

INITIAL FEELINGS

**step
one:
initial
feelings**

attacked	rejected / estranged	taken advantage of
belittled	alienated	abused
blamed	abandoned	boxed in
cheated	betrayed	bullied
cornered	discounted	caged
criticized	disappointed	coerced
diminished	distrusted	manipulated
disliked	left out	overworked
dumped on	let down	ripped off
harassed	humiliated	taken for granted
hassled	ignored	tricked
insulted	invisible	used
interrupted	isolated	
intimidated	mistrusted	
invalidated	misunderstood	
overpowered	neglected	
patronized	put down	
pressured	rejected	
provoked	unappreciated	
smothered	unheard	
threatened	unloved	
trampled	unseen	
violated	unsupported	
wronged	unwanted	
victimized		

FEELINGS

step two: underlying feelings

tense
mad
angry
nervous
scared
afraid
impatient
desperate
disgruntled
frustrated
irritable
edgy
grouchy
agitated
suspicious
conflicted
exasperated
disgusted
bitter
furious
enraged
violent
bitter
hostile

dispirited
sad
heavy
troubled
pained
troubled
hurt
heart-broken
heavy-hearted
discouraged
depressed
helpless
worried
exhausted
lonely
gloomy
disheartened
despairing
sorrowful
mourning
miserable
melancholy
pessimistic
frustrated

disengaged
emotionless
unsure
unclear
reluctant
detached
withdrawn
indifferent
disinterested
uncaring
passive
confused
at a loss
perplexed
apathetic
hesitant
distant
animosity
bored
weary
tired
listless
numb
drained

step three: how you would like to feel

peaceful
relaxed
open
at ease
safe
calm
patient
optimistic
present
serene
quiet
kind
warm
trusting
open-hearted
free
assured
carefree
gentle
balanced
whole
satisfied
relieved
fulfilled

uplifted
happy
excited
hopeful
joyful
empowered
optimistic
elation
delighted
inspired
proud
ecstatic
wonderful
encouraged
euphoric
cheerful
light
upbeat
playful
invigorated
refreshed
alive
lively
bouyant

engaged
loving
interested
enthusiastic
understanding
wonder
surprised
fascinated
involved
friendly
inquisitive
adventurous
curious
absorbed
grateful
confident
intense
aroused
caring
affectionate
tender
thankful
mischievous
reminiscent