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## Feelings List

<b>SAD</b>	<b>JOY</b>	<b>ANGRY</b>	<b>HARMONY</b>
Unhappy	Happy	Rage	High Joy Vibration
Depressed	Delighted	Frustration	Humorous
Empty	Complete	Blaming	Purposeful
Lonely	Loved by self	Hostile	Gentle
Discouraged	Encouraged	Putting Up Walls	Dissolving Walls
Hopeless	Hopeful	Revenge	Forgiveness
Pity	Clarity	Getting Even	Giving Love
Disappointed	Trusting	I'll Show You	I accept you
Grief	Accepted	Furious	Vital
Sorrow	Laughter	Resentment	Humble
Broken Heart	Open Hearted	Irritated	Peace
Poor Me	Glowing	Indignant	Relaxed
Dark	Enlightened	Self-Righteous	Satisfied
Negative	Positive	Pride	Glorified
Apathetic	Empathy	Stubborn	Flexible
Guilty	Perfect as I am	Inflexible	Adaptable
Miserable	Unshaken	(Rather be right	(Rather be Happy
Shy	Outgoing	than Happy)	than right)
Withdrawn	Exceptional	Separate	Bonded
Bored	Creative energy	Better Than	Equal
Alone	True to myself	Less Than	Deserving
Lonely	Togetherness	Guilty	Wonderful
Alienated	Restored	Annoyed	Elated
Separate	Whole & Expanded	Furious	Invigorated
Don't Belong	I Belong	Irate	Congruent
Don't Relate	I Relate	Pissed Off	Energized
Isolated	Attuned to the light	Condemnation	Helpful
Rejected	Elevated	Judging	Celebrate life
Choked Up	Restored	Despair	Self Reliant
Discontented	Contented	Pain	Calm
Shut Down	Purified	Helpless	In Control
Repressed	Blessed	Injured	Revitalized
Stuck	Free flowing	Shock	Eager
Resistance	Receptive	Trauma	Lighthearted
Stored Pain	Understanding	Agony	Tolerant
Remorse	Worthy	Aching	Balanced
		Heartbroken	Empowered

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## Feelings List Continued

<b>AFRAID</b>	<b>SUCCESS</b>	<b>NEGATIVE</b>	<b>POSITIVE</b>
Can't Cope	Life Manager	<b>SELF</b>	<b>SELF</b>
Worry	Faith in God	Confused	Clear Connections
Fear of Failure	Faith in Self	Guilty	Spiritual
Insecure	Secure	Pride	Self care
Can't Survive	Directed	Ego	Flowing with life
Terror	Understanding	Stubborn	Flexible
Separation	Fulfilled	Inflexible	Tactful
Fear of Life	Love of Life	Unworthy	Worthy
Fear of Others	Love of Others	Undeserving	Deserving
Fear of Feelings	Love of Feelings	Punish Self	Pardoned
Helpless	Teachable	Punish Others	Release Others
Anxious	Preserving Calm	Stored Pain	Freedom
Frightened	Content	Self-Doubt	Self Trust
Nervous	Rejoice in change	Self-Hate	Self Love
Petrified	Mature	Self-Abuse	Self Importance
Paralyzed	Giving	Self-Rejection	Self Acceptance
Shocked	Comprehending	Not Loving	Loving
Breathless	Breathing Deep	Can't Take In	Always Capable
Horrorified	Lifted up	Closed Minded	Open Minded
Immobilized	Moving Forward	Self-Sabotage	Faithful to Self
Can't Move	At Ease	Not Focused	Focused
Panic	Straight forward	Ugly	Beautiful
Hysterical Scared	Rational	Dirty	Pure
Threatened	Resolute	Shame	Acceptance
Cautious	Dynamic	Bad	Perfect
Not Safe	Safe	Despise Myself	Recognized
Unprotected	Protected	Not Fun	Full of Fun
Indecision	Inspiration	Shoulds	Choice
Powerless	Powerful	Must	Get to
		Need	Faith
<b>HURT</b>	<b>SAFE</b>	Life is Hard	Life is Easy
Victimized	Chosen	Regret	New Perspective
Humiliated	Self Soothing	Remorse	Humorous about
Grief	Brave		
Can't Speak Up	Can Speak Up		
Stored Pain	Grateful		
Burdened	Liberated		