

When things are uncertain

	ANXIOUS	
	APPREHENSIVE	
	AVOIDANCE	
	DREAD	
	FEAR	
	OVERWHELMED	
	STRESSED	
	VULNERABLE	

When life is good

	CALM	
	CONTENT	
	EXCITED	
	GRATITUDE	
	HAPPY	
	JOYFUL	
	RELIVED	

When the heart is open

	BETRAYED	
	DEFENSIVE	
	FULFILLED	
	HEARTBROKEN	
	LOVED	
	TRUSTING	
	THRILLED	

When we search for connections

	CONNECTED	
	DISCONNECTED	
	INSECURE	
	INVISIBLE	
	ISOLATED	
	LONELY	

When things aren't what they seem

	AMUSED	
	CONFUSED	
	CONFLICTED	

When things are out of balance

	LETHARGIC	
	SLEEPY	
	RUSHED	

When we self-assess

	PRIDE	
	HUMILITY	

EMOTIONS INVENTORY

When we are hurting

	ABANDONED	
	ANGUISHED	
	BITTER	
	HOPELESS	
	SAD	
	GRIEVING	

When we fall short

	EMBARRASED	
	FRUSTRATED	
	GUILT	
	HUMILIATION	
	INADEQUATE	
	SHAME	

When things don't go as planned

	BORED	
	DISSAPOINTED	
	DISCOURAGED	
	FRUSTRATED	
	IMPATIENT	
	REGRETFUL	

When we compare

	ADMIRATION	
	ENVY	
	JEALOUSY	
	RESENTMENT	
	REVERENCE	

When we feel wronged

	ANGRY	
	DISGUSTED	
	HATEFUL	
	IN CONTEMPT	
	SELF-RIGHTEOUS	

When we self-assess

	PRIDE	
	HUMILITY	
