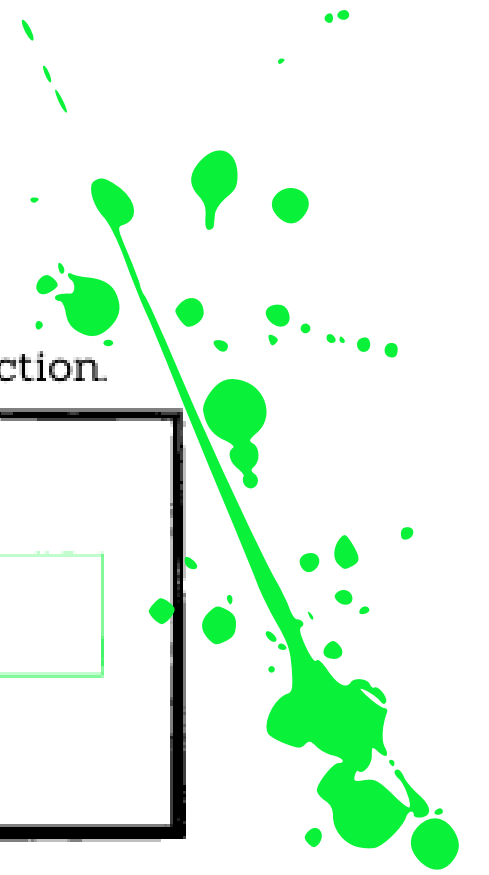




FEELINGS CHART



FEELING:

A vibration or energy in your body that can be named/described; awareness of something in or on your body; emotional state or reaction.

JOYFUL

Excited — Daring
Energetic — Stimulated
Sensuous — Fascinated
Cheerful — Amused
Creative — Playful
Hopeful — Optimistic

Hurt — Distant
Hostile — Sarcastic
Angry — Frustrated
Selfish — Jealous
Irritated — Hateful
Critical — Judgmental

MAD

THOUGHT:

A statement in your mind, your inner voice or critic. A product of the mental activity in your mind.

POWERFUL

Faithful — Confident
Important — Discerning
Valuable — Appreciated
Worthy — Respected
Proud — Successful
Aware — Amazed

Confused — Bewildered
Rejected — Discouraged
Helpless — Insignificant
Unworthy — Submissive
Insecure — Embarrassed
Anxious — Overwhelmed

SCARED

BELIEF:

Positive or negative program(s) based on your experiences, internal perception or opinion. The story you are telling yourself.

PEACEFUL

Content — Relaxed
Reflective — Thoughtful
Intimate — Responsive
Loving — Serene
Trusting — Secure
Nurturing — Thankful

Sleepy — Tired
Apathetic — Bored
Isolated — Lonely
Inferior — Depressed
Stupid — Ashamed
Guilty — Remorseful

SAD