-		A ATTOWN TO		
Emo	tions	Tho	ughts	List

APATHY	GRIEF	FEAR	LUST	ANGER	PRIDE	COURAGEOUSNE
Bored	Abandoned	Anxious	Abandon	Abrasive	Above reproach	Adventurous
Can't win	Abused	Apprehensive	Anticipation	Aggressive	Aloof	Alert
old	Accused	Cautious	Callous	Annoyed	Arrogant	Alive
utoff	Anguished	Clammy	Can't wait	Argumentative	Bigoted	Assured
ead	Ashamed	Cowardice	Compulsive	Belligerent	Boastful	Aware
efeated	Betrayed	Defensive	Craving ¹	Boiling	Bored	Centered
epressed	Blue	Distrust	Demanding	Brooding	Clever	Certain
emoralized	Cheated	Doubt	Devious	Caustic	Closed	Cheerful
esolate	Despair	Dread	Driven	Defiant	Complacent	Clarity
espair	Disappointed	Embarrassed	Envy	Demanding	Conceited	Compassion
iscouraged	Distraught	Evasive	Exploitative	Destructive	Contemptuous	Competent
isillusioned	Embarrassed	Foreboding	Fixated		Cool	
				Disgust		Confident
oomed	Forgotten	Frantic	Frenzy	Explosive	Critical	Creative
rained	Guilty	Hesitant	Frustrated	Fierce	Disdain	Daring
ailure	Heartbroken	Horrified	Gluttonous	Frustrated	Dogmatic	Decisive
orgetful	Heartache	Hysterical	Greedy	Fuming	False dignity	Dynamic
utile	Heartsick	Inhibited	Hoarding	Furious	False humility	Eager
iving up	Helpless	Insecure	Hunger	Harsh	False virtue	Enthusiastic
ardened	Hurt	Irrational	I want	Hatred	Gloating	Exhilaration
opeless	If only	Nausea	Impatient	Hostility	Haughty	Explorative
umorless	Ignored	Nervous	Lascivious	Impatience	Holier than thou	Flexible
can't	Inadequate	Panic	Lecherous	Indignant	Hypocritical	Focused
don't care	Inconsolable	Paralyzed	Manipulative	Irate	lcy	Giving
don't count	It's not fair	Paranoid	Miserly	Jealous	Isolated	Happy
attentive	Left out	Scared	Must have it	Livid	Judgmental	Honorable
decisive	Longing	Secretive	Never enough	Mad	Know-it-all	Humor
different	Loss	Shaky	Never satisfied	Mean	Narrow-minded	I can
visible	Melancholy	Shy	Oblivious	Merciless	Never wrong	Independent
's too late	Misunderstood	Skeptical	Obsessed	Murderous	Opinionated	Initiative
azy	Mourning	Stagefright	Overindulgent	Outraged	Overbearing	Integrity
et it wait	Neglected	Superstitious	Possessive	Petulant	Patronizing	Invincible
istless	Nobody cares	Suspicious	Predatory	Pushy	Pious	Loving
oser	Nobody loves me	Tense	Pushy	Rage	Prejudiced	Lucid
ost	Nostalgia	Terrified	Reckless	Rebellious	Presumptuous	Motivated
	•		Ruthless		The state of the s	
egative	Passed over	Threatened		Resentment	Righteous	Nonresistant
umb	Pity	Timid	Scheming	Resistant	Rigid	Open
verwhelmed	Poor me	Trapped	Selfish	Revolted	Self absorbed	Optimistic
owerless	Regret	Uncertain	Voracious	Rude	Self satisfied	Perspective
esigned	Rejected	Uneasy	Wanton	Savage	Selfish	Positive
hock	Remorse	Vulnerable	Wicked	Simmering	Smug	Purposeful
paced out	Sadness	Want to escape		Sizzling	Snobbish	Receptive
toned	Sorrow	Wary		Smoldering	Special	Resilient
tuck	Tearful	Worry		Spiteful	Spoiled	Resourceful
oo tired	Tormented			Steely	Stoic	Responsive
nfeeling	Torn			Stern	Stubborn	Secure
nfocused	Tortured			Stewing	Stuck-up	Self-sufficient
seless	Unhappy			Stubborn	Superior	Sharp
ague	Unloved			Sullen	Uncompromising	Spontaneous
asted	Unwanted			Vengeful	Unfeeling	Strong
hat's the use	Vulnerable			Vicious	Unforgiving	Supportive
hy try?	Why me?			Violent	Unyielding	Tireless
orthless	Wounded			Volcanic	Vain	Vigorous
OI II II COO	Woulded			Wicked	Valil	· ·
				vvickeu		Visionary

ACCEPTANCE PEACE Abundance Ageless **Appreciative Awareness** Balance Being Beautiful Boundless Belonging Calm Childlike Centered Compassion Complete Considerate Eternal Free **Fulfilled Embracing** Glowing **Empathy** Light **Enriched** Oneness Everything's okay Perfection Friendly Pure Fullness Quiet Serenity Glowing Space Gracious Still Harmonious **Timeless** Harmony Tranquillity Unlimited Intuitive Whole Magnanimous

Delight

Elated

Gentle

In tune

Joyful Loving

Mellow **Naturalness** Nothing to change

Open Playful Radiant Receptive Secure Soft Tender Understanding Warm Well-being Wonder