------------|---------------|---------------------|-------------|---------------|---------------|-----------------|----------------|-----------------|
| free          | devoted       | blissful            | fascinated  | playful       | inspired      | calm            | hardy          | glowing         |
| interested    | passionate    | joyous              | intrigued   | courageous    | enthusiastic  | content         | secure         | radiant         |
| receptive     | considerate   | delighted           | absorbed    | energetic     | bold          | quiet           | stable         | beaming         |
| accepting     | affectionate  | overjoyed           | amazed      | liberated     | brave         | certain         | honest         | reflective      |
| kind          | sensitive     | gleeful             | engrossed   | exhilarated   | daring        | relaxed         | reliable       | smiling         |
| harmonious    | tender        | elated              | inquisitive | optimistic    | hopeful       | serene          | sure           | grounded        |
| empathetic    | attracted     | jubilant            | curious     | frisky        | exuberant     | good            | certain        | unhurried       |
| tolerant      | admiring      | euphoric            | involved    | animated      | in the zone   | at ease         | dynamic        | open-minded     |
| understanding | warm          | thankful            | attentive   | spirited      | eager         | comfortable     | tenacious      | efficient       |
| easy          | touched       | festive             | observant   | thrilled      | keen          | pleased         | composed       | non-controlling |
| connected     | close         | ecstatic            | amused      | wonderful     | earnest       | encouraged      | self-affirming | unassuming      |
| sympathetic   | loved         | satisfied           | thoughtful  | funny         | upbeat        | surprised       | truthful       | trusting        |
| friendly      | sweet         | glad                | courteous   | great         | creative      | bright          | supportive     | supported       |
| approachable  | gentle        | cheerful            | intent      | giving        | constructive  | blessed         | excellent      | light           |
| outgoing      | compassionate | sunny               | focused     | sharing       | helpful       | assured         | perseverant    | spontaneous     |
| flowing       | caring        | joyful              |             | intelligent   | resourceful   | clear           | responsible    | aware           |
| flexible      | allowing      | fun-loving          |             | equal         | motivated     | balanced        | energized      | healthy         |
| present       | nonjudgmental | lighthearted        |             | excited       | cooperative   | fine            | sane           | meditative      |
| listening     | appreciative  | easygoing           |             | enjoying      | productive    | okay            | complete       | still           |
| welcoming     | respectful    | mellow              |             | communicative | responsive    | carefree        | mature         | rested          |
| embracing     | humble        | happy-go-lucky      |             | active        | conscientious | adequate        | solid          | waiting         |
|               | gracious      | glorious            |             | spunky        | approving     | fulfilled       | confident      | laughing        |
|               | patient       | innocent            |             | youthful      | honored       | genuine         |                | graceful        |
|               | honoring      | child-like          |             | vigorous      | privileged    | authentic       |                | natural         |
|               | expansive     | gratified           |             | tickled       | adaptable     | beautiful       |                | steady          |
|               | kindly        | rapturous           |             | engaged       |               | forgiving       |                | centered        |
|               | grateful      | in good humor       |             |               |               | sincere         |                | placid          |
|               |               | in heaven           |             |               |               | uplifted        |                |                 |
|               |               | on top of the world |             |               |               | unburdened      |                |                 |
|               |               |                     |             |               |               | self-sufficient |                |                 |

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