

NEGATIVE LIST

ANGRY		DEPRESSED		CONFUSED	HELPLESS	INDIFFERENT	AFRAID		HURT
Infuriated		Empty	pessimistic	Disoriented	Distraught	Lifeless	petrified	Insecure	tortured
violent		Suicidal	dejected	Indecisive	Doomed	uncaring	panicked	wary	tormented
vindictive	Mad	Desperate	glum	Doubtful	Distressed	uninterested	frozen	menaced	agonized
furious	Cross	alienated	cheerless	Uncertain	pathetic	unresponsive	threatened	uptight	crushed
repulsed	Upset	miserable	resistant	distrustful	overwhelmed	insensitive	hateful		deprived
scornful	irritated	despicable	punishing	unsure	incompetent	numb	fearful	apprehensive	rejected
revengeful	agitated	self-hating	morose	uneasy	incapable	dull	suspicious	defensive	humiliated
hostile	reprimandin	self-critical	grumpy	tense	useless	reserved	rigid	guarded	insulted
insulting	g	stuck	burdened	stressed	inferior	weary	phobic	troubled	injured
offensive	envious	ashamed	negative	authoritative	vulnerable	bored	disturbed	selfabsorbed	offended
aggressive	reactive	exhausted	closed		cut off	preoccupied	disrupted	intolerant	afflicted
bitter	abrupt	tired	tight	condescendi	trapped	sluggish	anxious	avoiding	aching
sarcastic	quarrelsome	disheartened	moody	ng	weak	blasé	alarmed	unwelcoming	victimized
frustrated	stubborn	down	touchy	embarrassed	sick	blank	dreading	unbending	heartbroken
resentful	rebellious	disappointed	haggard	hesitant	fidgety		attacking	paranoid	appalled
critical	exasperated	discouraged	selfloathing	shy	trembling		intimidated	inhibited	wronged
mean	impatient	powerless	wretched	disillusioned	craving		nervous	immobile	withdrawn
spiteful	disrespectful	hopeless		uncomfortabl	compulsive		scared	attached	indignant
jealous	unpleasant	guilty		e			worried	prejudiced	suffering
short-	annoyed	dissatisfied		dishonest			frightened	self-	distant
tempered	dictatorial	low		demanding			timid	conscious	invaded
	sharp			distracted			shaky		bullied
				blushing			restless		secretive
				awkward			cowardly		slighted
				conflicted					belittled

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

