

NEGATIVE EMOTIONS

Abandoned	Guilty	Powerless
Afraid	Helpless	Procrastinating
Agitated	Hopeless	Rejected
Angry	Impatient	Resentful
Anxious	Inadequate	Resigned
Bored	Indecisive	Resisting
Confused	Indifferent	Sad
Crabby	Inferior	Suspicious
Dissatisfied	Insecure	Tempted
Distracted	Insignificant	Trapped
Doubtful	Irritated	Unlucky
Dreading	Isolated	Unworthy
Embarrassed	Jealous	Vulnerable
Empty	Judgmental	Whining
Failing	Less than	Worrying
Fearful	Lonely	Worthless
Freaked out	Miserable	Yearning
Frustrated	Overwhelmed	
Grieving	Obsessing	
Guarded	Panicked	