

## My Unpleasant or Difficult Feelings

EMOTION ("I Feel...")		BELIEF/THOUGHT/WHAT I TELL MYSELF ("I'm telling myself...")		
<input type="checkbox"/> <b>Unloved</b> <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"/> <b>Insufficient</b> <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"/> <b>Guilty</b> <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"/> <b>Afraid</b> <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"/> <b>Confused</b> <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"

<p><b><input type="checkbox"/> Self-Centered</b></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><b><input type="checkbox"/> Craving</b></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><b><input type="checkbox"/> Angry</b></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><b><input type="checkbox"/> Hurt</b></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"/> <b>Loved</b> <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"/> <b>Sufficient</b> <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"/> <b>Innocent</b> <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"/> <b>Patient</b> <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"/> <b>Peace</b> <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"

<input type="checkbox"/> <b>Freedom</b> <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	<input type="checkbox"/> Genuine <input type="checkbox"/> Honest <input type="checkbox"/> Liberated	<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"	<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"	<input type="checkbox"/> It's not about me
<input type="checkbox"/> <b>Gratitude</b> <input type="checkbox"/> Appreciating <input type="checkbox"/> Inspired <input type="checkbox"/> Loving <input type="checkbox"/> Moved	<input type="checkbox"/> Thankful <input type="checkbox"/> Touched <input type="checkbox"/> Validating <input type="checkbox"/> Valuing	<input type="checkbox"/> "Thank you!" <input type="checkbox"/> "I love you" <input type="checkbox"/> "I appreciate you" <input type="checkbox"/> "I'm so glad"	<input type="checkbox"/> "I'm honored" <input type="checkbox"/> "I acknowledge you" <input type="checkbox"/> "Thank you for being"	
<input type="checkbox"/> <b>Forgiving</b> <input type="checkbox"/> Accepting <input type="checkbox"/> Flowing <input type="checkbox"/> Understanding		<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"	<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"	<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"
<input type="checkbox"/> <b>Committed</b> <input type="checkbox"/> Determined <input type="checkbox"/> Heartfelt <input type="checkbox"/> Indomitable <input type="checkbox"/> Unwavering <input type="checkbox"/> Firm <input type="checkbox"/> Resolved		<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"	<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"	<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"
<input type="checkbox"/> <b>Joy</b> <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	<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	<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!"	<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"	