

Pocket of Intentions

Positive/Pleasant Feelings

| OPEN | HAPPY | ALIVE | GOOD | LOVE | INTERESTED | POSITIVE |
|---------------|-----------|------------|-------------|--------------|-------------|------------|
| understanding | great | playful | calm | loving | concerned | eager |
| confident | joyous | courageous | peaceful | considerate | fascinated | anxious |
| reliable | fortunate | energetic | blessed | affectionate | intrigued | inspired |
| amazed | delighted | liberated | comfortable | sensitive | absorbed | determined |
| free | thankful | optimistic | pleased | tender | inquisitive | excited |
| sympathetic | important | impulsive | encouraged | devoted | nosy | bold |
| interested | festive | free | surprised | attracted | curious | brave |
| satisfied | satisfied | frisky | content | passionate | unique | daring |
| receptive | cheerful | animated | certain | touched | free & easy | confident |
| accepting | ecstatic | wonderful | relaxed | close | vulnerable | hopeful |
| kind | cheerful | thrilled | serene | loved | | challenged |
| free | sure | strong | reassured | comforted | | powerful |

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Difficult/Unpleasant Feelings

| ANGRY | DEPRESSED | CONFUSED | HELPLESS | AFRAID | HURT | SAD |
|------------|---------------|---------------|------------|------------|-------------|----------------|
| irritated | lousy | upset | incapable | fearful | crushed | miserable |
| enraged | disappointed | doubtful | alone | terrified | tormented | sorrowful |
| hostile | discouraged | indecisive | paralyzed | suspicious | deprived | grief-stricken |
| annoyed | ashamed | perplexed | fatigued | anxious | pained | anguish |
| upset | powerless | embarrassed | useless | alarmed | tortured | torn |
| hateful | guilty | hesitant | inferior | panic | dejected | desolate |
| unpleasant | dissatisfied | shy | vulnerable | nervous | rejected | conflicted |
| bitter | miserable | disillusioned | empty | scared | injured | desperate |
| aggressive | detestable | unbelieving | forced | worried | offended | unhappy |
| resentful | disgusting | skeptical | frustrated | frightened | aching | lonely |
| inflamed | terrible | distrustful; | distressed | timid | victimized | grieved |
| provoked | sulky | lost | pathetic | shaky | heartbroken | mournful |
| infuriated | bad | unsure | dominated | restless | appalled | blue |
| cross | sense of loss | uneasy | weary | doubtful | humiliated | inconsolable |
| indignant | | pessimistic | cold | threatened | wronged | gloomy |
| agitated | | tense | lifeless | wary | alienated | down |