



MAD

Word	Sentence	Purpose	Sensations
Peeved	I feel peeved when people don't do what I want	Focus attention on minor issues	Frowning eyebrow, tight mouth, dry mouth
Disappointed	I feel disappointed because things didn't go as I expected	Focus attention on something you want to change	Frowning eyebrow, tight mouth, dry mouth
Miffed	I feel miffed because someone hurt my feelings	Focus attention on a small but significant problem	Frowning eyebrow, tight mouth, dry mouth
Annoyed	I feel annoyed because things are not going my way	Focus attention on a problem you've ignored	Agitation, headache, tense muscles
Irritated	I feel irritated because this problem keeps coming up	Focus attention on something that goes against your beliefs	Agitation, headache, tense muscles
Critical	I feel critical because people are not doing their part	Focus attention on a relationship problem	Agitation, headache, tense muscles
Angry	I feel angry because I can't do what I want	Focus attention on something you want to change	Warm hands, fast pulse, narrow eyes, tense shoulders
Vindictive	I feel vindictive because I want to punish someone	Focus attention on something you might need to oppose	Warm hands, fast pulse, narrow eyes, tense shoulders



MAD

Word	Sentence	Purpose	Sensations
Boiling	I am boiling because someone's keeping me from my goals	Focus attention on a problem	Frowning eyebrow, tight mouth, dry mouth
Fuming	I am fuming because this person keeps interfering	Focus attention on a lasting issue	Frowning eyebrow, tight mouth, dry mouth
Livid	I am livid because nothing is changing	Focus attention on something that goes against your values	Heat, fast pulse, red
Infuriated	I feel infuriated because people are in my way	Focus attention on a significant, persistent issue	Heat, fast pulse, red
Outraged	I feel outraged because someone is totally wrong	Focus attention on something that violates your values	Boiling heat, rapid heart, sweaty palms
Furious	I feel furious because something is blocking my way	Focus attention on something very serious	Boiling heat, rapid heart, sweaty palms
Explosive	I feel explosive because there is so much in my way	Focus attention on a dangerous problem	Boiling heat, rapid heart, sweaty palms



SAD

Word	Sentence	Purpose	Sensations
Insignificant	I feel insignificant and people don't know or care about me	Challenge you to find your place	Downturned eyes, frown, soft shoulders
Overwhelmed	I feel overwhelmed because too much is happening	Challenge you to set priorities	Downturned eyes, frown, soft shoulders
Withdrawn	I feel withdraw because the world out there doesn't feel safe.	Help you recover your energy	Downturned eyes, frown, soft shoulders
Lonely	I feel lonely because people don't reach out to me	Help you consider the strength of your relationships	Far away look, heaviness, slow pulse
Disturbed	I feel disturbed because something is not right.	Help you clarify your values	Far away look, heaviness, slow pulse
Gloomy	I feel gloomy because I ahve lost my purpose.	Help you identify problems	Far away look, heaviness, slow pulse
Sad	I feel sad because something is being taken away from me.	Help you recognize what you care about	Moist eyes, head down, body turning inward
Discouraged	I feel discouraged because I can't seem to get what I want	Challenge you to check your level of commitment	Moist eyes, head down, body turning inward



SAD

Word	Sentence	Purpose	Sensations
Defeated	I feel defeated because I have tried and Isot again	Challenge you to face a failure and learn	Moist eyes, head down, body turning inward
Heartbroken	I feel heartbroken cause I have given of myself and feel empty	Challenge you to clarify what you want in a relationship	Tears, arms folded in, head down
Miserable	I feel miserable because I have lost trust in people important to me.	Challenge you to confront a big problem	Tears, arms folded in, head down
Anguished	I feel anguished because I have lost my direction	Challenge you to recognize a major change you need to make	Tears, arms folded in, head down
Grief-stricken	I feel grief-stricken because I have lost something/someone important in my life.	Help you recognize how much you love someone/something	Wet eyes/face, hands to face, devastated
Devastated	I feel devastated because I don't see any options in my future.	Challenge you to confront a failure	Wet eyes/face, hands to face, devastated
Distraught	I feel distraught because I can't decide what to do next.	Challenge you to confront something terribly uncomfortable	Wet eyes/face, hands to face, devastated



GLAD

Word	Sentence	Purpose	Sensations
Peaceful	I feel peaceful because the world is as it should be	Reinforce your sense of connection	Eyes relaxed, head held high, relaxed body
Content	I feel content because I have chosen a direction that gives me value & purpose	Reinforce the value of your efforts	Eyes relaxed, head held high, relaxed body
Confident	I feel confident because I know I can meet my goals	strengthen your resolve and commitment	Eyes relaxed, head held high, relaxed body
Pleased	I feel pleased because I have accomplished my goals.	remind you of what you like	Eyebrows raised, upturned mouth, shoulders back
Happy	I feel happy because I am satisfied with myself	Help you pay attention to what's good in life	Eyebrows raised, upturned mouth, shoulders back
Hopeful	I feel hopeful because good things are coming	Energize you to persevere through challenge	Eyebrows raised, upturned mouth, shoulders back
Delighted	I feel delighted because the outcome of my choices bring me joy.	Energize you to share joy	Eyes open, smiling, tall/proud posture
Cheerful	I feel cheerful because I am settled and satisfied.	Remind you that the world is a wonderful place	Eyes open, smiling, tall/proud posture



GLAD

Word	Sentence	Purpose	Sensations
Joyful	I feel joyful because I am getting what I really want	Remind you of what matters most to you	Eyes open, smiling, talk/proud posture
Thrilled	I feel thrilled because I have had a fortunate outcome to my actions	Energize you to risk and grow	Eyes looking up, Increased pulse, active arms
Ecstatic	I feel ecstatic because I am doing and being exactly what gives me pleasure	Energize you to stay connected and fully alive	Eyes looking up, increased pulse, active arms
Exuberant	I feel exuberant because I am pleased and surprised by my gains	Energize you to motivate and engage others	Eyes looking up, increased pulse, active arms
Wacky	I feel wack and full of energy for what lies ahead	Help you innovate and take risks	Expressive eyes, warmth, active body
Goofy	I feel goofy and ready to play with great abandon	Help you release energy and renew	Expressive eyes, warmth, active body
Hilarious	I feel hilarious and full of vim & vigor	Help you relase energy and innovate	Expressive eyes, warmth, active body



AFRAID

Word	Sentence	Purpose	Sensations
Insecure	I feel insecure because I have lost my confidence	Consider your own strengths	Eyebrows tight, eyes squinted, agitation
Timid	I feel timid because I am unsure of myself	Consider the kinds of relationships you want	Eyebrows tight, eyes squinted, agitation
Shy	I feel shy because I might not fit in	Consider how you fit in	Eyebrows tight, eyes squinted, agitation
Anxious	I feel anxious because I am not sure how things will work out	Focus attention on potential problems	Eyes wide open, frown, knot in tummy
Lost	I feel lost because I don't know where I want to go	Focus attention on next steps	Eyes wide open, frown, knot in tummy
Worried	I feel worried because I am unwilling to face something	Focus attention on potential problems	Eyes wide open, frown, knot in tummy
Astonished	I feel astonished because I was caught off guard	Focus attention on the unexpected	Eyes open, open mouth, hands close to face/body
Startled	I feel startled because I am being asked to do something new & unfamiliar	Focus attention on something new	Eyes open, open mouth, hands close to face/body



AFRAID

Word	Sentence	Purpose	Sensations
Uncertain	I feel uncertain because I don't know if the situation will work out	Focus attention on your level of commitment	Eyes open, open mouth, hands close to face/body
Frightened	i feel frightened because there is danger in the near future	Focus attention on risk	Hard to focus, clinched jaw, cold & sweaty
Horried	I feel horried because the shock of the news hit me hard	Focus attention on something that you don't want	Hard to focus, clinched jaw, cold & sweaty
Terror-stricken	I feel terror-stricken because what I love is in danger	Faocus attention on serious risk	Hard to focus, clinched jaw, cold & sweaty
Terrified	I feel terrified because something awful is coming	Focus attention on danger	Squinty eyes, shaking, body, shortness of breath
Panicky	I feel panicky because I am not sure what to prepare myself for	Focus attention on what you need to do next	Squinty eyes, shaking, body, shortness of breath
Petrified	I feel petrified because I don't want to regret any decision that I have to make	Focus attention on a serious danger	Squinty eyes, shaking, body, shortness of breath