

## Emotions and Reactions List



### Question #3: How do you react, what happens, when you believe that thought?

ANGRY		DEPRESSED		CONFUSED	HELPLESS	INDIFFERENT	AFRAID		HURT	SAD	JUDGMENTAL
irritated	loud	disappointed	masochistic	doubtful	incapable	insensitive	fearful	dreadful	crushed	tearful	stony
enraged	reactive	discouraged	stuck	uncertain	alone	dull	terrified	guarded	tormented	sorrowful	serious
hostile	swearing	ashamed	contracted	indecisive	paralyzed	reserved	suspicious	troubled	deprived	anguished	stern
insulting	abrupt	powerless	tight	perplexed	fatigued	weary	anxious	self-	pained	desolate	frowning
annoyed	quarrelsome	diminished	blocked	embarrassed	useless	bored	alarmed	absorbed	tortured	unhappy	recoiling
upset	venomous	guilty	despairing	hesitant	inferior	preoccupied	panicked	rigid	rejected	lonely	glaring
hateful	irate	dissatisfied	hopeless	shy	vulnerable	cold	nervous	phobic	injured	grieved	disgusted
unpleasant	short-	miserable	grouchy	disillusioned	empty	lifeless	scared	intolerant	offended	mournful	unfair
offensive	tempered	despicable	off	distrustful	distressed	uncaring	worried	disturbed	afflicted	dismayed	attacked
aggressive	stubborn	self-	moody	misgiving	pathetic	uninterested	frightened	disrupted	aching	downhearted	attacking
bitter	rebellious	denigrating	crabby	lost	distraught	unresponsive	timid	intimidated	victimimized	oversensitive	tactless
frustrated	exasperated	self-hating	faultfinding	unsure	doomed	tired	shaky	avoiding	heartbroken	dirty	hurtful
controlling	impatient	sulky	resistant	uneasy	overwhelmed	robotic	restless	unwelcoming	agonized	remorseful	bossy
resentful	contrary	low	punishing	tense	incompetent	slow	threatened	petrified	appalled	sullen	stilted
hotheaded	condemning	terrible	morose	stressed	inept	sluggish	cowardly	unbending	wronged	sour	stiff
malicious	seething	lousy	cranky	uncomfortable	incapacitated		insecure	paranoid	humiliated	self-	brutal
infuriated	scornful	desperate	grumpy	comparing	shut down		wary	inhibited	insulted	castigating	combative
critical	sarcastic	alienated	burdened	dishonest	cut off		menaced	immobile	withdrawn	unworthy	pushy
mean-	overbearing	bad	negative	superior	trapped		uptight	attached	miffed	fragile	neglectful
spirited	sharp	pessimistic	closed	disdainful	weak		apprehensive	prejudiced	indignant	disconnected	stonewalling
violent	poisonous	dejected	out of sorts	manipulative	sick		aggressive	hateful	suffering	devastated	rude
vindictive	insulting	bummed out	no energy	judgmental	nauseated		attacking	agoraphobic	distant	blindsided	ranting
sadistic	disrespectful	self-critical	in hell	prejudiced	fidgety		defensive	self-	invaded	discontented	scolding
mean	jealous	self-	shaky	argumentative	trembling		hostile	conscious	bulldozed	crying	shrill
spiteful	ticked off	deprecating	touchy	authoritative	craving				bullied	groaning	hard
furious	hitting	gloomy	haggard	condescending	hungry				secretive	moaning	fake
agitated	yelling	glum	drawn	demanding	squirming				slighted		phony
antagonistic	screaming	disheartened	slumped	confounded	jittery				smothered		shallow
repulsed	revengeful	down	slouching	distracted	woozy				belittled		taut
mad	retaliating	despondent	achy	disoriented	twitching						territorial
cross	reprimanding	cheerless		off-kilter	compulsive						complaining
incensed	envious	rotten		frenzied							obsessive
				blushing							blunt
				awkward							

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### Question #4: Who would you be without the thought?

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

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