

FEELING WORDS

Sad...tender, open, empty, numb, playful, loss, overwhelm, desperate

Mad...bold, determined, angry, focussed, frustration, resolve, power,

Glad...happy, complete, proud, joy, pleasure, enthusiasm, peace

Bad...guilty, embarrassed, shame, regret, inadequate, disappointment

Afraid...alert, nervous, curious, guarded, concern, control, scared

BLAMING WORDS

Betrayed, restricted, activated, turned-on, turned-off, disgusted, shocked...