

Negative Feelings

Dignity/Respect/ self-worth	Freedom/ Control	Love/Connection /Importance	Justice /Truth	Safety	Trust
Ashamed	Bossed around	Abandoned	Accused	Abused	Cynical
Beaten down	Controlled	Alone	Blamed	Afraid	Guarded
Cut down	Imposed upon	Brushed off	Cheated	Attacked	Sceptical
Criticized	Imprisoned	Confused	Disbelieved	Defensive	Suspicious
Dehumanised	Inhibited	Disapproved of	Falsely-accused	Frightened	Untrusted
Disrespect	Invaded	Discouraged	Guilt-tripped	Insecure	Untrusting
Embarrassed	Forced	Ignored	Interrogated	Intimidated	
Humiliated	Manipulated	Insignificant	Judged	Over-protected	
Inferior	Obligated	Invisible	Lied upon	Scared	
Invalidated	Over-controlled	Left out	Misled	Terrified	
Labelled	Over-ruled	Lonely	Punished	Threatened	
Lectured to	Powerless	Misunderstood	Robbed	Under-protected	
Mocked	Pressurised	Neglected		Unsafe	
Offended	Restricted	Rejected		Violated	
Put down	Suffocated	Uncared for			
Resentful	Trapped	Unheard			
Ridiculed		Unknown			
Stereotyped		Unimportant			
Teased		Uninformed			
Underestimated		Unloved			
		Unsupported			
		Unwanted			

Positive Feelings

Intense	Strong	Moderate	Mild
Adored	Brilliant	Liked	Friendly
Alive	Appreciated	Cared for	Regarded
Awed	Delighted	Esteemed	Benevolent
Courageous	Gratified	Affectionate	Wide awake
Empathy	Happy	Fond	At-ease
Enthusiastic	Courage	Excited	Relaxed
Idolised	Ardour	Patient	Comfortable
Loved	Concerned	Strong	Content
Lustful	Eager	Inspired	Keen
Pity	Capable	Anticipating	Amazed
Respected	Hopeful	Amused	Alert
Wanted	Enchanted	Yearning	Sure
Worthy	Consoled	Popular	Attractive
Zealous	Brave	Peaceful	Approved
	Important	Appealing	Untroubled
	Independent	Determined	Graceful
	Infatuated	Pleased	Turned on
	Joyful	Jolly	Warm
	Optimistic	Relieved	Amused
	Proud	Glad	Daring
	Sympathetic	Adventurous	Comfortable
	Tender	Intelligent	Smart
	Valiant		Interested
	Vibrant		
	Worthy		