

My Unpleasant or Difficult Feelings

| EMOTION ("I Feel...") | | BELIEF/THOUGHT/WHAT I TELL MYSELF ("I'm telling myself...") | | |
|--|---|---|--|--|
| <input type="checkbox"/> Unloved <input type="checkbox"/> Abandoned <input type="checkbox"/> Cut off <input type="checkbox"/> Defeated <input type="checkbox"/> Discouraged <input type="checkbox"/> Empty <input type="checkbox"/> Insecure <input type="checkbox"/> Lifeless <input type="checkbox"/> Listless | <input type="checkbox"/> Lonely <input type="checkbox"/> Numb <input type="checkbox"/> Rejected <input type="checkbox"/> Resigned <input type="checkbox"/> Unimportant <input type="checkbox"/> Useless <input type="checkbox"/> Vulnerable <input type="checkbox"/> Weak <input type="checkbox"/> Worthless | <input type="checkbox"/> "I can't" <input type="checkbox"/> "I can't win" <input type="checkbox"/> "I don't care anymore" <input type="checkbox"/> "I don't count" <input type="checkbox"/> "I don't know how" <input type="checkbox"/> "I don't matter" <input type="checkbox"/> "I give up" <input type="checkbox"/> "I'm doomed" <input type="checkbox"/> "How could you..." | <input type="checkbox"/> "I'm useless" <input type="checkbox"/> "I'm worthless" <input type="checkbox"/> "I'm not good enough for you" <input type="checkbox"/> "You don't love me" <input type="checkbox"/> "Nobody loves me" <input type="checkbox"/> "You don't care" <input type="checkbox"/> "Nobody cares" <input type="checkbox"/> "You don't want me" <input type="checkbox"/> "I'm not needed anymore" | <input type="checkbox"/> "Nobody wants me" <input type="checkbox"/> "I'll never love again" <input type="checkbox"/> "What's wrong with me" <input type="checkbox"/> "I might as well die" <input type="checkbox"/> "I'll never..." <input type="checkbox"/> "I'm not good enough" <input type="checkbox"/> "I'll just leave" <input type="checkbox"/> "Don't touch me" <input type="checkbox"/> Other (on back) |
| <input type="checkbox"/> Insufficient <input type="checkbox"/> Bored <input type="checkbox"/> Disappointed <input type="checkbox"/> Dissatisfied <input type="checkbox"/> Disheartened <input type="checkbox"/> Dismayed <input type="checkbox"/> Disillusioned <input type="checkbox"/> Doubtful <input type="checkbox"/> Failure <input type="checkbox"/> Frustrated <input type="checkbox"/> Gloomy <input type="checkbox"/> Grief <input type="checkbox"/> Helpless | <input type="checkbox"/> Hopeless <input type="checkbox"/> Inadequate <input type="checkbox"/> Indecisive <input type="checkbox"/> Inferior <input type="checkbox"/> A loss <input type="checkbox"/> Pessimistic <input type="checkbox"/> Powerless <input type="checkbox"/> Regretful <input type="checkbox"/> Sad <input type="checkbox"/> Unhappy <input type="checkbox"/> Unmotivated <input type="checkbox"/> Weary | <input type="checkbox"/> "It'll never work" <input type="checkbox"/> "It's a dead end" <input type="checkbox"/> "It's too hard" <input type="checkbox"/> "Let it wait" <input type="checkbox"/> "Poor me" <input type="checkbox"/> "Why bother" <input type="checkbox"/> "No way out" <input type="checkbox"/> "No use, why try" <input type="checkbox"/> "What's the use" <input type="checkbox"/> "Why try anymore" <input type="checkbox"/> "What if I fail?" <input type="checkbox"/> "I can't do it right" <input type="checkbox"/> "I can't do it myself" | <input type="checkbox"/> "I can't live without you" <input type="checkbox"/> "There's nothing to live for anymore" <input type="checkbox"/> "What's the point of living" <input type="checkbox"/> "No way, forget about it" <input type="checkbox"/> "I'll do it tomorrow" <input type="checkbox"/> "I might as well give up" <input type="checkbox"/> "I've come to the end" <input type="checkbox"/> "I've lost everything" <input type="checkbox"/> "I'll never get it right" <input type="checkbox"/> "I can't do anything about it" <input type="checkbox"/> "It's all over for me" | <input type="checkbox"/> "It's over" <input type="checkbox"/> "I'm so stupid" <input type="checkbox"/> "It's not fair" <input type="checkbox"/> "Why me?" <input type="checkbox"/> "I'm a victim" <input type="checkbox"/> "I'm a failure" <input type="checkbox"/> "It's no use" <input type="checkbox"/> "It's too late" <input type="checkbox"/> "I'll never recover" <input type="checkbox"/> "Nothing works" <input type="checkbox"/> Other (on back) |
| <input type="checkbox"/> Guilty <input type="checkbox"/> Ashamed <input type="checkbox"/> Embarrassed <input type="checkbox"/> Regret <input type="checkbox"/> Shame <input type="checkbox"/> Sorrow | | <input type="checkbox"/> "I could never show my face" <input type="checkbox"/> "Why did I do that" <input type="checkbox"/> "How could I do that" <input type="checkbox"/> "I'm terrible" <input type="checkbox"/> "I'm awful" <input type="checkbox"/> "I'm not worth living" <input type="checkbox"/> "I'm in hot water now" <input type="checkbox"/> "I should..." | <input type="checkbox"/> "I'm such a bad person" <input type="checkbox"/> "You might as well hang me" <input type="checkbox"/> "How could I do such a thing" <input type="checkbox"/> "I'm a sorry example of a human being" <input type="checkbox"/> "If you ever found out..." <input type="checkbox"/> "You'll never forgive me" <input type="checkbox"/> "There must be something wrong with me" | <input type="checkbox"/> "I'm so sorry" <input type="checkbox"/> "I'm so bad" <input type="checkbox"/> "I could be in a lot of trouble" <input type="checkbox"/> "Why would anyone want to be with me" <input type="checkbox"/> "I'm defective" <input type="checkbox"/> Other (on back) |
| <input type="checkbox"/> Afraid <input type="checkbox"/> Alarmed <input type="checkbox"/> Anxious <input type="checkbox"/> Apprehensive <input type="checkbox"/> Cautious <input type="checkbox"/> Desperate <input type="checkbox"/> Disturbed <input type="checkbox"/> Dread <input type="checkbox"/> Exposed <input type="checkbox"/> Frantic <input type="checkbox"/> Vulnerable <input type="checkbox"/> Worried | <input type="checkbox"/> Intimidated <input type="checkbox"/> Nervous <input type="checkbox"/> Panicky <input type="checkbox"/> Paralyzed <input type="checkbox"/> Restless <input type="checkbox"/> Rushed <input type="checkbox"/> Scared <input type="checkbox"/> Suspicious <input type="checkbox"/> Terrified <input type="checkbox"/> Threatened <input type="checkbox"/> Trapped | <input type="checkbox"/> "Crisis after crisis!" <input type="checkbox"/> "I don't want it to change" <input type="checkbox"/> "I have to get you before you get me" <input type="checkbox"/> "I'm not OK" <input type="checkbox"/> "I'm not enough" <input type="checkbox"/> "I'm not safe" <input type="checkbox"/> "I'm trapped, there is no way out" <input type="checkbox"/> "What if _____" <input type="checkbox"/> "What if I fail" <input type="checkbox"/> "It's not safe" | <input type="checkbox"/> "I've got to hide, disaster is looming" <input type="checkbox"/> "I can't let you find me out" <input type="checkbox"/> "I have to get it right or you will kill me" <input type="checkbox"/> "It is safer to stay still and not take any chances" <input type="checkbox"/> "I'm confused and I don't know what to do, so I better not do anything" <input type="checkbox"/> "What if you don't like me" <input type="checkbox"/> "What if I make a fool of myself" <input type="checkbox"/> "What will they think of me" | <input type="checkbox"/> "What if I get fired" <input type="checkbox"/> "What if I get into trouble" <input type="checkbox"/> "You're out to get me" <input type="checkbox"/> "What will you think of me" <input type="checkbox"/> "It's closing in around me" <input type="checkbox"/> "I'm so confused" <input type="checkbox"/> "It's so confusing that I just can't move" <input type="checkbox"/> "What if I make a mistake" |
| <input type="checkbox"/> Confused <input type="checkbox"/> Bewildered <input type="checkbox"/> Disillusioned <input type="checkbox"/> Disoriented <input type="checkbox"/> Distrustful <input type="checkbox"/> Doubtful <input type="checkbox"/> Dumbfounded | <input type="checkbox"/> Lost <input type="checkbox"/> Mixed up <input type="checkbox"/> Perplexed <input type="checkbox"/> Pessimistic <input type="checkbox"/> Shy <input type="checkbox"/> Uncertain <input type="checkbox"/> Unsure | <input type="checkbox"/> "What is happening to me" <input type="checkbox"/> "Why is this happening to me" <input type="checkbox"/> "This is not the way I thought it would be" <input type="checkbox"/> "I can't trust anyone" <input type="checkbox"/> "I'll never work it out" | <input type="checkbox"/> "It's the same thing over and over" <input type="checkbox"/> "Why did she do that" <input type="checkbox"/> "Why did he do that" <input type="checkbox"/> "What is going on" <input type="checkbox"/> "How can this be happening" <input type="checkbox"/> "Is this what I have to look forward to?" | <input type="checkbox"/> "I thought it was going to be different" <input type="checkbox"/> "It'll never work out" |

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| <p><input type="checkbox"/> Self-Centered</p> <p><input type="checkbox"/> Aloof <input type="checkbox"/> Arrogant <input type="checkbox"/> Blaming <input type="checkbox"/> Distant <input type="checkbox"/> Dominating <input type="checkbox"/> Demanding <input type="checkbox"/> Haughty <input type="checkbox"/> Moralistic <input type="checkbox"/> Proud <input type="checkbox"/> Reserved</p> <p><input type="checkbox"/> Separative <input type="checkbox"/> Serious <input type="checkbox"/> Uncaring <input type="checkbox"/> Unconcerned</p> | <p><input type="checkbox"/> "I'll just reject!" <input type="checkbox"/> "How dare you!" <input type="checkbox"/> "I knew that" <input type="checkbox"/> "I know everything" <input type="checkbox"/> "I won't associate with those kind of people" <input type="checkbox"/> "I'm better than all of you" <input type="checkbox"/> "I'm better than you" <input type="checkbox"/> "I'm in a better place than all of you" <input type="checkbox"/> "I'm not like you" <input type="checkbox"/> "I'm right" <input type="checkbox"/> "I'm smarter than you"</p> | <p><input type="checkbox"/> "I'll look like I'm agreeing and do it my way" <input type="checkbox"/> "I'm too busy with important matters to have time for you" <input type="checkbox"/> "I'm the only one who can do it right" <input type="checkbox"/> "What's wrong with you!" <input type="checkbox"/> "Who do they think they are!" <input type="checkbox"/> "Who do you think you are!" <input type="checkbox"/> "Why is everyone so incompetent?" <input type="checkbox"/> "You don't belong" <input type="checkbox"/> "You need me to get it done" <input type="checkbox"/> "You poor bastard" <input type="checkbox"/> "You need me"</p> | <p><input type="checkbox"/> "I'm the only one who can get it done" <input type="checkbox"/> "I'm the savior/hero" <input type="checkbox"/> "It's your fault" <input type="checkbox"/> "Maybe I will and maybe I won't" <input type="checkbox"/> "My way is the only way" <input type="checkbox"/> "What do <i>you</i> know" <input type="checkbox"/> Other (on back)</p> |
| <p><input type="checkbox"/> Craving</p> <p><input type="checkbox"/> Controlling <input type="checkbox"/> Displeased <input type="checkbox"/> Demanding <input type="checkbox"/> Envious <input type="checkbox"/> Greedy <input type="checkbox"/> Hungry <input type="checkbox"/> Impatient <input type="checkbox"/> Jealous</p> <p><input type="checkbox"/> Longing</p> | <p><input type="checkbox"/> "I want _____" <input type="checkbox"/> "Do it my way" <input type="checkbox"/> "Don't stop" <input type="checkbox"/> "How can I get it" <input type="checkbox"/> "I can't wait" <input type="checkbox"/> "I have to _____" <input type="checkbox"/> "I like it this way" <input type="checkbox"/> "I must do it my way" <input type="checkbox"/> "I must have it"</p> | <p><input type="checkbox"/> "I must know" <input type="checkbox"/> "I must figure it out" <input type="checkbox"/> "I must understand" <input type="checkbox"/> "I'm not satisfied" <input type="checkbox"/> "It feels so good" <input type="checkbox"/> "There won't be enough" <input type="checkbox"/> "There isn't enough for me" <input type="checkbox"/> "I want excitement" <input type="checkbox"/> "I need _____"</p> | <p><input type="checkbox"/> "I want it all" <input type="checkbox"/> "I want it now!" <input type="checkbox"/> "Look at me" <input type="checkbox"/> "Me, me, me" <input type="checkbox"/> "I need you" <input type="checkbox"/> "I need them" <input type="checkbox"/> "I'm starving" <input type="checkbox"/> "I want more" <input type="checkbox"/> Other (on back)</p> |
| <p><input type="checkbox"/> Angry</p> <p><input type="checkbox"/> Annoyed <input type="checkbox"/> Bitter <input type="checkbox"/> Disgusted <input type="checkbox"/> Exasperated <input type="checkbox"/> Furious <input type="checkbox"/> Hate <input type="checkbox"/> Incensed <input type="checkbox"/> Indignant <input type="checkbox"/> Irritated <input type="checkbox"/> Livid <input type="checkbox"/> Mad</p> <p><input type="checkbox"/> Outraged <input type="checkbox"/> Resentful <input type="checkbox"/> Spiteful <input type="checkbox"/> Upset <input type="checkbox"/> Violent <input type="checkbox"/> Vengeful <input type="checkbox"/> Vindictive <input type="checkbox"/> Other_____</p> | <p><input type="checkbox"/> "Drop dead!" <input type="checkbox"/> "F--- off!" <input type="checkbox"/> "F--- you!" <input type="checkbox"/> "Fat chance!" <input type="checkbox"/> "I'll get even!" <input type="checkbox"/> "I'll get you!" <input type="checkbox"/> "I'll get them" <input type="checkbox"/> "I'll kill you!" <input type="checkbox"/> "I'll never give in" <input type="checkbox"/> "Not a chance" <input type="checkbox"/> "Not on your life!" <input type="checkbox"/> "Now you'll pay!" <input type="checkbox"/> "I hate you!"</p> | <p><input type="checkbox"/> "Do it my way or else!" <input type="checkbox"/> "Don't even think of it!" <input type="checkbox"/> "You can't push me around!" <input type="checkbox"/> "Don't tell ME what to do!" <input type="checkbox"/> "I'll let you go down the tube" <input type="checkbox"/> "I'm not doing anything!" <input type="checkbox"/> "If you don't listen to me..." <input type="checkbox"/> "Me do it your way?! Not on your life!" <input type="checkbox"/> "Who do you think you are!" <input type="checkbox"/> "You better do it my way or else!" <input type="checkbox"/> "Get out of here!"</p> | <p><input type="checkbox"/> "Out of my way!" <input type="checkbox"/> "Why can't you...!" <input type="checkbox"/> "Why don't you...!" <input type="checkbox"/> "You b-----d!" <input type="checkbox"/> "You b----h!" <input type="checkbox"/> "You little...!" <input type="checkbox"/> "Asshole!" <input type="checkbox"/> "Oh my God..." <input type="checkbox"/> "You'll be sorry" <input type="checkbox"/> Other (on back)</p> |
| <p><input type="checkbox"/> Hurt</p> <p><input type="checkbox"/> Appalled <input type="checkbox"/> Alienated <input type="checkbox"/> Bruised <input type="checkbox"/> Crushed <input type="checkbox"/> Dejected <input type="checkbox"/> Disturbed <input type="checkbox"/> Heartbroken</p> <p><input type="checkbox"/> Humiliated <input type="checkbox"/> Injured <input type="checkbox"/> Insulted <input type="checkbox"/> Offended <input type="checkbox"/> Tormented <input type="checkbox"/> Rejected <input type="checkbox"/> Wounded</p> | <p><input type="checkbox"/> "I'm stunned" <input type="checkbox"/> "How could you do this" <input type="checkbox"/> "I'll never recover from this" <input type="checkbox"/> "I'll never talk to you again" <input type="checkbox"/> "I hope you die"</p> | <p><input type="checkbox"/> "I wish you were dead" <input type="checkbox"/> "You don't know how this feels" <input type="checkbox"/> "I'll get back at you" <input type="checkbox"/> "How can I get back at you" <input type="checkbox"/> "What could I do" <input type="checkbox"/> "There must be something wrong with me" <input type="checkbox"/> "I'll never love again"</p> | <p><input type="checkbox"/> "How dare you" <input type="checkbox"/> "I'll show you" <input type="checkbox"/> "There's something wrong"</p> |

My Pleasant Feelings

| EMOTION ("I feel...") | | THOUGHT/WHAT I AM TELLING MYSELF ("I'm telling myself...") | | |
|--|---|--|--|---|
| <input type="checkbox"/> Loved <input type="checkbox"/> Accepted <input type="checkbox"/> Appreciated <input type="checkbox"/> Cared about <input type="checkbox"/> Cared for <input type="checkbox"/> Close <input type="checkbox"/> Considered <input type="checkbox"/> Respected <input type="checkbox"/> Valuable | <input type="checkbox"/> Comforted <input type="checkbox"/> Safe <input type="checkbox"/> Secure <input type="checkbox"/> Worthwhile | <input type="checkbox"/> "I can" <input type="checkbox"/> "I'm good enough" <input type="checkbox"/> "I matter" <input type="checkbox"/> "It's a new chapter" <input type="checkbox"/> "There is good in this" <input type="checkbox"/> "I'm unique" <input type="checkbox"/> "I'm good" <input type="checkbox"/> "I respect myself" | <input type="checkbox"/> "There's a place for me" <input type="checkbox"/> "I can't please everyone" <input type="checkbox"/> "I can please myself" <input type="checkbox"/> "I am what I am!" <input type="checkbox"/> "I can let love in" <input type="checkbox"/> "I am loveable" <input type="checkbox"/> "I can make the best of this" <input type="checkbox"/> "There is no one like me" <input type="checkbox"/> "I can make a difference" | <input type="checkbox"/> "I'm valuable" <input type="checkbox"/> "I'm worth it" <input type="checkbox"/> "I'm OK" <input type="checkbox"/> "I'm alive!" <input type="checkbox"/> "I'm wanted" <input type="checkbox"/> "I'm needed" <input type="checkbox"/> "I'm important" |
| <input type="checkbox"/> Sufficient <input type="checkbox"/> Capable <input type="checkbox"/> Certain <input type="checkbox"/> Confident <input type="checkbox"/> Dynamic <input type="checkbox"/> Enough <input type="checkbox"/> Powerful <input type="checkbox"/> Self-supportive <input type="checkbox"/> Steady <input type="checkbox"/> Sure | | <input type="checkbox"/> "I can learn from this" <input type="checkbox"/> "I'll do it myself" <input type="checkbox"/> "I can do it" <input type="checkbox"/> "I'll make it work" <input type="checkbox"/> "It's possible" <input type="checkbox"/> "I'll just try again" <input type="checkbox"/> "If I fail, so what?" <input type="checkbox"/> "I'll do the best I can" <input type="checkbox"/> "I can get others to help me" <input type="checkbox"/> "It's worth a try" | <input type="checkbox"/> "There is another way of seeing this" <input type="checkbox"/> "I can find a way" <input type="checkbox"/> "I'll never know unless I try" <input type="checkbox"/> "So what, I failed" <input type="checkbox"/> "I know what I know" <input type="checkbox"/> "If it can be done, I'm the one to do it" <input type="checkbox"/> "I can recover from this" <input type="checkbox"/> "There's something I'm meant to do" <input type="checkbox"/> "I'll deal with whatever comes" <input type="checkbox"/> "Its never too late" <input type="checkbox"/> "I can always learn more" | <input type="checkbox"/> "I can learn from this experience" <input type="checkbox"/> "I can do better next time" <input type="checkbox"/> "It'll happen" <input type="checkbox"/> "Let's go for it" <input type="checkbox"/> "Why not!" <input type="checkbox"/> "I'm game" <input type="checkbox"/> "Let's do it" <input type="checkbox"/> "Yes!" <input type="checkbox"/> "It's a new day!" <input type="checkbox"/> "I can get it back" |
| <input type="checkbox"/> Innocent <input type="checkbox"/> Absolved <input type="checkbox"/> Blameless <input type="checkbox"/> Exonerated <input type="checkbox"/> Forgiveness <input type="checkbox"/> Humbled <input type="checkbox"/> Redeemed | | <input type="checkbox"/> "I'll get through this" <input type="checkbox"/> "I can make up for this" <input type="checkbox"/> "I can forgive myself" <input type="checkbox"/> "I've made some mistakes" | <input type="checkbox"/> "I can admit it" <input type="checkbox"/> "I admit it" <input type="checkbox"/> "I'm still worthwhile" <input type="checkbox"/> "I can show that I'm OK" <input type="checkbox"/> "I understand if you don't trust me" <input type="checkbox"/> "This does not mean I'm terrible" <input type="checkbox"/> "I am still a child of God" <input type="checkbox"/> "I had bad judgment" <input type="checkbox"/> "I've made a mistake" | <input type="checkbox"/> "I'm responsible" <input type="checkbox"/> "I did it" <input type="checkbox"/> "I hurt you" <input type="checkbox"/> "I blew your trust" <input type="checkbox"/> "I'm learning" <input type="checkbox"/> "I am sorry" <input type="checkbox"/> "I blew it" |
| <input type="checkbox"/> Patient <input type="checkbox"/> Certain <input type="checkbox"/> Content <input type="checkbox"/> Delighted <input type="checkbox"/> Generous <input type="checkbox"/> In no doubt <input type="checkbox"/> Satisfied <input type="checkbox"/> Trusting | | <input type="checkbox"/> "You can have it" <input type="checkbox"/> "That's another way of doing it!" <input type="checkbox"/> "I can wait for the right time" <input type="checkbox"/> "It'll work out" <input type="checkbox"/> "It's OK" <input type="checkbox"/> "It will happen in its own time" | <input type="checkbox"/> "There's enough for everybody" <input type="checkbox"/> "I don't need to figure it all out" <input type="checkbox"/> "I can live with this" <input type="checkbox"/> "I love the way you treat me" <input type="checkbox"/> "When you are ready" <input type="checkbox"/> "When I am ready" <input type="checkbox"/> "I'd like it but I don't have to have it" | <input type="checkbox"/> "If you would like" <input type="checkbox"/> "I trust that you will" <input type="checkbox"/> "I can wait" <input type="checkbox"/> "You treat me great" <input type="checkbox"/> "I can trust" <input type="checkbox"/> "I can let it be" |
| <input type="checkbox"/> Peace <input type="checkbox"/> Calm <input type="checkbox"/> Confident <input type="checkbox"/> Quiet <input type="checkbox"/> Relaxed <input type="checkbox"/> Safe <input type="checkbox"/> Satisfied <input type="checkbox"/> Secure <input type="checkbox"/> Self-assured | <input type="checkbox"/> Still <input type="checkbox"/> Trusting | <input type="checkbox"/> "So what if I fail" <input type="checkbox"/> "They will think what they think" <input type="checkbox"/> "I can't be responsible for what others think" <input type="checkbox"/> "Oh well!" <input type="checkbox"/> "I can take it a day a time" <input type="checkbox"/> "I can at least try" | <input type="checkbox"/> "Here comes another chance" <input type="checkbox"/> "I'll try it and see how I do!" <input type="checkbox"/> "There's always something to learn" <input type="checkbox"/> "If I blow it I blow it!" <input type="checkbox"/> "If it happens, it happens!" <input type="checkbox"/> "I'll just deal with it" <input type="checkbox"/> "Opportunity after opportunity!" <input type="checkbox"/> "It's all going to work out" <input type="checkbox"/> "I'll just say it the way it is" <input type="checkbox"/> "There's nothing wrong" | <input type="checkbox"/> "It's all OK" <input type="checkbox"/> "I don't need to try and change anything" <input type="checkbox"/> "The world is safe" <input type="checkbox"/> "I'm safe" <input type="checkbox"/> "So what!" <input type="checkbox"/> "I can be positive" <input type="checkbox"/> "I can feel peace" <input type="checkbox"/> "I can flow with this" |

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| <p><input type="checkbox"/> Freedom</p> <p><input type="checkbox"/> Authentic <input type="checkbox"/> Carefree <input type="checkbox"/> Free to express <input type="checkbox"/> Free to move <input type="checkbox"/> Free to be</p> | <p><input type="checkbox"/> Genuine <input type="checkbox"/> Honest <input type="checkbox"/> Liberated</p> | <p><input type="checkbox"/> "I can choose" <input type="checkbox"/> "I'm free!" <input type="checkbox"/> "I can say what I feel" <input type="checkbox"/> "People will think what they think" <input type="checkbox"/> "What others think is none of my business"</p> | <p><input type="checkbox"/> "I can assert myself" <input type="checkbox"/> "I don't need to pretend" <input type="checkbox"/> "I don't <i>have</i> to say anything" <input type="checkbox"/> "I can be loving" <input type="checkbox"/> "I'm willing" <input type="checkbox"/> "I am what I am" <input type="checkbox"/> "I can create anything" <input type="checkbox"/> "I can be anything" <input type="checkbox"/> "My life is what I make of it" <input type="checkbox"/> "I can do anything"</p> | <p><input type="checkbox"/> It's not about me</p> |
| <p><input type="checkbox"/> Gratitude</p> <p><input type="checkbox"/> Appreciating <input type="checkbox"/> Inspired <input type="checkbox"/> Loving <input type="checkbox"/> Moved</p> | <p><input type="checkbox"/> Thankful <input type="checkbox"/> Touched <input type="checkbox"/> Validating <input type="checkbox"/> Valuing</p> | <p><input type="checkbox"/> "Thank you!" <input type="checkbox"/> "I love you" <input type="checkbox"/> "I appreciate you" <input type="checkbox"/> "I'm so glad"</p> | <p><input type="checkbox"/> "I'm honored" <input type="checkbox"/> "I acknowledge you" <input type="checkbox"/> "Thank you for being"</p> | |
| <p><input type="checkbox"/> Forgiving</p> <p><input type="checkbox"/> Accepting <input type="checkbox"/> Flowing <input type="checkbox"/> Understanding</p> | | <p><input type="checkbox"/> "This is not the end of the world" <input type="checkbox"/> "I can't change others" <input type="checkbox"/> "You can find your way through this" <input type="checkbox"/> "I can't change the world"</p> | <p><input type="checkbox"/> "I can choose peace instead of this" <input type="checkbox"/> "You've got your own lessons" <input type="checkbox"/> "I understand" <input type="checkbox"/> "Maybe I don't understand " <input type="checkbox"/> "Maybe I can help you" <input type="checkbox"/> "Thank you for your point of view" <input type="checkbox"/> "I can see we have a difference here"</p> | <p><input type="checkbox"/> "I can flow with this" <input type="checkbox"/> "I'll give this to God" <input type="checkbox"/> "That's valid" <input type="checkbox"/> "That's reasonable"</p> |
| <p><input type="checkbox"/> Committed</p> <p><input type="checkbox"/> Determined <input type="checkbox"/> Heartfelt <input type="checkbox"/> Indomitable <input type="checkbox"/> Unwavering <input type="checkbox"/> Firm <input type="checkbox"/> Resolved</p> | | <p><input type="checkbox"/> "I don't agree with it" <input type="checkbox"/> "I won't be a part of that" <input type="checkbox"/> "You will have to work that out yourself" <input type="checkbox"/> "We have a difference here." <input type="checkbox"/> "I respect your point of view" <input type="checkbox"/> "I respect your way of doing things" <input type="checkbox"/> us"</p> | <p><input type="checkbox"/> "I feel strongly about this" <input type="checkbox"/> "I still love you" <input type="checkbox"/> "I have to let this go" <input type="checkbox"/> "I won't try to change you" <input type="checkbox"/> "I must at least say this" <input type="checkbox"/> "We have our own paths" <input type="checkbox"/> "I can lighten up about it" <input type="checkbox"/> "I don't have to take it so seriously" <input type="checkbox"/> "I can trust" <input type="checkbox"/> "I'll trust this" <input type="checkbox"/> "It is not my way," <input type="checkbox"/> "I'm committed to <input type="checkbox"/> "You have a point there"</p> | <p><input type="checkbox"/> "I'm here for you" <input type="checkbox"/> "I'm committed to you" <input type="checkbox"/> "You made a mistake" <input type="checkbox"/> "Is there any way I can help" <input type="checkbox"/> "You can count on me" <input type="checkbox"/> "I'm here"</p> |
| <p><input type="checkbox"/> Joy</p> <p><input type="checkbox"/> Aroused <input type="checkbox"/> Attracted <input type="checkbox"/> Awe <input type="checkbox"/> Carefree <input type="checkbox"/> Celebrating <input type="checkbox"/> Daring <input type="checkbox"/> Delighted <input type="checkbox"/> Cheerful <input type="checkbox"/> Ecstatic <input type="checkbox"/> Enthusiastic <input type="checkbox"/> Expectant <input type="checkbox"/> Excited</p> | <p><input type="checkbox"/> Fascinated <input type="checkbox"/> Glad <input type="checkbox"/> In good spirits <input type="checkbox"/> Jovial <input type="checkbox"/> Lighthearted <input type="checkbox"/> Playful <input type="checkbox"/> Overjoyed <input type="checkbox"/> Positive <input type="checkbox"/> Sexual <input type="checkbox"/> Silly <input type="checkbox"/> Thrilled <input type="checkbox"/> Wonder</p> | <p><input type="checkbox"/> "Wow!" <input type="checkbox"/> "Cool!" <input type="checkbox"/> "All right!" <input type="checkbox"/> "Yessss!" <input type="checkbox"/> "Whoopee!" <input type="checkbox"/> "Yippee!" <input type="checkbox"/> "Yahoo!" <input type="checkbox"/> "WooHoo" <input type="checkbox"/> "Can't wait!" <input type="checkbox"/> "This is great!" <input type="checkbox"/> "Look at that!"</p> | <p><input type="checkbox"/> "Look at you!" <input type="checkbox"/> "You are something!" <input type="checkbox"/> "Man o' man!" <input type="checkbox"/> "I can't believe it!" <input type="checkbox"/> "Let's go!" <input type="checkbox"/> "I'm breathless!" <input type="checkbox"/> "I'm beside myself!" <input type="checkbox"/> "Let's dance all night!" <input type="checkbox"/> "You're the one!" <input type="checkbox"/> "Take it to the limit!" <input type="checkbox"/> "Excuse me while I kiss the sky!" <input type="checkbox"/> "Serious is not in my vocabulary"</p> | |