

Feeling Dictionary: A Meaning-Centered Perspective



by

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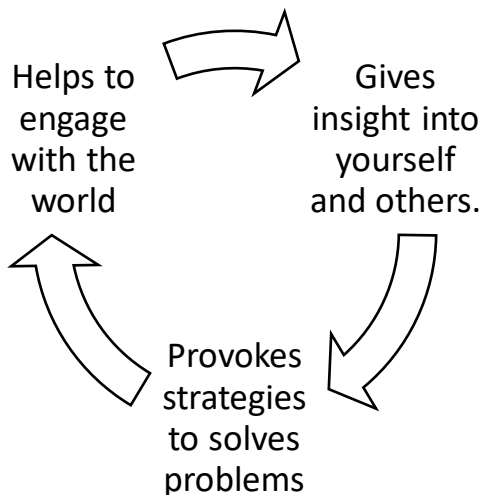
Why another feeling dictionary?

Purpose: I have been a psychotherapist and clinical psychologist for over 40 years. And during that time, I have found that many people have difficulty finding and understanding their feelings. Whether you are a writer, poet, etc., you can use this dictionary to inspire you with new and exciting ideas or clarify old ones. Some entries give synonyms for a feeling or provide a definition. When an entry has a footnote, it differentiates how one feeling differs from another. I provide how the feeling restricts or expands your uniqueness, and I help you see how the emotion is meaningful, or I give a footnote with other interpretations. I present and explain how that feeling is meaningful. My purpose is to create a way in which you can develop your method of viewing feelings. This dictionary is not the final word on how you should see emotions. As I explained, this dictionary "gets the ball rolling" when you feel stuck.

Introduction: In his book "Spirituality for Skeptic (19##)", Robert C. Solomon proposes that emotions are a means of showing compassion and a love of life. Solomon believes that spirituality is a larger sense of life, a life beyond living well, a life more than survival lamented by Darwinian, a life greater than pessimism promoted by Schopenhauer, and a greatness that shows us that life does not simply have some purpose to be found beyond life. Solomon encourages us to listen to the music of spirituality that is everywhere. This music of spirituality is an ongoing work of art, taking on a life of its own, taking on social sensibilities that recognize we are all in this together, seeing spirituality as an ongoingness that liberates the soul, a liberation that doesn't rely on emotionality, but a spirituality that is open to the passions of life, a life beyond simple pleasures and needs.

The relationship between spirituality and feeling reflects this compassion and love of life. He asserts that spirituality is accompanied by genuine love, authentic trust, and sincere reverence (respect, admiration, awe, and veneration. As a result of emotions, he hypothesizes that we can solve problems, gain insight into ourselves and others, and engage with the world around us. Solomon synthesizes spirituality with emotions, intellect, science, and common sense. As the cornerstone of Solomon's "naturalized" view of spirituality, he sees emotions as a "thoughtful love of life,"—Solomon sees this love of life as a passionate concern for the here and now as opposed to the future as a cornerstone of his model of emotions. My claim is that emotions and feelings are an expression of our spirituality. In this meaning-centered perspective, gaining insight into yourself and others, solving problems, and engaging the world are healthy ways to expand our uniqueness. As we develop compassion and love of life, we expand our uniqueness, which reflects our spirituality.

The "Feeling Dictionary: A Meaning-Centered Perspective" views feelings as influential in helping you engage with the world around you. A positive emotion such as happiness may manifest in several ways, such as sharing, embracing, cheering the other person on, singing, and dancing. If you are grieving, people sympathize with your grief; you cry and feel down and blue. When you are angry, you yell, scream, punch, and kick, or you want to show the other person that you care about his feelings. Your emotions play a significant role in managing other people, which is a strategic thing to do. When you seek support from another person, you may appear depressed because you are looking for their support. If you are unsatisfied, you need another person's help. If you are angry, you may want another person to change her behavior. Spirituality provides insight into your passions and behavior. If you are mad, you want to know why you're angry. If you are depressed, you may realize that you are ignoring your feelings or that a special person is not in your life anymore.



Emotions provide insight into others: Seeing your circumstances, subtle nuances, and the meaningfulness of your situation is the key to insight. It provides you with understanding; understanding of how your internal resources, such as your personality traits, interests, and cognitive abilities, help you expand your uniqueness. Realizing that your attitudes and beliefs can be genuine, helpful, and logical can lead to false, harmful, and illogical conclusions. Insight benefits you from uneasiness; insight helps you deal with uncertainty about your inner nature, but it also provides you with a sense of intuition about yourself and others; an intuition about internal resources, such as self-reflection, helps you to be aware of your external resources and allows you to comprehend; it enables you to understand how your thoughts impact your feelings and how feelings affect your behavior. Insight helps you see how your behavior is causing obstructions, but it also offers you love and the ability to be resilient. When you lack insight into yourself (what is meaningful) and your problems (drama distorts reality), you often blindly and uncritically move ahead. You see no relationships between your thoughts and feelings; your concerns are unrealistic when you have poor insight into others and yourself.

Having limited or partial insight, you may appreciate an issue but need help comprehending why anybody would feel bad. Having limited insight, you may not appreciate the nuances, address details, and do not see conflicts or ambiguity. You use splitting, dichotomous thinking (you are good, or you are bad). When you are stressed, you may your concrete thinking. Insight is related to knowledge and judgments, and you will examine the relationship between Knowledge-Insight-Judgment. This model assumes that you cannot understand without knowledge, and without insight, your ability to make sound judgments remains limited.

Emotions provoke strategies to solve problems: Solving problems together involves knowing what each person is thinking, feeling, and desiring. We have observed that with insight, you want to have a wide range of knowledge about yourself and others. When you know about something, you can perceive that object or person directly, and you have access to the full range of information so that you can learn from that information. You recognize and understand yourself and others. With this recognition, you know truth and factuality. Factuality is concerned with the actual case rather than interpretations of or reactions to it, and it is a mixture of commitment and factual information. For problem-solving to work effectively, you want to know each other's responsibilities, and you can verify the information discussed.

The key to a successful problem-solving process is that both parties are convinced that the information is accurate and have a practical understanding of the situation. The difference between knowing a medical procedure because your uncle had one and knowing it because he had one is quite significant in this regard; however, that kind of knowledge of medicine would constitute a limited range of knowledge; when you can recognize and understand why and how an event is relevant to you and the way it is relevant to you, you can gain a more profound understanding of the subject. Once you have captured the event's significance, you can comprehend and acknowledge its importance. At this point, you have established your knowledge, are aware of the depth and breadth of your understanding and are ready to solve the problem.

As your knowledge broadens, you develop a sense of insight into the object, person, or event. Insight is having a depth of discernment coupled with understanding and sympathy. You recognize the power of seeing into a situation and the utility of understanding this specific situation; you begin to apprehend the inner nature of things and see intuitively and with sensitivity; discernment is the power to distinguish and select what is authentic or appropriate or excellent. This sense of discernment is essential in problem-solving. You want to understand beyond what is obvious or superficial. As your knowledge provides insight, you begin to place your knowledge and insight into your ability to form judgments to engage the world.

Emotions help you to engage the world. The third point made by Solomon is that emotions help you engage the world. Emotions are strategies for coping with the world. Emotions make you human, and to be human is to discover meaningfulness. They are a means for responding to other people's emotions, being sensitive, and caring about loved ones' needs and wants. To understand emotions is to understand you. Emotions make life worth living in the context of art, music, and laughter. Solomon believes that emotions are profound and the key to the meaning of life. Positive interpersonal emotions, such as trust, respect, love, friendship, etc., are critical in discovering meaning and goodness in your world.

What is spirituality?

From a neurocognitive perspective, spirituality integrates the emotional brain (limbic system) with various cortical regions. For example, neuro-imagery studies of music have shown activation in the limbic system, the auditory processing cortex, the somatic sensory cortex, and the cerebellum. Spirit works as music; you can conceptualize feelings as the music of the soul. The integrative nature of music demonstrated that in most religions, with chanting and music in their ceremonies and celebrations.

Frankl believed the term *spiritual* has religious overtones in English, which in German, the term *getting* does not have (1988, p. 17). In this regard, the term noological is preferable, partly due to its unfamiliarity. While the noological dimension is like the mental insofar as it is immaterial, it is distinguished from the mental in several ways.

Joseph B. Fabry writes, "You have a body that may become ill; you have a psyche that may become disturbed. But my spirit is what I am and my core of existence." Joseph Campbell observed in Dante's "Divina Commedia," "When the human spirit is bound to the pride and actions of the flesh," a person experiences misery.

Frankl sees four aspects of spirituality. First, it is the only dimension in which *freedom and responsibility* exist. While people are determined at the somatic and even psychological level, logotherapy recognizes the "defiant power of the spirit" (*Trotzmacht des Geistes*), the ability to take a free stance toward our fate and the things that determine us at any given time (1985, p. 133).

Second, the conscience—the "the organ" for perceiving meaning—operates at the noological level (1997, pp. 39ff). Its operations are natural to human beings and are characterized by a "*will to meaning*." (The innate desire to find meaning and this will to meaning is our principal motivation for a living)(vs. motivation for pleasure – Freud; motivation for power – Adler)

Third, the noological dimension is the human property, distinguishing human persons from non-human animals (1985, p. 134).

Fourth, Frankl posits that the person as a spiritual being cannot become ill; people become ill only in their somatic or mental dimensions (TTMD, ch. 10).

Fifth, the noological dimension interacts with the somatic and mental dimensions. A perceived lack of meaning in life can contribute to neuroses (like anxiety disorders or depression), just as a strong sense of purpose can be psycho-hygienic and resist bodily illness (1985, TTMD). And although the spirit or person at the noological level cannot become ill, a biologically caused mental disorder like significant depression may affect the operations of the spirit; for example, it may leave people unable to express themselves fully and unable to perceive values rightly (TTMD, ch. 2).

Four elements of Frankl's theory of meaning are central to his theory and therapy of mental disorders.

First, Frankl maintains that “Man is always reaching out for meaning, always setting out on his search for meaning; in other words, what I call the 'will to meaning' is even to be regarded as man's 'primary concern' ...” (1978, p. 31).
(We are reaching out for meaning. We set out on our search for meaning. Our search for meaning is our primary CONCERN.)

RELATING-Emotional Viability (possibility/feasibility)

Concern	Confidence	Caring
Receptive	Sensible Risks	Responsiveness
Realistic	Self-Reassurance	Reliable
Resolve	Self-Reliant	Reflective
Responsible	Self-Respect	Reasonable

PERSONAL INTEGRITY (belief: congruent)

Sincerity	Genuine	Authenticity
Honesty	True	Actual
Forthright	Pure	Accurate
Wholehearted	Truthful	Trustworthy

Logotherapy has six assumptions regarding spirituality. The human spirit is the capacity to love beyond the physical, to listen to your conscience beyond the influences of others, to use your creative abilities, to use your ideas and imagination, to learn from the past, and to project into the future. Materialism, human laws, pleasures and powers, compulsions, and conventionalities are all meaningful, but they do not provide insight into the nature of others and yourself. There is no benefit to using them to solve interpersonal problems, and they do not allow you to engage with other people and the world around you. There are many varied factors that contribute to conflicts between people, such as materialism, pleasure, power, etc. For example, couples often fight over money or not enough pleasure and sex in the relationship, and when things don't work out, the courts get involved.

Spirituality goes beyond the Material vs. Mindfulness: You are more than your possessions. The more you own and have (extrinsic reward), the more anxiety you will have to hold onto it; you can have something in the future that you don't have now, but that something in the future is an idea – it has not materialized. Materialism is a preoccupation that stresses material rather than intellectual or spiritual things. Materialism restricts your uniqueness. With materialism, you overfocus on getting, gaining, comparing, and competing with others. You always want more money, a bigger house, and a more excellent car. Mindfulness is your ability to focus on one thing at a time, to be in the here and now when appropriate, and to be responsive rather than reactive. Mindfulness extends your spirituality extends beyond the material. You are more than your possessions. As you own more things (extrinsic reward), the more anxiety you will feel to hold on to those things; you can have something in the future that you don't have now, but that something in the future is just an idea - it hasn't materialized yet.

Mindfulness involves disciplining your mind to take responsibility for your thinking and your ability to concentrate. A mindless person compares themselves to others or is unkind to themselves. Mindfulness is about feeling safe, allowing you to be responsive and open to new opportunities and possibilities. This engagement opens your mind to unique ideas and helps you experience them moment by moment.



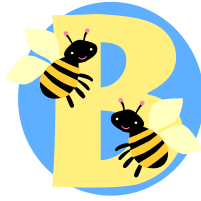
The 3 Bs in Mindfulness:



The following are ideals and not commands.

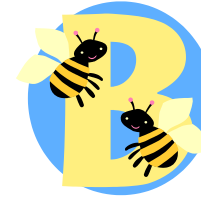
Be of One Mind:

Be focused, concentrate, and do one thing at a time



Be in the Present:

Recognize we can't change the past and we can't predict the future perfectly. You can learn from your mistakes, and you can set goals for the future.



Be Responsive rather than Reactive:

Be open to innovative ideas and be approachable to the feelings and needs of others.

Bees are very mindful.

Nurturing is their purpose.
Returning home when their task is completed.
They're too busy to moan.
Don't worry about tomorrow.
Such matters don't concern them.
Communication among each other as they dance.
Their persistence resulted in one of the sweetest substance on earth.



Frankl (1967) argues that you need goals, values, or ideals, and without them, you experience distress. It is called an "existential vacuum" characterized by ennui (boredom), apathy, and vacuity (emptiness) (Frankl, 1967; Ruffin, 1984; Yalom, 1980). Frankl also estimates that 20% of psychological and psychiatric patients suffer from boredom and an "existential vacuum". Frankl develops a therapeutic approach for individuals who seek purpose in their lives. He calls this approach "Logotherapy," in which he presumes that human beings can find a reason for living; by doing this, they can overcome negative states and live more fulfilling lives (Crumbaugh & Henrion, 2001). Frankl bases Logotherapy on several key assumptions. The first assumption is "freedom of will," which focuses on the fact that people may not control what happens to them, but they can always control how they respond to events in their lives (Crumbaugh, 1971; Melton & Schulenberg, 2008). The second assumption is "will to meaning," emphasizing that people's primary motivation is to find meaning and purpose in their lives (Crumbaugh, 1971; Frankl, 1984). The final assumption is that life is meaningful in all conditions, even torture and suffering (Frankl, 1984). Frankl asserts that one can find meaning in his or her life, even in helpless or hopeless situations, by choosing to live with honor and dignity.

Spirituality goes beyond Human Law – It is Experiential. *The ultimate meaning* is awareness of an existing *order* in which you can participate. It becomes more evident when you respond to the extent of your abilities and the potential life offers from moment to moment. Focusing on the letter of the law rather than the spirit of the law restricts your uniqueness. The phrase "the letter of the law" implies that you behave in a manner consistent with what is written in the law rather

than according to general principles that apply to it. **Developing healthy experiential values is the key to finding meaning in the world through encounters and experiences.** Natural beauty, truth, and goodness are everywhere, even in your culture. You experience meaningfulness by encountering another human being in a loving way (Frankl, 1969, pp. 69-70).

Spirituality goes beyond Pleasure and Power – It is Motivational: You have the will to find meaning in your life. Your search for meaning; if you don't have meaning, seek it out. The process of searching is the reward; a search involves looking into, or examining, something carefully or thoroughly. You find out, see, or come to know by inquiry. The willingness to act and the desire for power and pleasure give you a false sense of expanding your uniqueness. You often hear people share others being control freaks, and they believe this person obsesses about exercising control over themselves and others and taking command of any situation. This self-respect model assumes that if you call someone a "control freak," you put that person in a negative category. This harmful category includes being close-minded to innovative ideas, demanding that things always take their way, and behaving in dictatorial and oppressive behaviors. We see these so-called "control freaks" as people who use unhealthy means of expanding their uniqueness or who have not found a healthy way to expand or restrict their uniqueness. Power is short-lived because people get fed up with you bossing you around, and the energy and time you spend getting power does not equal the control and admiration you want. Pleasure is also short-lived and leads to negative consequences. For example, drug abuse may seem pleasurable, but the addiction and legal problems that ensure it are not worth it in the long run.

Spirituality goes beyond Compulsions – It helps you experience Freedom: You can change your attitude in the face of unavoidable fate, see meaning even in the most meaningless situations, and don't have limitations. Compulsions are an irresistible and persistent urge to perform an act, such as excessive handwashing. Compulsion restricts your uniqueness because you believe you have to take a specific action; if you don't, an awful thing will happen, and you think such awfulness will be intolerable. This form of thinking is unhealthy because you avoid learning opportunities through experiences and teaching yourself new skills to expand your uniqueness.

Spirituality goes beyond Ordinary Responses – It is Situational and Universal: Using ordinary responses to solve problems limits your ability to express yourself and expand your uniqueness. You don't see the universal meaning in every situation when you use ordinary responses. Although moments are unrepeatable, each situation has a theme of actualizing your desires, loving another individual uniquely, and how you respond to your community and world is your choice. Each condition (each moment) offers a specific meaning potential; no outside forces or inner drives can impose limitations on you, but your self-imposed restrictions limit your freedom and possibilities.

Spirituality goes beyond all the masks: It doesn't deal with Conventional. (I'm irreplaceable without feeling people can't live without me – Ego: When you use conventionality and mask, you attempt to imitate someone else. You enhance your meaning by being aware that you are irreplaceable; you know "you are a unique someone, and you are significant and irreplaceable regardless of what people think of you or what happens to you. You know someone can't take your place, but you also know you can play the role of father, friend, brother, etc. They could never be the father, mother, friend, or co-worker you are or will become. You believe you are unique in the whole universe; you realize that others cannot take your uniqueness away, and your achievements are the harvest of your life that cannot be lost. Your life is preserved in the reality of the universe; you belong to something bigger than yourself; you are not with orientation and conscience; you are important to the world; you are a co-creator; there are meaningful tasks that await you; you are durable, and you can trust your abilities and skills that no one can take away from you. In sum, Spirituality transcends all of its masks: It doesn't deal with conventionality and helps you expand your uniqueness and accept your singularity.

You use it to please others or to avoid being hurt; you give up an opportunity to experience your uniqueness. When you put on a mask, you attempt to imitate someone else. You discover meaning by being aware that you are irreplaceable. You know you are a unique individual. Furthermore, you are significant and irreplaceable regardless of what people think of you or what happens to you. I know someone can't take your place, but you also know you can play the role of father, friend, or brother. They could never be the father you were, am, or will become. You believe that you are an exception in the whole universe; the realities of your own life cannot be taken away; your achievements are the harvest of your life that cannot be lost; your life is preserved in the reality of the universe; you belong to something more significant than you are;

you are not without orientation and conscience; you are significant for the world; you are a co-creator; there are meaningful tasks that await you; you are durable, and you can trust your abilities and skills.

From these six assumptions, you develop your sense of self-transcendence and self-distancing. *Self-transcendence* (human capacity to reach beyond your limited personal interests toward others or healthy challenges. *Self-distancing* (human capacity to step away from yourself and look at yourself from the outside.

For example, you can see self-distancing in that only humans have a sense of humor. You can't tell your dog a joke, and he'll wag his tail.)

Solomon believes that Spirituality embraces genuine love, authentic trust, and sincere reverence. He states that Spirituality is not tranquility or Peace of mind. Tranquility is not a hallmark of Spirituality. Socrates. Stoics. Buddha. Confucius. Chuang Tze and even Adam Smith believed Peace of mind was a hallmark of Spirituality, but it is not what they thought strong emotions should be avoided – good luck. Still, according to Frankl spirituality is not static but creates energy.

Genuine Love: For Solomon, love is not an emotion or a means of happiness. Listening to another person (instead of using communication skills with them) is love. Additionally, it involves probing, searching, and exploring what you are hearing from the other person as you listen to their words. As part of this process, you will also need to be able to express your thoughts and feelings in a way that does not cause harm or harm to the other person. As a way of defining yourself in another person - a merging of two souls - love is a way of expressing yourself through such a person. Solomon believes you cannot live a vibrant life without love if you want to be passionate. He believes a "thoughtful passion for life" results from a combination of dedication and enthusiasm despite uncertainties in life.


Love is not an emotion, and emotions are not always virtuous. How you feel when you experience genuine love brings about the intensity and range of your emotional response to another person. There are degrees of emotions. For example, a person can be angry about the cruelty to children, or a parent can be so mad he beats his children. Other unvirtuous feelings are envy and resentment, which you can see in a distorted expression of so-called love. Genuine love instills passion, whereas toxic jealousy and envy are obsessional. Passion is intense, driving, and convictional. But emotions can be obsessive in that you have a disturbing preoccupation with an unreasonable idea or feeling, such as "I need her because I love her."

Another example is feeling jealous and being overly possessive may be justified in the name of love. I believe genuine experience helps engage the world, provides insight into others and ourselves, and helps us solve problems. Where toxic emotions, such as unhealthy anger, anxiety, depression, etc., restrict our opportunities and possibilities, which determines our uniqueness and interferes with our healthy expression of our positive and negative emotions.

Genuine love is a path to freedom. With genuine love, you are free from pretense. You expand your uniqueness constructively when you are honest with yourself and others. When free, you are open and truthful with others without hurting their feelings or worth. When appropriate, you are free to show your real intentions. With freedom, your appreciation and thankfulness are heartfelt and earnest, which means you want people to take you seriously. When you are free, your actions are characterized by an intense and serious state of mind. When free, you are forthright, which involves being free from ambiguity and evasiveness with others. Sincerity is an expression and action in which you are willing to express thoughts and feelings reliably. This freedom allows you to be candid with loved ones. You are free, to be frank and open in being honest without hurting others. This openness shows others that you are factual, free from falsehood, and want to embrace reality. The last aspect of being genuine and natural is being truthful and free to express your thoughts, wants, and feelings. In telling the truth, you accept the consequences of your actions and want to tell the truth without hurting others. Without experiencing genuine love, you become defensive and use introjection for problem-solving. With introjection, you blame yourself for the other person's harmful and usually hurtful expression of their feelings.

When you are free to express and receive genuine love, you discover meaningfulness for yourself and others. For genuine love, you need to care about someone or something. When caring about another person or a cause, you want to be free from falsehoods and express your feelings, thoughts, and desires without hurting the other person. Taking others seriously, you are free from evasiveness and ambiguities. When you experience evasiveness and ambiguities, you become defensive, which reflects a lack of confidence. When you lack confidence, you use self-doubt, excessively seek approval,

demand perfection for yourself, and excessive and rigid self-downing. When you doubt yourself because you haven't experienced genuine love, and you have difficulty making decisions and solving problems. When you seek excessive approval, you feel you fall short of reaching your goals, proving you are inadequate and can't trust yourself. You can have moments of perfection, but seeking perfection and success will always prevent you from taking, sensing risks, and experiencing genuine love from others. This self-doubt, seeking approval, and perfection will inevitably lead to self-downing, which hurts your sense of emotional self-respect and ability to expand your uniqueness. Genuine love involves not only expanding your uniqueness but also involves restricting your uniqueness. Just as with healthy and unhealthy expansion of your uniqueness, you can also have healthy and unhealthy restrictions of your uniqueness. I propose that genuine love involves restricting your uniqueness.

Healthy Restriction of Your Uniqueness		
<i>Experiencing your uniqueness involves being accountable before your own conscience.</i>		
	Attitudinal Values: When I can't change the situation, I'll change my attitude.	<ul style="list-style-type: none"> • Responsiveness: I want to be fair and just. <input type="checkbox"/> I want to be sensitive to the feelings and thoughts of another, so I have to focus on the other person rather than myself.
		<ul style="list-style-type: none"> • Reliable: <input type="checkbox"/> I want to be dependable, so people place reliance on and trust me. <input type="checkbox"/> I want to maintain the rules and keep my promises and agreements. <input type="checkbox"/> I will show healthy remorse and regret when I break my promises and agreements.
		<ul style="list-style-type: none"> • Reflective: <input type="checkbox"/> I want to think of the positive and negative consequences before I act. <input type="checkbox"/> I want to think about how my thoughts influence my emotions.
		<ul style="list-style-type: none"> • Reasonable: <input type="checkbox"/> I want to be tolerant of others.
		<ul style="list-style-type: none"> • Resolve: The harder I try, the greater my success will be. • Responsible: I will be accountable and answerable for my actions and complete tasks even if they are not fun or easy. • Reassurance: I believe that I am more likely to be successful than to fail. I can remember times I have been successful.

Forthrightness: When I genuinely love someone, I am free from ambiguity and evasiveness with others. I am sincere in expression and action. Willingness to express thoughts and feelings. Candid. Being honest without hurting others. You are frank and open.

Factual -When I genuinely love someone and I love them, we are free from falsehood., and we both want to embrace reality and the facts.

. Truthful: When I'm in love, I am free to express my thoughts, wants, and feelings. I want to tell the truth and accept the consequences of my actions. I want to tell the truth without hurting others.

Heartfelt-Earnest: When in love, I want to be taken seriously and intent mental state, characterized by an intense and serious state of mind, something of value given.

Genuine Love:
 When I'm in love, I am free from pretense. I expand my uniqueness constructively when I am open and truthful. I want to show my real intentions.

Authentic Trust: Western culture believes trust is an ability, a strength, and a way to know the truth about someone or something you can trust. For instance, when someone tells you the truth consistently. You have a greater chance of trusting that person. When you trust someone, you have confidence that this person will do the right thing. Thoughtful trust presumes you have a vital interest in someone or something open to your vulnerabilities. Solomon believes trust is not a passion, but authentic trust is. *Authentic trust* is a way of being in the world. It is not an attitude, feeling, or a set of beliefs. Instead, it is accepting your lack of control over others and recognizing your vulnerabilities.

With inauthentic trust, you can't trust your feelings and always think your thoughts are wrong. With authentic trust, you are free from hiding under a false appearance and entirely trustworthy according to facts. When you are free from false impressions, you are always looking over your shoulder and worrying about what people are thinking about you – you are free. With authentic trust, you want to be accurate, so you can be free from error. If you are sloppy and careless, others will not trust you. This is also true of conforming to the truth and wanting to change those thoughts and beliefs to match the facts. When your thoughts and beliefs don't match the facts, you will have more conflicts with others, and problem-solving will not discover a resolution. When you have authentic trust, you are real. You don't want to be artificial, fraudulent, or illusory; you want to relate to practical or everyday concerns or activities. You also want to be trustworthy and free from people frequently questioning and not trusting you. When you are authentic, your concerns are legitimate. You are free to recognize principles and accepted rules and standards. All concerns are legitimate, and you can accept a person's concerns even though you disagree.

????????????????????STOPPED 3 25 23 Saturday how is authentic trust relates to spirituality and emotional expression. Trust is earned, and it reflects your sense of intentionality.

Solomon believed that trust is not a passion. For instance, trust is the ability to know the truth about someone and yourself. When someone tells me the truth consistently, I have a greater chance of trusting that person. When I trust someone, I have confidence in that person to do the right thing. Trust presumes you have a vital interest in someone or something, which can open you to new vulnerabilities. You want to cultivate and work at cosmic trust without being perfectionistic about getting perfect confidence. You want to take a position and conceive the world as having aspects of the world you can trust. Distrust: the lack or absence of trust - to have no trust or confidence in a person.

Distrust breeds disharmony and alienation. With a loss of basic trust, you feel you need to be more secure and do not feel safe in your environment. With mistrust, you are not free from anxiety and don't feel confident in your place. Trust reflects feeling secure with others and the world. Mistrust is not having confidence in another person; you regard the person with suspicion and doubt the truth or effectiveness of a person's skills or promises. You are free to trust or distrust others, but trust and mistrust help you to discover meaningfulness because confidence and authenticity go hand in hand. When you trust yourself and others, you are free from error while accepting moments of perfection and experiencing the joy of others seeing you as trustworthy.

Authentic trust is a way of being in the world; it is not an attitude, a feeling, a set of beliefs, or a passion. It is accepting your lack of control over others and recognizing your vulnerabilities. When you trust people, and they trust you, you are free from hiding under a false appearance. You make decisions according to facts, and you are trustworthy, responsible, dependable, and honest, which develops your ability to solve problems. Authentic trust involves (1) wanting to be accurate, (2) being real with yourself and others, (3) you are faithful and trustworthy, and (4) you see other people's concerns as being legitimate for them.

Accurate: You don't have to cover up your errors when you trust others entirely. Consequently, when you conform to the truth, you can change your thoughts and beliefs to reflect the facts presented before you.

Real: When you trust yourself, you are being "real" to yourself and others. You are not artificial; you don't falsify the facts or buy into misleading information. You want to be faithful to your attitudinal values related to practical and everyday concerns.

Trustworthy: When you trust others and yourself, you are free from people questioning and distrusting you. It is essential to realize that you are free to follow or not follow recognized principles, rules, and standards.

Legitimate: I (McKenna) believe you want to address all Concerns are legitimate because rather than cross-examining people, you can accept a person's concerns as being real for them.

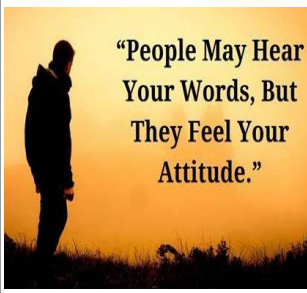
Spirituality and authentic trust: Solomon believes cultivating trust in the world is an essential part of spirituality, which is different from confidence in your abilities and skills for making your way there. Authentic trust is an attitudinal value in which you realize you can't change others but deal with others wisely. This involves keeping your promises and repairing broken promises, keeping your agreements and renegotiating new arrangements when previous agreements fail, being reliable and showing regret when you are unreliable, and telling the truth and feeling remorse when you have lied or cheated.

Solomon believes that you can only authentically trust or have faith when you have experienced disappointment, loss, or betrayal. Spirituality tells you that, even with faith is tested and trust is betrayed the world is benign, and life is meaningful. The world is not out to get you, and the defensive measures of distrust is unnecessary and self-defeating.

Solomon contends that spirituality helps you o accept the paradox –you trust without regard for your advantages to gain a long-term benefit. For example, you are being generous so people will be grateful, as they must, and be indebted to you. Spirituality is not about trusting that you will receive something in return. Still, you get comfort in the world, more congenial relationships with others, and open up opportunities and possibilities that distrust keeps closed. You trust because it is the right thing to do, and you are not concerned about the personal advantages, whether in the short or even in the long run, because you are concerned with the integrity of your relationship with the world and not with personal gain. Your trust in the world is based on the fact that it is right to trust and that you are concerned with the integrity of the relationship with the world and not with personal advantages, whether short-term or long-term.

- **Authentic Trust:** When I trust people, I am free from hiding under a false appearance. I am trustworthy according to facts.
 - **Accurate:** When I trust others, I want to be free from error. I want to conform to the truth and want to change those thoughts & beliefs to match the facts.
 - **Real:** When I trust someone, I don't want to be artificial, fraudulent, or illusory. I want to be authentic and exist, relating to practical or everyday concerns or activities.
 - **Trustworthy:** When I trust others, I am free from people frequently questioning my motives.
 - **Legitimate:** When I trust others, I am free to recognize principles and accepted rules and standards. All concerns are legitimate, and I can accept a person's concerns.

Healthy Restriction of Your Uniqueness: I want to avoid comparing, competing, and criticizing.



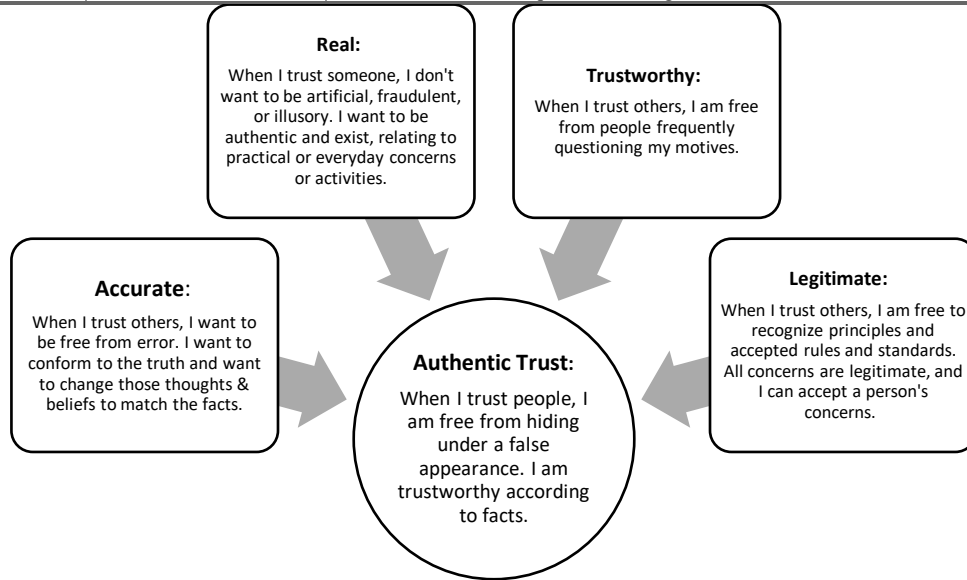
“People May Hear Your Words, But They Feel Your Attitude.”

Trust in Yourself
Thought, evaluations, and judgments that prompt short-term goals.

Short-Term Goals: I will restrict my uniqueness in constructive and healthy ways to meet my short-term goals. I want to maintain a good reputation over an extended time. I want to excel and do better at school/work/relationships. I want to excel in my line of work and know more so that I can be in charge and others will see me as a responsible person. I am responsible for my feelings.

Healthy Expression of Feelings: I will feel negative, but I don't have to make those adverse events a disaster. I can control my impulses and maintain a healthy sense of appreciation and respect. I will not allow other people's toxic feelings, such as apathy, to control me, and I will not be non-assertive and judge others as worthless individuals.

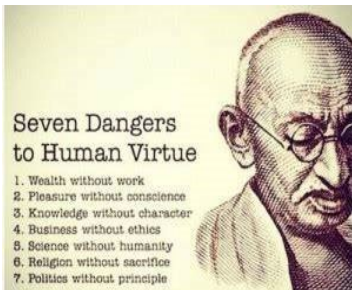
Healthy Self-Control: I want to control my impulses and urges better. I want to know more about myself and how other people see me. I want to know more about myself and understand my thoughts and feelings because I want to excel in life (career, family life, and financial stability). I want to express my feelings in a genuine way that does not hurt the other person's feelings.



Sincere Reverence: Spirituality is a resource that helps you go beyond your expectations. This is where authentic trust and genuine love play a role in spirituality. Solomon (2002) believes that reverence is a passion that complements love. Reverence involves something greater than yourself, something incredible, wondrous, and marvelous. However, reverence is more than just affection; it requires respect and admiration. Veneration is respect or awe inspired by dignity, wisdom, dedication, or talent. Solomon warns you that without reverence, love too easily degenerates into possessiveness. Life itself becomes brutish and selfish and closes you off from spirituality. He contends that you can't be selfish and spiritual at the same time. Being reverential – being spiritual – means being reverential before the world, before nature, before the law and other social institutions worthy of reverence; reverence is active and responsible; it requires an active role, an engagement, not merely the experience of awe; recognizing and accepting our limitations, but not shirking from responsibility; to be reverent is to be moved to action; and to be aware our responsibility is to be significant. The spiritual definition of responsibility (responsiveness) is showing concern and caring about your opportunities and possibilities in a confident (not overconfident) manner. An attitude of reverence and responsibility is the recognition of obligations borne from gratitude.

Sincerity is when you are free from hypocrisy because you don't value being a "phony." You are honest and want to be free from deception. With sincerity, you are not hiding or using false appearances. You approach tasks wholeheartedly, and you are entirely and sincerely devoted. You complete tasks openly and enthusiastically with honesty, warmth, and exuberance. You are pure, which means you want to be free from fraud, moral fault, or toxic guilt, and you want complete commitment and healthy humility. You are true and free of deceit because you want others to know if your thoughts are true or false, and you want to realize your talents and potential or fulfill those potentials.

I am free to honor, admire, and respect another. I can discover meaningfulness. I can address another person's concerns and be sincere and honest with that person. I don't want to be deceitful or fraudulent.



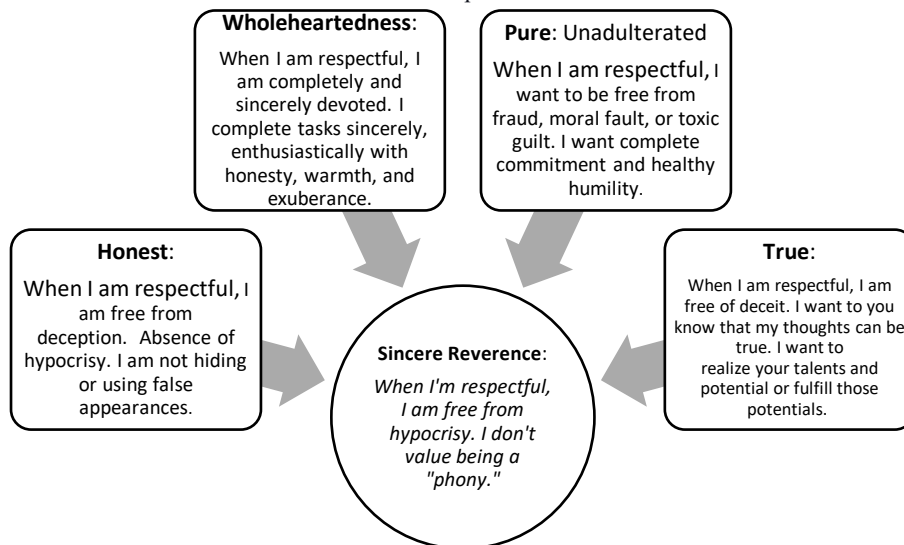
Conscience:

Being responsible, emotionally disciplined, and conscientious involves giving up immediate gratification to reach my long-term goals.

Long-Term Goals: To reach my long-term goals, I want to control the unruly emotions that get me in trouble, and I have several ways to correct my toxic habits. I want to control my vices, such as drinking, drugging, gambling, etc.

Social Injunctions: I don't want to be seen as "selfish," judgmental, or self-righteous. I don't want to be dishonest. I don't have to be defensive I will stop using these manipulative beliefs and start being responsible. I don't want to be disrespectful to people in authority. I don't want to be overly altruistic all the time, and hiding my true feelings will not help me eliminate my unhealthy habits. I will maintain my emotional boundaries.

Maintain Ethical & Moral Standards: I want to be concerned and careful when dealing with topics that are important to others. I will acknowledge my anger and hostility, understand how I create them, and work at giving them up. I want to maintain my self-control, so I can reach the health goals that I have chosen. I want to avoid sinful behaviors and temptations.



Three Principles of Self-respect include:

Principle One: Healthy Emotional Self-Respect includes:

- (1) Appreciating your uniqueness without holding it over others.
- (2) Acknowledging you are irreplaceable without worrying about being replaced.
- (3) Allowing and knowing each moment to be unrepeatable without hoping those moments are repeated.

Principle Two: Emotional Self-Respect is caring and showing concern for your opportunities and possibilities confidently, morally, and ethically.

Principle Three: Emotional Respect for Others is caring and showing concern for another's opportunities and possibilities confidently, morally, and ethically.

Principle Two states that Having emotional self-respect means caring and showing concern for your opportunities, possibilities, and opportunities in a confident, moral, and ethical manner.

Opportunities involve circumstances, and possibilities deal with realization. An opportunity is a favorable juncture of events, and you have a reasonable chance for progress. Possibility is something with potential or prospective value. Possibility suggests something being practicable, and feasible and capable of being realized. As you experience possibilities, you realize your potential, fulfilling your character or personality's potential.

With opportunities, you believe you have choices and have a reasonable chance of advancement or progress. When you see yourself as having an option, you face a favorable juncture of circumstances, i.e., I have an opportunity to learn something novel. Possibilities is having the freedom to develop and express your potentialities within the limits of ability, capacity, or realization potential or prospective value, i.e., I'm good at music, so I can learn how to play the piano. Opportunities suggest the opportunity or privilege of making decisions freely. Therefore, choosing and opportunity go hand and hand and without choice. You only have a few choices if you have a chance. With opportunities, you have options which is the power to choose that is expressly granted or guaranteed. With opportunities, you want a range of choices (selection). Conflicts arise when you must select and reject another possibility (alternative). Your preferences are the factors that guide your choices.

Confidence is the understanding of your powers and reliance on your circumstances. It also involves trust, self-assurance, and relying on your character and abilities. When you know the truth about someone or something, you trust that person or event. Confidence stresses faith in yourself and your powers without suggesting conceit or arrogance. With self-assurance, you have certainty, but assurances can mean arrogance or lack of objectivity in assessing your skills or strengths. Therefore, emotional self-respect involves dealing with your opportunities and possibilities.

Opportunities to expand your uniqueness. Four themes in the factor

An attitude is seen in the following statement: "*In the situation, I so much want to do this with that.*" There are four themes of attitudes that factor analysis has found related to expanding your uniqueness: (1) I want to have a strong sense of self-control, (2) I want to strongly know about myself and the world, (3) have an opportunity to develop my sense of self, and (4) I strongly want a sense of personal excellence. In developing your uniqueness, you want the skills to control your impulses and emotions. You also want to maintain your mental process and never go insane. This dictionary focuses on wanting to control your feelings and understanding your cognitive functions such as thinking, remembering, knowing, and understanding and expressing your thoughts and feelings.

The second theme of attitudes in this factor involves self-knowledge. These factor loadings are attitudes in which you want to grow up normally and have a happy childhood and fulfilling adulthood, have peace of mind in feeling safe or protected, know more about yourself, and know about science, art, and literature. This theme represents that you feel good about yourself and have confidently gotten along with others. The third theme involves developing your sense of self by wanting to develop interests that enrich your life, have an interest in business, and build your skills, occupational and social talents. This self-development theme is never wanting to damage your self-respect. The fourth theme involves wanting a healthy sense of personal Excellence, wanting to excel at work so you feel secure, being in charge at work, and

having a good social reputation. Having a good social reputation also involves having a successful relationship or marriage. These sixteen attitudes allow you to expand your uniqueness.

I have been doing cognitive-behavioral psychotherapy for the past thirty-five years, and within those 35 years, I have been exploring the parameters of self-acceptance. Throughout those years, I wanted to investigate how healthy self-acceptance helped people overcome their anxieties and depressed feelings. Albert Ellis, considered one of the earliest proponents of using a cognitive approach to therapy, sees unconditional self-acceptance as a significant factor in staying and maintaining one's health. I agree that self-acceptance is a considerable component of maintaining your physical and mental health, but as a psychotherapist, how do you respectfully increase the person's sense of acceptance? I believe doing various techniques to people is disrespectful and increases an understanding of "wrongfulness" between two people. I think having a systematic evaluation of a person's differences is first and primary, and then you can develop methods of helping the person develop a sense of differentiated self.

Seeing yourself as being different from others opens us to various social paradoxes. By philosophically examining these paradoxes, you can explore methods of helping people find their chosen path in life. Paradoxes, such as "you all want to go to heaven, but nobody wants to die," paradoxes you have about life. I hypothesize that you expand your uniqueness in healthy ways when you become mindful of these social paradoxes.

Your "sense of who you are" develops from seeing yourself as different from others, and you know what you have in common with others, which I call the individuality paradox. When you examine "the individuality paradox," you say, "You all want to evolve, but no one wants to be a mutant." You all place self-imposed paradoxes on yourself, and when you become mindful of these paradoxes, expanding your uniqueness has a greater chance of being realized.

The issue in behavioral health is that most of us experience sadness, but why does this emotional experience in some people turn into clinical depression? Most of us experience anger, but why does this emotional experience in some people turn into contemptuous outrage, and why do they become abusive to others? Most of us experience fear, but why does fear sometimes turn into anxiety? (See fear on page 17 and feeling anxious on page 3 in Feeling Dictionary)

One approach to alter behavior is to focus on the symptoms or behaviors of a person that causes other people problems. If you can find the "cause," you can find a "cure." The psychology of the emotional self-respect does not explain how individual differences influence emotional expression or clinical symptoms. The psychology of emotional self-respect sees signs and symptoms of clinical pain as the environment has taken away the person's sense of uniqueness and respect away. . It assumes that if you put everyone through the same "program," you will always get the same results. I believe respect begets respect, just as anger begets anger. So, taking away another person's uniqueness leads to feelings of disrespect (See

It is prevalent to put a person through a "16-week program," and at the end of the program, everyone will be cured. So how can you approach helping people with emotional difficulties and behavioral problems without treating people as if there is no such thing as individual differences? When you do this, you continue the cycle of disrespect.

The psychology of Self-Respect assumes that most people want to be treated with complete respect. Psychology of Self-Respect sees disrespect as not seeing other people as unique. Disrespect takes the other person's individuality and uniqueness away by placing them into one group. This group usually has particular traits that you see as unfavorable. For example, if a Caucasian person calls an African American the "n" word, the African American feels offended and disrespected. Dismissing uniqueness occurs because grouping an individual with traits of the entire group denies the person's uniqueness and individuality. The African American is being lumped in with all the negative stereotypes associated with the "n" word. This disrespect produces contemptuous anger and resentment or, in the other extreme, submission. You give up expanding your uniqueness when you succumb to the contemptuous behaviors of others or become overly submissive.

When you see the other person as a complete individual, you experience healthy self-respect. Giving people balanced Admiration, receptive Appreciation, responsive Understanding, and having hopeful and authentic Trust in each other increases a sense of emotional respect.

Responsive Understanding involves:

- Knowing the person's history.
- Knowing their stresses.
- Knowing their likes and dislikes.
- Knowing their dreams and hopes.

Understanding involves having the power to understand and comprehend what the person thinks and feels. Understanding also involves recognizing, knowing, and perceiving individual differences. When you understand, you appreciate the other person and clearly understand their uniqueness. (see feeling understood on page 44 and being grateful on page 19 in Feeling Dictionary).

Receptive Appreciation also has recognition, but it involves being grateful and having a high regard for another person's efforts. You need receptive Appreciation because you not only need to recognize, but you need to unconditionally accept this person because he is attempting to improve his life. It may not be your way, but with Understanding, you can realize the other person's uniqueness. You don't have to agree with the other person, but you can still accept his way of finding uniqueness despite his faults (see Appreciated on page 4 of Feeling Dictionary).

(Note: Four steps to Appreciation: 1. Recognition of the person's actions; 2. Being familiar with that act, 3. having esteem for that action yourself, communicating (seeing and recognizing the degree of difficulty, and 4. expressing thankfulness.)

Balanced Admiration is when you respect the other person in an objective and balanced manner. The person is not overly wonderful, even if you may emotionally believe this. In Balance Admiration, there is a sense of reality. You give recognition because respect is an interpersonal behavior. You are thankful. With balance admiration, you are grateful for another person's help and enjoy helping others (See admiration on page 1 in Feeling Dictionary).

Authentic Trust is when you know the Trust between two people will continue, or each person is willing to repair the relationship when you break Trust. Authentic Trust implies you are reliable and have confidence in the other person. In hopeful Trust, both parties are responsible and are willing to keep their promise. If you cannot keep your promise, both parties are eager to repair this broken promise. When you have hopeful Trust, you have faith in the person. You see each other as being dependable. You can count on the other person in good times and bad times. When you trust people, you feel safe and have a sense of belonging. You are also willing to protect the other person's sense of esteem. When you trust people, you believe they will protect us. Having full genuine respect involves admiring those differences, appreciating those differences, understanding those differences, and trusting those differences (See authentic on page 4 in Feeling Dictionary) (See trust on page 44 in Feeling Dictionary).

When you don't trust another person, you may feel anxious, which can lead to feeling anger and suspicious. Initially, anger begets anger, love begets love, disrespect begets disrespect, but respect doesn't always beget respect. For example, you may admire, respect, and treat the other person with kindness and support. But the other person may reject your kindness, and respect because you do not have control over their thinking.

This chart shows how reciprocal inhibition influences your level of disrespect. This mutual inhibition states, "You can't be contemptuously angry and respectful simultaneously." So if you truly want to control your contemptuous anger, you need to give people respect. My point is that just doing "anger management may help you feel better, but to maintain your uniqueness -control, self-confidence, sense of certainty, and concern- you need to see how you expand your uniqueness and influences how you give other people full genuine respect. When you make decisions for purely emotional reasons, you may falsely believe that being disrespectful somehow magically brings us respect from other people.

It takes courage (risk and resolution) to have authentic Trust and give full respect. The other person may reject or even ridicule you for showing full respect. Courage puts us on the line, involving the unknown, and is full of uncertainty. So to

have enough strength to go into this area of uncertainty, you need people around us who are reliable, friendly, and willing to participate with us. Unfortunately, some people only find this sense of reliability with their therapist or staff.

When you have courage, you take risks about not knowing all the proper steps to reach your goals. It would help if you had a sense of confidence to take these steps. When you have confidence in your expand your uniqueness, you are self-reliant and rational. When you don't know if things will turn out the way you hope, you need the confidence to take measures that will protect us and serve your own best interests.

When you have courage, you expand your uniqueness -control moves from not being in control to using reasoning and problem-solving skills to deal with your problem. When you have a lack of control, you feel fear and confusion as well as excitement.

When you have courage, you take risks but are also realistic. You don't jump into anything and everything because it "feels" right. You can doubt and use critical objective thinking to make your decisions. It would help to have the confidence, control, certainty, and concern to be courageous and give others genuine respect.

Section Two: Expanding Your Uniqueness

When dealing with emotional self-respect and expanding your uniqueness, you need to choose from these three philosophies:

“I think, therefore I am” Rene Descartes

“I am, therefore, I think” Martin Heidegger

“Iyam what Iyam” Popeye

There are healthy ways to expand your uniqueness and unhealthy habits to broaden your uniqueness. The research on individual differences has found that the notion of the “self” can help us understand how people make different decisions and have different emotional reactions. From this research in psychology, the Psychology of Self-Respect assumes that most people believe their behavior will improve their lives.

In other words, they want to maintain and improve their expand your uniqueness.

Research (Cattell and Childs, 1975) has shown that you have sixteen variables which represent your opportunities to expand your distinctiveness.

- Opportunities to expand your uniqueness include:
 - 1) Self-Control: You want...
 - To control your Impulses
 - To control your emotions
 - To control your mental processes
 - Never want to go insane.
 - 2) Self-Knowledge so you...
 - Grow up normally.
 - Have peace of mind.
 - Know more about yourself.
 - Know about science, art, literature.
 - 3) Self-Development: You want...
 - To develop interests that enrich your self-development.
 - To have an interest in business
 - To develop your skills (occupational, social, talents)

- Never damage your self-respect.
- 4) **Self and Personal Excellence:** You want.
 - To excel at work so you feel secure.
 - To be in charge at work
 - A good social reputation
 - A successful relationship and or marriage.

When you cannot expand your uniqueness because of stress, lack of resources, chronic pain, constant frustration, and others dismissing your uniqueness, you become impatient and disorganized, and you act immaturely.

- 1) **Impatient:** you are restless or short of temper under irritation, delay
 - Your feelings influence your actions too much.
 - You don't pay attention to rules and regulations.
 - You often jump into things too fast, you seem to rush from one thing to another
- 2) **Disorganized**
 - You become tense and excitable, unable to think clearly.
 - If a job gets too hard for you, you would rather say so and let somebody else do it.
 - You have moods of **self-pity** and you give up easily.
- 3) **Immature**
 - When something is bothering you, you have *to* blow off steam.
 - Doing the right thing is not important to you.
 - You don't rely on logic or objective reasoning to make decisions.

Cartel and Childs's (1975) research has also shown that excessive concern about expanding our uniqueness can lead to:

1. Self-absorption toxic pride.
2. Believing you have to live up to your ideals restricts your ability for joyful spontaneity. You have excessive concern for social appearances and expanding your social status.
3. You are constantly monitoring the correctness of your behavior and maintaining self-approval, and people must always respect you.
4. You have a sense of self-preoccupation and little unconditional self-regard for yourself, so you try to live out your perfectionistic values.
5. You see yourself as a high achiever, meet your standards of excellence, and want social recognition for your achievements.
6. When you don't realize your higher ambitions, you see that others are trying to oppress and restrict you, so you can't realize these excessive standards.

Emotional self-respect is confidently, morally, and ethically caring about your opportunities and possibilities. Taking advantage of these opportunities helps us to expand our uniqueness, but seeking excessive expansion of our uniqueness can lead to social difficulties such as self-absorption and perfectionistic beliefs about ourselves. You also want to find a healthy way to develop your possibilities, talents, and skills, and you may need to restrict your uniqueness in developing your potential and talents.

Feeling List:

A **Feelings** is an automatic reaction that is either positive or negative. An **Emotion** is when we have thoughts, feelings, and behaviors that is responding to a situation. Usually, we can label your feelings and emotions using “one word.”

A page 1-3

abandoned	abused	accepted	accused		
active, alive	adamant unyielding	adequate	admiration	admired	admittance
	adored	adventurous	affectionate	affront (ed)	
afraid	agitated	aggravate	aggressive	agreeable	agony
	amenable	anguish	alarmed	alert	alive
alienated	alone	aloof	ambitious	ambivalent	amused
angry	anguished	annoyed	annoyance	anxiety	anxious
anticipating	antipathy	apathetic	appalled	aplomb	
	appreciative	appreciated	apprehensive	apologetic	argumentative
aroused	arrogant	ashamed	assured	assertive	astonished
at fault (guilt)	attached		attentive	attracted	
authentic	avidity		awed	awkward	

B page 4

bad	badgered	baffled	battered	beaten	belittled
bereaved	besieged	betrayed	bewildered	big-headed	bitchy
bitter	blah	blessed	blissful	blue	
boastful	bold				
bored	bossy	bothered	bottled up	boxed in	brave
broken up	bruised	bubbly	bugged	bullied	
bummed out	burdened	burned out			

C page 5

caged	callous	calm	capable	captivated	carefree
caring	casual	cautious	certain	challenged	changeable
charmed	cheated	cheerful-ness	cherished	childish	civilized
clear	clever	close	closed	clumsy	
coarse	cocky				
coerced	cold	combative	comfortable	common	competent
competitive	complacent	complaining	complete	composed	concern-ed
condemned	condescension	confident	confidence	conflicted	
confounded	confused	conspicuous	controlled	constricted	conventional
conscientious	conservative	considerate	contemptuous	contemn	
content-ed	contrite		cool	cooperative	
cornered	courageous	cowardly	crabby	cranky	crappy
coy	crazy, going	crude	cruel		
crushed	cuddly	curious	curiosity	curt	cynical

D page 9

damned	daring	dark, gloomy			
deceitful	deceived	deserted	defeated	defensive	deferent
deflated	degraded	dejected	delighted	deluded	
demanding	demeaned				
demoralized	dependable	dependent	depressed	deprived	derision
Desirous - desire /	despair	desperate	desperation		
despised	despondent	desolate	destroyed	destructive	
detached	determined	devastated	devoted to	despondent	
dictatorial	different dissimilar	dignified	diminished	dirty	directionless
disappointed	discarded	discontented	disconcerted (frustrated)	disconsolate (dejected)	discouraged
discreet	disdain	disengaged disconnected, divided)	disgraced	disenchanted	disgusted
disheartened	disillusioned	dismayed	dismal	disorderly	disorganized
disparaged	displeased	disputed	disrespected	dissatisfied	distant

distraught	distracted	distressed	distrust-ful	disturbed	distressed
divided	dogmatic	dominant	dominated	domineering	doomed
doubtful	down	drained	dread	dreary, dark	dubious
dull					

E page 14

eager	ebullient	ecstatic	edgy	eerie	
efficient	effervescence	egotistical	elated	electrified	elevated
emancipated	embarrassed	embitter	emotional	empathic	empty
enchanted	encouraged	encumbered	energized	energetic	enervated
enjoyed	enjoyment	enliven	ennui (on-we)	enraged	enrapture
enterprising	enthusiastic	enslaved	envenomed	envious	enthusiasm
estranged					
evasive	evil	exalted	exasperated	excited	exhausted
exhilarated	exploited	exposed	exuberant	exultant	

F page 17

fair	falling apart	fantastic	fasinated		
fatherly	fawning	fear	fearful	feminine	fervor
fidgety	fierce	flattered	floating	flustered	
foggy	foolish	forceful	foresighted	forgetful	foresighted
forgetful	forgiving	foresighted	forlorn	formal	forsaken
fortunate	forward	frank	frantic	frazzled	free
friendly	frightened	frivolous	frozen	frustrated	
fulfilled	full	fuming	funny	furious	fussy

G page 19

generous	gentle	genuine	giddy	giving	glad
gleeful	gloomy	glowing	good	goofy	grateful
gratified	grates	greedy	grief-stricken	grief	
grievous	groovy	grouchy	guarded	guilt	guilty
gullible	gusto				

H page 20

happy	hampered	hard	hard-headed	hard-hearted	harassed
hasty	hassled	hate	hateful	headstrong	heavenly
heavy	held back	helpful	helpless	hemmed in	hesitant
high	hollow	homesick	honest	honored	
hope	hopeful	hopeless	hopelessness	horny	
horrible	horrified	hostile	hounded		
humiliated	humble	humbled	humorless	humorous	hurried
hurt	hyper	hysterical			

I page 23

idealistic	ignorant	ignored	imaginative	immature	immobilized
immortal	impatient	important	imposed upon	impotent	impressed
inadequate	incensed	incompetent	incomplete	incurious	
independent	indifferent	indolent	industrious	infantile	infantilized
infatuated	inferior	inferiority	informal	infuriated	ingenuous
inhibited	insecure	insight	insignificant	inspired	
	inquisitive(ness)	insolent	insulted	intelligent	interested
intimate	intimidated	intolerant	inventive	involved	irked
irresponsible	irritable	irritated	isolated		

J page 25

jaded	jammed up	jealous	jittery	jolly	joyous
jubilant	judged	jumpy	justified		

K page 26

keen	keyed up	kinky	kind	kindness	kooky

L page 26

labile (unstable)	lachrymose	laconic	lament	languor	
lazy	lecherous	left out	leisurely	letdown	
licentious quarrelsome)	light	lighthearted	like	listless	
	litigious	little	lively		
logical	lonely, loneliness	longing	loose	lost	
loud	love	loved	loveable	loving	loving-kindness
lousy	love	low (down)			
loyal	lubricious	luckless	lugubrious (sad mournful)	lustful	

M page 28

mad	malicious - malice	masculine	mature	maudlin	marvelous
mean	meek	melancholy	mild	mischievous	miserable
mistrust					
misunderstood	mixed up	modest	moody	mortified	
motherly	mournful	mystical	mystified		

N page 29

nagged	nagging	nasty	natural	naughty	
needy - needfulness	neglected	nervous	nice		
noisy		nonplus	nostalgic	numb	nutty

O page 30

obliged	obedient	obnoxious	obsessed	odd	offended
okay	omnipotent	on edge	open	opposed	optimistic
organized	oracular				
	out of control	outraged	outspoken	outgoing	overburdened
overjoyed	overlooked	overpowered	overprotected	overreacted	over stimulated
over stressed	overtaxed	over the hill	overwhelmed	overworked	overzealous

P page 31

pain – painful	pampered	panic	panicky	passive	parsimonious
paralyzed	patient	patronized	peaceful	peculiar	peevish
perplexed	persecuted	perturbed	pessimistic	petrified	pitiful
pissed	pissed off	phony	placid	pleasant	pleased
poised					
p- o'd	polished	potent	powerful	powerless	praiseworthy
precarious	precise	prejudged	preoccupied	pressured	pretty
prim	prissy	progressive	provoked	proud	
Prudish	pulled apart	punished	put down	put upon	puzzled

Q page 34

quarrelsome	queasy	queer	quiet		
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R Page 34

rational	rattled	realistic	reasonable	rebellious	reckless
reflective	refreshed	regret-ful	rejected	relaxed	reliable
relieved	relish	reluctant	remorse-ful		
renewed	repulsed	resentful			
reserved	resigned	resolved	resourceful	respected	responsible
responsive	restless	retiring	reverent	revengeful	revived
rewarded	ridiculed	righteous	rigid	riled	
robbed	roil	rotten	rude	ruined	

S page 37

sabotaged	sad -ness	sadistic	safe	sanguine	sapient
sappy (silly)					
sarcastic	sated	satisfied	saucy	scabby (low)	scared
scared stiff	screwed up	secretive	secure	scorned	seething
self-aborted	self-assertive	self-assured	self-centered	self-conscious	self-confident
self-defeated	self-despair	self-destructive	self-hatred	self-indulgent	self-lamenting

selfish	sensitive	sentimental	separate	serious	
servile	settled	severe	sexy	shaky	shaken
shallow	shame	sharp	shattered	shiftless	shocked
shook up	show-off	shrewd	shy	sickened	silent
silly	simple	sincere	skeptical	skittish	slick
slighted	slow	sly	small	smothered	smug
sneaky	snobbish	sociable	soft	solemn	solicitude
soothed					
sophisticated	sorrowful	sorry	special	spineless	spiteful
spontaneous	spunky	squelched	stable	stagnant	startled
starved	steady	stern	stifled	stimulated	stiff
strangled	strong	strained	stubborn	stuck	stuffed
strung out	stunned	stupid	stupefied	stymied	subdued
submissive	suffering	suffocated	suicidal	sulky	superstitious
sure	surprised	suspicious	swamped	sweet	sympathetic

T page 42

talkative	tearful	tedium	temperamental	tempted	
		tenacious	tender		
tense	tentative	terrible	terrified	terrific	thankful
thankless	thoughtful	threatened	thrilled	thrifty	throttled
thwarted	ticked off	tickled	tight	timid	tired
together	tolerant	torn	tormented	tortured	touched
touchy	tough	tranquil	trapped	trepidation	tricked
troubled	truculent	trust	trusting	turned on	

U page 44

ugly	unaffected	un-ambitious	unappreciated	unassuming	uncertain
undependable	uncomfortable	uncared for	uncertain	unconcerned	
undecided	understanding			uneasy	unemotional
unexcitable	unfair-against	unfeigned	unfriendly	unhappy	
uninhibited	unimportant	unintelligent	unkind	unloved	
unselfish	unsettled				
unscrupulous	unstable	unsure	unwanted	uplifted	upset
uptight	used				

V page 46

vain	valued	vehement	vengeful	venturesome	vexed
vigorous	vindictive	vindicated			
violent	vital	vivacious	vulnerable		

W page 47

warm	wary	wasted	weak,	weary	weepy
whiny whining	whipped	wholesome	wicked	wiped out	withdrawn
wise	witty	wonder	wonderful		
worried	worthless	worn out	wounded		

X-Y-Z page 48

yearning	yellow (scared)				
zany	zeal	zestful			

1000+ feelings words and synonyms

Notes:

Abandoned: I feel others have withdrawn their protection, support, or their help from me. I feel that others have given up on me with the intent of never again having an interest in me. ¹

Abused: I believe that others have physically, emotionally, or psychologically have injured me or damaged my sense of uniqueness and healthy pride. Another person has attacked my sense of worth with words. I feel harmed, mistreated, and ill-treated.

Accepted: I know others give me admittance or approval appropriately. Others see me as proper and normal. Feeling accepted expands my uniqueness because I am willing to try new behaviors and activities.

Accused: I feel you are accusing me of something I didn't do – I feel accused. You are blaming me and charging me with a fault or offense. I feel criminated, impeached, incriminated, inculpated, indicted, and taxed. Feeling accused is meaningful because I need to resolve conflicts with others.

Active: I feel lively, energetic, spirited, animated. I feel vigorous and strong. I want to be engaged in an activity.

Alive: I feel alert and attentive. I feel animation, active. Feeling alive expands my uniqueness because it gives me energy to complete tasks and express my creative, experiential, and attitudinal values.

Adamant: I feel unshakable and insist on maintaining my position or opinion unyielding. Feeling adamant is meaningful because I am standing up for a value that helps me actualize a purpose.

Adequate: It is sufficient to meet a specific requirement. I feel satisfied, but not overjoyed about my performance. Feeling adequate and self-assured helps me expand my uniqueness by trying new activities.

Admiration (noun): I feel esteemed, respected, and valued by others or other people. I feel well-regarded and revered by others, or I admire another. If I demand excessive admiration, I will always restrict my uniqueness and create conflicts with others.

Admired (verb): I admired their performance. To show reverence, respect, regard, and appreciation, I feel

¹ Abandon, desert, forsake mean to leave without intending to return. abandon suggests that the thing or person left may be helpless without protection. Desert implies that the object left may be weakened but not destroyed by one's absence. Forsake suggests an action more likely to bring impoverishment or bereavement to that which is forsaken than its exposure to physical dangers.

² Adventurous, venturesome, daring, daredevil, rash, reckless, foolhardy mean exposing oneself to danger more than required by good sense. adventurous implies a willingness to accept risks but not

appreciated, welcomed, respected, and understood. Feeling admired can expand my uniqueness if I don't connect my worth with what people say.

Admittance (Acceptance of now): I want to be honest about my thoughts, feelings, and desires. I am willing to feel what's true. Feeling admittance is far more helpful than denying what I already know or arguing that the truth shouldn't be actual. Admittance expands my uniqueness by opening the door to authentic trust, genuine love, and sincere respect.

Adored: I feel loving admiration and devotion. I feel idolized by others. I feel love, admiration, and respect for another person. Adoration provides me with an opportunity to develop my relationships and expand my uniqueness.

Adventurous: I want to cope with the new and the unknown. I want to face unknown dangers and risks. Adventurousness expands my uniqueness because it gives me an opportunity to new and meaningful activities. I feel bold, brave, audacious, exploratory. ²

Affectionate: I feel a warm regard and love for another person. I have a tender spot in my heart for another person. Feeling affectionate is meaningful because I am connecting to another person on an emotional level.

Affronted: I felt affronted by his actions. I feel offended, insulted, and outraged. To be criticized and dispraised. Affronted means to be humiliated, especially to the face, by behavior or language. Feeling affronted is meaningful because the environment blocks my ability to expand my uniqueness.

Afraid: I feel fear, apprehension, uneasiness, and nervousness. I am filled with a concern or regret over an unwanted situation. Feeling afraid is meaningful because I need to review my actions' positive and negative consequences.

Agitated: I feel excited, and I have troubled mind. I speak excitedly and earnestly. I feel restless, frantic, disconcerted. Agitation is meaningful because it is telling me to get ready to deal with stress or a conflict.

Aggravated: Things are getting worse, more serious, or more severe. My unpleasantness is intensifying, and I feel provoked and serious. Feeling aggravated is meaningful because it shows me, I need to change direction in my life, and I may need to learn new skills.

necessarily imprudence. Venturesome implies a jaunty eagerness for perilous undertakings. Daring heightens the implication of fearlessness in courting danger. Daredevil stresses ostentation in daring. Rash suggests imprudence and lack of forethought. Reckless implies heedlessness of probable consequences. Foolhardy suggests a recklessness that is inconsistent with good sense.

Aggressive: I feel combative and have obtrusive energy and a driving, forceful energy or initiative. Aggressive behavior restricts my uniqueness because others may respond in kind, or I may be defending my values and culture. I have a strong or emphatic intent to hurt another person physically or emotionally.³

Agreeable: I feel harmonious, and I am ready to agree or consent. I feel pleased with my tastes or needs. Friendly, affable, pleasant, courteous. Being overly agreeable can restrict my uniqueness because I may give too easily.

Agony: I feel intense pain in my mind and body. I feel anguish and torture, a struggle that precedes death, and I experience a violent struggle or contest. Experiencing agony is meaningful. After all, I can overcome my current struggles and challenges and deal with anguish because I'm strong and intelligent enough to tolerate life's challenges.

Anguish: I am experiencing extreme pain, distress, and anxiety. Sorrow, suffering. Feeling anguish is meaningful because my worth is not based on the stress and misfortune I'm facing.

Alarmed: I feel disturb, excite, and I am stroke with fear. Worried, upset, distressed, startled. Feeling alarmed is meaningful because my heightened awareness may show me dangers I've ignored previously. Feeling alarmed restricts my uniqueness because I am avoiding changes I want to take.

Alert: I am watchful and prompt to meet danger or emergency. I am quick to perceive and act. Being alert expand my uniqueness by seeing new elements in a familiar situation.

Alienated: I feel unfriendly, hostile, or indifferent, especially where attachment formerly existed. Feeling alienated is meaningful because it is telling me I need to develop confidence, get along with others, and create a purpose that will help me and help others.

³ Aggressive, militant, assertive, self-assertive mean obtrusively energetic especially in pursuing particular goals. Aggressive implies a disposition to dominate often in disregard of others' rights or in determined and energetic pursuit of one's ends. Militant also implies a fighting disposition but suggests not self-seeking but devotion to a cause, movement, or principle. Assertive suggests bold self-confidence in expression of opinion. Self-assertive connotes forwardness or brash self-confidence.

⁴ ALONE, SOLITARY, LONELY, LONESOME, LONE, FORLORN, DESOLATE mean isolated from others. ALONE stresses the objective fact of being by oneself with slighter notion of emotional involvement than most of the remaining terms. SOLITARY may indicate isolation as a chosen course. LONELY adds to SOLITARY a suggestion of longing for companionship. LONESOME heightens the suggestion of sadness and poignancy LONE may replace LONELY or LONESOME but typically is as objective as ALONE. FORLORN stresses dejection, woe, and

Alive: I am still active in competition with a chance of victory. I feel alive, alert, energized, animated, and enthusiastic. This energy expands my uniqueness because I see the goodness of others and the world while not giving in to toxic beliefs or cognitive distortions.

Alone: I feel separated from others, and I exclude myself from anyone or anything. Feeling alone is meaningful because I know I need to do something different in my life – think about doing activities with others.⁴

Alloof: I feel removed or distant, either physically or emotionally, from others, and I feel indifferent. Feeling aloof restricts my uniqueness because I ignore another person's thoughts, wants, and feelings.

Ambitious: I have an ardent desire for rank, fame, or power. I desire to achieve a particular end.⁵

Ambivalent: I have simultaneous and contradictory attitudes or feelings (as attraction and repulsion) toward an object, person, or action. I feel continual fluctuation (as between one thing and its opposite). I am uncertain as to which approach to follow. Incorporating: I feel ambivalent about expressing or experiencing my emotions. Incorporating my feelings into my feelings involves deciding to share and express emotion, experience but not express emotions, express but not experience an emotion, or neither experience nor express others.

Amenable: I am amenable to her suggestions. I feel accountable, answerable, and liable. I am open to innovative ideas, but I am still dependable. Furthermore, I feel amenable is meaningful because I am willing to work with others and restrict my uniqueness to help my community and family.

Amused: I feel light, playful, or act pleasantly. Feeling amused expands my uniqueness because I see the situation objective and from a distant.⁶

Anger, Toxic : I experience toxic anger when frustrated by my inability to meet my standards or others are interfering with expressing my values. People must

listlessness at separation from one held dear. DESOLATE implies inconsolable grief at loss or bereavement.

⁵ AMBITION, ASPIRATION, PRETENSION mean ardent desire for advancement. AMBITION applies to the desire for personal advancement or preferment and may suggest equally a praiseworthy or an inordinate desire. ASPIRATION implies a striving after something higher than oneself and usually implies that the striver is thereby enabled. PRETENSION suggests ardent desire for recognition of accomplishment often without actual possession of the necessary ability and therefore may imply presumption.

⁶ AMUSE, DIVERT, ENTERTAIN mean to pass or cause to pass the time pleasantly. AMUSE suggests that one's attention is engaged lightly or frivolously. DIVERT implies the distracting of the attention from worry or routine occupation especially by something funny. ENTERTAIN suggests supplying amusement or diversion by specially prepared or contrived methods.

adhere to my standards and principles because I am right, and they are wrong. Toxic anger and perfectionism go hand in hand. This perfectionistic insistence that others or I must not make mistakes or misbehave leads to thoughts and feelings of condemnation and intolerance. Behaviors associated with toxic anger include body stiffness, highly controlled speech, yelling, attacking, sarcasm, sulking, and defensiveness. These behaviors can restrict my ability to expand my uniqueness because I cannot be reflective with others (William Knaus).

Angry: I feel anger, wrathful and to threaten in an irritated manner. (Irritation, rage, antagonism). Feeling angry is meaningful because my purpose is not clear, and there are obstacles to reaching productive and ethical goals. Anger is meaningful because my values and plans are being jeopardized. Angry can restrict my uniqueness because it may create problems with others.

Anguished: I feel extreme pain, distress, anxiety, or sorrow. (Agony, suffering, torment). Feeling anguish is evocative because I can discover meaningfulness in my suffering.

Annoyed: I feel disturbed or irritated, especially by repeated acts. I feel harassed, especially by quick, brief attacks.⁷

Anticipating: Anticipating is a feeling that something is going to happen—the act of looking forward, prior action that takes into account or forestalls a later step. Anticipating is a healthy restriction of your uniqueness because it motivates you to plan and put energy into your purpose so that you can give your best effort.

Antipathy: I feel antipathy, hostility, and hatred toward your new friend. I feel enmity, animosity, antagonism, hostility, rancor, and bitterness. Feeling hostile and antipathy restricts my uniqueness because people will work against my purpose and may seek revenge.

Anxiety (noun): The feeling of anxiety is a painful feeling of unease caused by a sense that there is an imminent psychological disaster on the horizon and a lack of self-confidence. Beliefs associated with anxiety include: certainty of the outcome is a prerequisite for acting, and unpleasantness is horrible or catastrophic. I over-focus on certain aspects of a problem while maintaining a vague sense of how the whole thing fits together. I feel

⁷ ANNOY, VEX, IRK, BOTHER mean to upset a person's composure. ANNOY implies a wearing on the nerves by persistent petty unpleasantness. VEX implies greater provocation and stronger disturbance and usually connotes anger but sometimes perplexity or anxiety. IRK stresses difficulty in enduring and the resulting weariness or impatience of spirit. BOTHER suggests interference with comfort or peace of mind.

nervous, tense, uptight, and upset when I feel anxious (William Knaus).

Anxious (adjective): I feel extreme uneasiness of mind or brooding fear about some contingency, (worry, apprehensive, nervous). Anxiety is meaningful because my concerns are not being addressed.

Apathetic: I show little or no feeling or emotion, and I feel spiritless. I have little or no interest or concern for a cause or another person. I act indifferently, untiringly, uninterested, unsympathetically, and unresponsively. Feeling apathetic restricts my uniqueness because I am unresponsive and self-centered to another person's concerns.

Aplomb: I feel confident, aplomb, complete and secure, and I possess composure and self-assurance. Feeling confident expands my uniqueness. I am willing to try new activities because I've been successful in the past.

Appalled: I feel overcome with consternation, shock, or dismay. I feel dismayed. (disgusted, horrified, outraged). Feeling appalled is meaningful because my attitudinal values need to be addressed or clarified.

Appreciative: I can grasp an action or effort's nature, worth, quality, or significance. (grateful, thankful, indebted). Showing appreciation helps me expand my uniqueness because I see the goodness in others and can learn from others.

Appreciated: I grasp the nature, worth, quality, or significance of an action or a person's efforts. Being appreciative is meaningful because it helps me define the purpose and the importance of my efforts.⁸

Apprehensive: I feel fearful, and I view the future with anxiety and alarm. (anxious, uneasy, worried). Feeling apprehensive is meaningful because I want to focus on the present and discover meaningfulness at the moment.

Apologetic: I feel regretfully in acknowledging my faults or failures. (remorseful, contrite, repentant, rueful). I'm developing my possibilities because I realize what I want to work on.

Argumentative: I feel like getting into an argument. I intend to provoke a debate. I'm expanding my uniqueness if I'm expressing my attitudinal values.

Aroused: I feel roused or stimulated to action or to physiological readiness for activity. (stimulated, stirred,

⁸ APPRECIATE, VALUE, PRIZE, TREASURE, CHERISH mean to hold in high estimation. APPRECIATE often connotes sufficient understanding to enjoy or admire a thing's excellence. VALUE implies rating a thing highly for its intrinsic worth. PRIZE implies taking a deep pride in something one possesses. TREASURE emphasizes jealously safeguarding something considered precious. CHERISH implies a special love and care for something.

provoked). Feel aroused expands my uniqueness because I alter to environmental changes.

Arrogant: I am exaggerating or disposed to exaggerate my worth or importance, often in an overbearing manner. I have an attitude of superiority manifested in an oppressive way or presumptuous claims or assumptions. Feeling arrogant restricts my uniqueness because I am limited in my support and resources.

Ashamed: I feel shame, guilt, or disgrace and inferior or unworthy. Feeling ashamed is meaningful because I better address my feeling of worthlessness.

Assured: I feel certainty, secure, or guaranteed. I feel self-assured and self-satisfied. I am satisfied as to the certainty or truth of a matter.

Assertive: I feel bold or confident assertion, firm, fair, focused, forceful. Feeling assertive can expand my uniqueness by venturing into new tasks and challenges.

Astonished: I was struck with sudden fear. I was struck with sudden and usually great wonder or surprise.

At fault (guilty): It is all my fault, and I have committed an offense, especially consciously. I feel culpable, especially for imagined offenses or from a sense of inadequacy. Feeling guilty is meaningful because I am culpable for imagined offenses or a sense of inadequacy. I want to address what I have done wrong and self-correct.

Attached: I feel emotionally involved, committed, close to others. I feel drawn by appeal to natural or excited interest, emotion, or aesthetic sense.

Attentive: I feel attentive to your concerns. I am mindful of your needs. I am heedful of the comfort of others. Feeling attentive and concentrating on someone or something important healthy restricts my uniqueness because I put another's needs before mine in a specific situation.

Attracted: I feel drawn by appeal to natural or excited interest, emotion, or aesthetic sense.⁹

Authentic: I feel worthy of acceptance because of my accuracy, and I am accurate, dependable, factual, reliable, sure, solid, sound, straight, valid, and authoritative. Being authentic expands my uniqueness and is meaningful because I am *not* wasting my time and energy being

⁹ ATTRACT, ALLURE, CHARM, CAPTIVATE, FASCINATE, ENCHANT mean to draw another by exerting a powerful influence. ATTRACT applies to any degree or kind of ability to exert influence over another. ALLURE implies an enticing by what is fair, pleasing, or seductive. CHARM implies the power of casting a spell over the person or thing affected and so compelling a response, but it may, like CAPTIVATE, suggest no more than evoking delight or admiration. FASCINATE suggests a magical influence and tends to stress the ineffectiveness of attempts to resist. ENCHANT is perhaps the strongest of these terms in stressing the appeal of the agent and the degree of delight evoked in the subject.

incredible, unconvincing, untrustworthy; equivocal, obscure, uncertain, vague; hypothetical, purported, and putative.

Avidity: I feel urgently eager or greedy, enthusiastic and vigorous in pursuing my wants. I feel cupidity, avarice, avariciousness, greed, selfishness, and rapacity. Avidity restricts my uniqueness because my sense of community and togetherness is diminished, thereby restricting my support from others.

Awed: I feel inspired with awe. Awe is an emotion variously combining dread, veneration, and wonder that is inspired by authority or by the sacred or sublime.

Awkward: I lack ease or grace.¹⁰

B

Bad: I feel inadequate or unsuited to a purpose. I feel sorrowful and sorry. (regretful, sad, troubled, unhappy). Feeling bad is meaningful because I need to change.

Badgered: I feel harassed or annoyed persistently. (exasperated, irritated, frustrated). Feeling badgered restricts another person's uniqueness because I put that person in a harmful category. (He's a jerk.)

Baffled: I feel defeated. I think in check (as a person) by feeling confused or puzzled. (disconcert, perplexed, bewildered). Feeling baffled is meaningful because I need to collect more reliable information.

Battered: I am subjected to intense, overwhelming, and repeated attacks. Feeling battered is meaningful because it makes me more substantial, and other people's injurious behavior can't control my emotional life.

Beaten: I feel overcome, defeated. (crushed). Feeling beaten is meaningful because I need to develop my skills or resources.

Belittled: I feel less than others. People speak to me disparagingly. (judgmentally, unsympathetically, unfavorably). Feeling less is meaningful because I want to put energy into my purpose assertively.

Bereaved: I feel deprived of something, and life has taken away something of value from me. Feeling bereaved,

¹⁰ AWKWARD, CLUMSY, MALADROIT, INEPT, GAUCHE mean not marked by ease (as of performance, movement, or social conduct). AWKWARD is widely applicable and may suggest unhandiness, inconvenience, lack of muscular control, embarrassment, or lack of tact. CLUMSY implies stiffness and heaviness and so may connote inflexibility, unwieldiness, or lack of ordinary skill. MALADROIT suggests a tendency to create awkward situations. INEPT often implies complete failure or inadequacy. GAUCHE implies the effects of shyness, inexperience, or ill breeding.

grief, bereft, and mourning is meaningful because I want to appreciate the people in my present life.

Betrayed: I have failed or been deserted, especially in need. (Deceived, divulged personal information). Feeling betrayed is meaningful because I want to consider how I choose friends.

Besieged: I feel besieged, stressed, overwhelmed, beleaguered, and inundated. I feel swamped at work or home, worried or distressed by having too many demands and requests. Feeling besieged is meaningful because life tells me I need support and to expand my resources.

Bewildered: I feel perplexed or confused incredibly by the complexity, variety, or multitude of objects or considerations. (Confused, puzzled, baffled). Feeling bewildered expands my uniqueness because I want answers to my concerns.

Big-headed: I have to exaggerate my opinion of my importance. (cocky, arrogant, pretentious, pompous). This will limit my uniqueness because I am overly concerned about myself, and I am disregarding another person's feelings, wants, and thoughts.

Bitchy: My behavior is characterized by malicious, spiteful, or arrogant behavior. Feeling bitchy is meaningful because I am not living up to the values that will interfere with me discovering my meaningfulness.

Bitter: I feel distasteful or distressing to the mind. I exhibited intense animosity. I use harsh reproach to make my point. My words are marked by cynicism and rancor, such as bitter contempt. I am intensely unpleasant, especially in coldness or rawness.

Blah: I feel silly when I use pretentious chatter or nonsense. Boredom, lethargy, or general dissatisfaction. Feel blah is meaningful because I need to develop my internal resources to feel energized.

Blamed: Others blame me; I feel blamed, criticized, condemned, responsible, and accused unfairly. People find fault with me. Feeling blamed can restrict my uniqueness because I focus on what others say and disregard my responsibilities.

Blessed: I feel prosperous and happy. (appreciative, fortunate, welcomed, flourishing, thriving). I expand my uniqueness when I feel blessed because I focus on what I have and not what I don't have.

Blissful: I feel complete happiness. Feeling blissful expands my uniqueness because I experience the energy to actualize my purpose and discover meaning.

Blue: I feel low in spirits, down, melancholy, sad, low spirits depressed. Feeling blue is meaningful because I realize I am missing something.

Boastful: I feel prideful. I speak with excessive pride. ¹¹

Bold: I feel fearless before danger and intrepid and show a courageous, daring spirit. I expand my uniqueness because I try to gain new experiences and learn new skills.

Bored: I feel weary and restless through lack of interest. (Fed up, tired, uninterested, jaded). Feeling bored is meaningful because I am ignoring what is important in my life.

Bossy: I feel domineering, dictatorial. I must be bossy and overbearing to get my way. Feeling bossy can restrict my uniqueness because people may be passive or resist my goals.

Bothered: I feel anxious or concerned, to annoyed, especially by petty provocation. Feeling bothered is meaningful because I am not addressing my concerns.

Bottled Up: I keep my emotions totally private, without expressing them in any way. Feeling bottled up restricts my uniqueness because people don't know what I want and what I am feeling and thinking.

Boxed In: I feel emotionally blocked. I am prevented from moving from a certain spot in my life. I feel stuck due to my limited options, which restricts my uniqueness by limiting my choices.

Brave: I feel courageous. (Fearless, daring, gutsy). I am expanding my uniqueness because a higher value is being endangered or threatened. This expands my uniqueness because I am taking appropriate risks to learn new skills to express my talents, which help me discover my unique sense of meaningfulness.

Broken Up: I feel no one cares about or understands me, and I have been mistreated. I feel betrayed. Feeling broken up is meaningful because I want to express my feelings and thoughts, so people understand me. I hope to work on my relations.

Bruised: I feel wounded and injured. Feeling emotionally bruised restricts my uniqueness because I feel hurt, which arouses my limbic system.

¹¹ BOAST, BRAG, VAUNT, CROW mean to express pride in oneself or one's accomplishments. BOAST often suggests ostentation and exaggeration, but it may imply a claiming with proper and justifiable

pride. BRAG suggests crudity and artlessness in glorifying oneself. VAUNT usually connotes more pomp and bombast than BOAST and less crudity than BRAG. CROW usually implies exultant boasting or bragging.

Bubbly: I feel full of good spirits. Lively, effusive. Feeling bubbly expands my uniqueness because I have the energy to discover meaningfulness.

Bugged: I feel I'm going to lose my composure, and I will freak out. Feeling bugged is meaningful because life tells me something is wrong, and I need to look closely at what I am doing.

Bullied: I feel intimidation through threats, insults, or aggressive behavior. Others get their way by employing force or coercion. Bully restricts my uniqueness because people will avoid me, be unsupportive, and may seek revenge on me.

Bummed Out: I feel depressed or very sad. When I am bummed out, I am not happy about anything. I feel this way might express it by talking less than usual and showing no energy or vigor when participating in activities that normally bring me joy.

Burdened: I feel oppressed, troubled, saddled, hampered, fraught, repressed. Feeling burdened is meaningful because I want to increase my resources, skills, and support.

Burned Out: I feel exhausted, cynical, and less identified with my propose, and I have fewer abilities. I feel stressed. Feeling burned out in life tells me to take a break, refresh my energy, and take time for myself.

C

Caged: I feel confined as if in a cage. (Detained, imprisoned). Feeling caged restricts my uniqueness because I feel I can't do anything about my situation.

Callous: I feel no emotion and show no sympathy for others. I feel hard-hearted. Feeling callous restrict my uniqueness because I can't see another person's point of view. Feeling callous is meaningful because I want to change how I treat others.

Calm: I feel calm.¹²

Capable: I am capable, competent, able, skilled, and adept. I have attributes (such as physical or mental power) required for performance or accomplishment. Feeling capable can expand my uniqueness because I will try new

¹² CALM, TRANQUIL, SERENE, PLACID, PEACEFUL mean quiet and free from disturbance. CALM often implies a contrast with a foregoing or nearby state of agitation or violence. TRANQUIL suggests a very deep quietude or composure. SERENE stresses an unclouded and lofty tranquility. PLACID suggests an undisturbed appearance and often implies a degree of complacency. PEACEFUL implies a state of repose in contrast with or following strife or turmoil.

¹³ CARE, CONCERN, SOLICITUDE, ANXIETY, WORRY mean a troubled or engrossed state of mind or the thing that causes this. CARE implies oppression of the mind weighed down by responsibility or disquieted by apprehension. CONCERN implies a troubled state of mind because of personal interest, relation, or affection. SOLICITUDE implies great

skills. I have developed new skills in the past, so I'll grow them now.

Captivated: After the movies, I feel captivated, enthralled, entranced, fascinated, and mesmerized. I felt influenced and dominated by some special charm, art, or trait with an irresistible appeal. Feeling captivated can expand my uniqueness because I am developing my passions.

Carefree: I feel carefree, cheerful, relaxed, untroubled, and lighthearted. I feel free from care, and I have no worries or troubles. Feeling carefree can expand my uniqueness, but it may hinder taking care of my responsibilities.

Caring: I am a caring person.¹³

Casual: I feel casual, relaxed, informal, calm, and sporty. People may see it as being superficial. I think or show little concern. I may restrict my uniqueness by not taking specific issues seriously because people may not see me as being honest.

Cautious: I feel cautious, wary, careful, thoughtful, and vigilant.¹⁴

Certain: Everything will work out. I know it is true, and the information is indisputable and undeniable. Irrefutable, and unquestionable. Feeling certain can expand my uniqueness, but it can also lead to overconfidence.

Challenged: I feel challenged, questioned, argued, contested, and faced. I want to control my frustrations. Accepting challenges expands my uniqueness because I am learning how to adapt and problem-solve.

Changeable: I feel fickle, capricious, changeable, erratic, unpredictable, and indecisive. Feeling changeable-fickle restricts my uniqueness because people may not trust me.

Charmed: I feel pleased, soothed, or delighted by a compelling attraction. (Captivated, entranced, and mesmerized). Feeling charmed can restrict my uniqueness by being naive, but it can expand my uniqueness if it reflects my passion.

concern and connotes either thoughtful or hovering attentiveness toward another. ANXIETY stresses anguished uncertainty or fear of misfortune or failure. WORRY suggests fretting over matters that may or may not be real cause for anxiety.

¹⁴ CAUTIOUS, CIRCUMSPECT, WARY, CHARY mean prudently watchful and discreet in the face of danger or risk. CAUTIOUS implies the exercise of forethought usually prompted by fear of danger. CIRCUMSPECT suggests less fear and stresses the surveying of all possible consequences before acting or deciding. WARY emphasizes suspiciousness and alertness in watching for danger and cunning in escaping it. CHARY implies a cautious reluctance to give, act, or speak freely.

Cheated: I feel deprived of something valuable using deceit or fraud. Tricked, resentful, cynical. ¹⁵

Cheerful: I feel in full of good spirits. I feel lightness of mind and feeling, full of animation. Happy, jolly, joyful, merry, smiling.

Cherished: I feel cherished. People show me affection, I have good friends, and I feel nurtured by caring and affectionate friends. I entertain in my mind profoundly and resolutely good memories. I appreciate my parents and teachers' efforts to give me what I needed growing up. Feeling cherished expands my uniqueness because I appreciate what was given and don't focus on what I don't have.

Childish: I feel immature and lack poise. Childish, innocent, childlike, juvenile, ingenuous, unsophisticated, gullible. Feeling childish and immature restricts my uniqueness because I believe I don't have opportunities and resources to expand my uniqueness.

Civilized: I feel educated, refined, and civilized. Civilized, cultured, polite, elegant, sophisticated. Addressing cultural concerns helps me expand my uniqueness by reviewing my personal ideals with my cultural standards.

Clear: I have a clear idea of who I am. I feel capable of sharp discernment. I feel free from doubt. I am sure of myself. Furthermore, I feel free from guile or guilt. ¹⁶

Clever: I feel clever, and I am mentally quick and resourceful. My comments are marked by wit or ingenuity. ¹⁷

Close: I deny access to my feelings. I'm finished talking about my feelings. I feel annoyed by your constant prying into my feelings. I don't discuss my feelings. ¹⁸

¹⁵ CHEAT, COZEN, DEFRAUD, SWINDLE mean to get something by dishonesty or deception. CHEAT suggests using trickery that escapes observation. COZEN implies artful persuading or flattering to attain a thing or a purpose. DEFRAUD stresses depriving one of his or her rights and usually connotes deliberate perversion of the truth. SWINDLE implies large-scale cheating by misrepresentation or abuse of confidence.

¹⁶ CLEAR, PERSPICUOUS, LUCID mean quickly and easily understood. CLEAR implies freedom from obscurity, ambiguity, or undue complexity. PERSPICUOUS applies to a style that is simple and elegant as well as clear. LUCID suggests a clear logical coherence and evident order of arrangement.

¹⁷ CLEVER, ADROIT, CUNNING, INGENIOUS mean having or showing practical wit or skill in contriving. CLEVER stresses physical or mental quickness, deftness, or great aptitude. ADROIT often implies a skillful use of expedients to achieve one's purpose in spite of difficulties. CUNNING implies great skill in constructing or creating. INGENIOUS suggests the power of inventing or discovering a new way of accomplishing something.

¹⁸ CLOSE, END, CONCLUDE, FINISH, COMPLETE, TERMINATE mean to bring or come to a stopping point or limit. CLOSE usually implies that something has been in some way open as well as unfinished. END

Closed: I feel closed off from others, confined, or carefully guarded. Feel closed off is meaningful because I need time to think, decide, or protect myself.

Clumsy: I am awkward, gawky, lumbering, lumpish, slathering, splaying, and ungainly, so I feel inept, infelicitous, graceless, unfortunate, and unhappy. Feeling clumsy is meaningful because I want to learn to accept myself unconditionally.

Coarse: I feel common, of ordinary or inferior quality or value. (Vulgar, abrasive, raw.) Acting coarse may restrict my uniqueness because people will see me as tasteless.

Cocky: I feel boldly or brashly self-confident. I was full of myself, so I felt cocky. I'm attempting to restrict another person's uniqueness.

Coerced: People are making me do things I don't want to do. (Bullied, compelled, intimidated, pressured.) Feeling coerced restricts my uniqueness because I am not standing up for myself, but it is meaningful because I want to re-evaluate my thoughts and how I am practicing my sense of worth.

Cold: I lack warmth, friendliness, or compassion. I presented myself with a cold disposition. Feeling cold restricts my uniqueness because I am focusing on my sense of self.

Combative: I feel combative. I have an eagerness to fight or contend. Feeling combative is meaningful because someone may attempt to restrict my values.

Comfortable: I feel comfortable, contented, relaxed, happy, calm, and easy. ¹⁹

Common: I feel common, shared, mutual, joint, common, public, and communal. ²⁰

conveys a keen sense of finality. CONCLUDE may imply a formal closing (as of a meeting). FINISH may stress completion of a last step in a process. COMPLETE implies the removal of all deficiencies or a successful finishing of what has been undertaken. TERMINATE implies the setting of a limit in time or space.

¹⁹ COMFORTABLE, COZY, SNUG, EASY, RESTFUL mean enjoying or providing a position of contentment and security. COMFORTABLE applies to anything that encourages serenity, well-being, or complacency as well as physical ease. COZY suggests warmth, shelter, assured ease, and friendliness. SNUG suggests having just enough space for comfort and safety but no more. EASY implies relief from or absence of anything likely to cause discomfort or constraint. RESTFUL applies to whatever induces or contributes to rest or relaxation.

²⁰ COMMON, ORDINARY, PLAIN, FAMILIAR, POPULAR, VULGAR mean met with and not in any way special, strange, or unusual. COMMON implies usual everyday quality or frequency of occurrence. ORDINARY stresses conformance in quality or kind with the regular order of things. PLAIN is likely to suggest homely simplicity. FAMILIAR stresses the fact of being known and easily recognized. POPULAR applies to what is accepted by or prevalent among people in general sometimes in contrast to upper classes or special groups. VULGAR, otherwise similar to POPULAR, is likely to carry derogatory connotations of inferiority or coarseness.

Competent: I am competent, sharp, capable, able, knowledgeable, experienced, and skilled. I have requisite or adequate ability or qualities. Feeling competent expands my uniqueness because I am willing to work on new skills.

Competitive: competitive, modest, good, cheap, cheap, and viable. I am suited to compete, and competitiveness can expand my uniqueness as long as I don't compete with loved ones.

Complacent: I feel complacent, satisfied, self-satisfied, smug, complacent, unworried, and content. I feel unconcerned. Feeling complacent restricts my uniqueness because I am overly concerned about myself.

Complaining: I am complaining, grouchy, testy, grumpy, complaining, crabby, and peevish. I am expressing grief, pain, or discontent. Complaining restricts my uniqueness because complaining too much will alienate others.

Complete: I feel complete, comprehensive, whole, wide-ranging, broad, and ample. I am highly proficient in which I conducted a task thoroughly.

Composed: I feel composed, organized, calm, tranquil and relaxed. I feel confident about maintaining my composure. (Equanimity, serenity, quietness) I feel calmness or repose of mind.²¹

Concern: As the feeling of concern is a positive cognitive-affective state influenced by thoughts directed toward acting to protect my own interests and those of others I care about, it is a state of becoming more aware of my values. Concern is meaningful because actualizing a purpose involves plans, goals, and practicing skills to reach my goals. The word "concern" can also mean fear, worry, affect, upset, point, or something that matters.

Concerned: I feel concerned, worried, anxious, troubled, concerned, afraid, and disturbed. I am interested in being engaged, and feeling concerned is meaningful because I am taking steps to reach my goals.

Condemned: I feel condemned, fated, destined, predestined, convicted, and sentenced. I declare reprehensible, wrong, or evil, usually after weighing evidence and without reservation. Feeling condemned

²¹ EQUANIMITY, COMPOSURE, SANGFROID means evenness of mind under stress. EQUANIMITY suggests a habit of mind that is only rarely disturbed under great strain. COMPOSURE implies the controlling of emotional or mental agitation by an effort of will or as a matter of habit. SANGFROID implies great coolness and steadiness under strain.

²² Confidence, assurance, self-possession, aplomb means a state of mind, or a manner marked by easy coolness and freedom from

restricts my uniqueness because it points out decisions I have been putting off.

Condescension: I am condescending toward my students. I attempt to lower people's dignity because they are inferior to me. I am a patronizing attitude. Being condescending toward others restricts my uniqueness because I refuse to learn something new from people I see as ordinary.

Confidence (noun): The state of confidence can be described as a positive cognitive-affective state. Having confidence means that I believe in my ability to accomplish and cope with whatever I set my mind to, usually accompanied by a sense of self-acceptance. When I feel confident, I have an absence of self-doubt, anxiety, and inferiority feelings. I pursue after my desires and goals, am responsive to others, and others see me as trustworthy (William Knaus).

Confident (adjective): I feel assured, poised, positive, confident.²²

Conflicted: I feel ambivalent or in conflict, especially with emotions. I want to tell my friend off, but she may reject me and never want to see me again. Conflicts are meaningful because it points out decisions I have been putting off.

Confounded: : I feel confounded, and I feel baffled and frustrated. Taken back, confused, metagrobolized, perplexed, posed, and stumbled. I feel dismayed, dumbfounded, overwhelmed, shocked, and thunderstruck. Feeling confounded is meaningful because I want to get organized and set goals to discover meaningfulness.

Confused: I feel perplexed or disconcerted. I feel disoriented about my sense of time, place, and identity. Feeling confused restricts my uniqueness because I don't know where I am going, and my behavior is not goal-directed.

Conspicuous: I feel like attracting attention, but my behavior violates good taste. (Obvious, noticeable, noticeable, visible.) Being conspicuous may expand my uniqueness, but it can also be related to unhealthy restrictions because people may misinterpret my motives.

Conscientious: I feel upright because I am governed by the dictates of my conscience. I have a sense of moral goodness or blameworthiness of my conduct, intentions, or character and a feeling of obligation to do right or be good. My conscience detects the meaning of my

uncertainty, diffidence, or embarrassment. CONFIDENCE stresses faith in oneself and one's powers without any suggestion of conceit or arrogance. ASSURANCE carries a stronger implication of certainty and may suggest arrogance or lack of objectivity in assessing one's own powers. SELF-POSSESSION implies an ease or coolness under stress that reflects perfect self-control and command of one's powers. APLOMB implies a manifest self-possession in trying or challenging situations.

potentialities offered by life, and it is beyond the outside influences, powerful. Still, the conscience contains a personal voice, faint and prone to error, which can advise us to take a stand beside and even against the dictates of our community or society.

Conservative: I feel cautious and what take change in moderation. I tend to maintain existing views, conditions, or institutions. Feeling and wanting to conserve my resources may help I expand my uniqueness.

Considerate: To feel good about myself, I want to be thoughtful of the rights and feelings of others. Before deciding, I intend to provide the information careful consideration. When I am considerate of others, I have a greater chance of expanding my uniqueness because I get information from both parties.

Contemn: I view or treat others with contempt and scorn. I abhor others, treat others with disdain, and look down on others. I hate (abhor) that people look down on me. Feeling disdain for others restricts my uniqueness because I look down at others and treat them contemptuously.

Contemptuous: I feel contemptuous toward my enemy. (contemptuous, scornful, disrespectful, derisive, condescending, disdainful, and disapproving. Feeling contemptuous restricts my uniqueness because I am busy putting people down and dismissing their uniqueness.

Contend(ed): To make a point that expresses my values, I want to strive in debate or be in competition with my rivals. (I feel assertive, challenged, and insistent). If I am not being harsh or hurtful, arguing can expand my uniqueness.

Contrite: I feel sorrow and remorse for a sin or shortcoming. This feeling helps me to restrict my uniqueness in a healthy way. Feeling contrite is a healthy restriction of my uniqueness.

Controlled: I feel controlled by others; they influence me too much. People have power over me and want to exercise restraint or direct influence over me. Controlling is meaningful because I may need to exercise my assertiveness skills, expand my uniqueness and clarify my true purpose.

Constricted: I feel constricted, confined, limited, restricted. Another person dismisses my uniqueness by stultifying, stopping, or wanting me to falter.

Conventional: I feel trite, conventional, predictable, and unadventurous. I lack originality or individuality. Being overly conventional restricts my uniqueness because I'd

rather conform than try new behaviors, attitudes, or values.

Cool: I feel cool, calm, unruffled, casual, relaxed, and nonchalant. Feeling cool may restrict my uniqueness because I may lack due respect or discretion.

Cooperative: I want to cooperate with others, collaborate, unite, and band together with others. Being cooperative is a healthy way to restrict my uniqueness if I am not hurting others or acting immoral or unethical.

Cornered: I feel concerned, worried, and anxious, concerned. The feeling of concern is meaningful because I know what issues I need to address. Feeling concerned can expand my uniqueness if I am clear on my short-term and long-term goals.

Courageous: I believe I have mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty. Feeling courageous can expand my uniqueness by taking sense risks.²³

Cowardly: I feel cowardly, weak, pusillanimous, fearful, and faint-hearted. Feeling cowardly is meaningful because I may attempt a skill, I lack confidence.

Coy: I am reluctant to make a definite commitment. I am bashful, demure, diffident, rabbit, retiring, self-effacing, timid, unassertive, and unassured. Being coy restricts my uniqueness because I am unwilling to try new things or make commitments to secure my purpose. Being shy is meaningful because I am cautious about checking my actions for possible negative consequences.

Crabby: I feel crabby, cross, ill-natured, cranky, grumpy, ornery, grouchy, and irritated. Feeling crabby is meaningful because my emotions tell me something is wrong, and I need to take effective action and problem-solve.

Cranky: I feel cranky, irritable, bad-tempered, and touchy. I am given to fretful fussiness and readily angered when opposed. Feeling cranky is meaningful because my emotions tell me that my values are being ignored, and my limbic system is overactive.

Crappy: I feel crappy, lousy, worthless, crummy, and second-rate. I believe I'm inferior to others. I'm in a bad mood and want people to leave me alone because I feel sick or grumpy. Feeling crappy is meaningful because I need to take some productive actions to get my life back on track.

²³ COURAGE, METTLE, SPIRIT, RESOLUTION, TENACITY mean mental or moral strength to resist opposition, danger, or hardship. COURAGE implies firmness of mind and will in the face of danger or extreme difficulty. METTLE suggests an ingrained capacity for meeting strain or

difficulty with fortitude and resilience. SPIRIT also suggests a quality of temperament enabling one to hold one's own or keep up my morale when opposed or threatened. RESOLUTION stresses firm determination to achieve my end. TENACITY adds to RESOLUTION implications of stubborn persistence and unwillingness to admit defeat.

Crazy, Going: I am losing control of my emotions. I feel anxious, and life is not going as I have planned. Feeling like I'm going crazy is meaningful because I need to relax, take some time out, and recoup my resources.

Crude: I feel crude and make unpolished remarks. My speech is primitive, gross, elemental, or seen as uncultivated simplicity or vulgarity by others. Feeling crude is restricting my uniqueness because I'm seeking attention and attempting to shock people.

Cruel: I feel cruel and want to punish others. I am harsh with others, I am disposed to inflict pain or suffering, and I am devoid of humane feelings. Feeling cruel restricts my uniqueness because others will seek revenge for my abusive behavior.

Crushed: I feel crushed and humiliated. I feel oppressed and burdened grievously, and I think completely subdued. Feeling crushed and humiliated is meaningful because life tells me I need to do something different.

Cuddly: I feel affectionate, lovable, and warm. Feeling cuddly can expand my uniqueness because I am supportive and strengthen my relationships.

Curious: I feel curious, weird, unusual, and intriguing.²⁴

Curt (rude brief): I am being curt with the store manager. (Brusque, terse, blunt, and snippy). Being curt restricts my uniqueness because people stereotype me as someone who is rude and doesn't care.

Cynical: I feel cynical, pessimistic, sarcastic, skeptical, and unenthusiastic.²⁵

D

Damned: I feel condemned to punishment, or fate is working against me. Feeling "damned" is meaningful because I realize my life is not going in the direction, I want it to go.

Daring: I feel daring, bold, adventurous, courageous, and audacious. I want to perform an action, especially as proof of courage. Feeling daring can expand my uniqueness, but if my steps are too daring to get into legal, financial, social problems, etc., I intend to restrict my uniqueness and develop other talents and potential.

²⁴ CURIOUS, INQUISITIVE, PRYING mean interested in what is not my personal or proper concern. CURIOUS, a neutral term, connotes an active desire to learn or to know. INQUISITIVE suggests impertinent and habitual curiosity and persistent quizzing. PRYING implies busy meddling and officiousness.

²⁵ CYNICAL, MISANTHROPIC, PESSIMISTIC mean deeply distrustful. CYNICAL implies having a sneering disbelief in sincerity or integrity. MISANTHROPIC suggests a rooted distrust and dislike of human beings

Deceitful: I feel deceitful, dishonest, devious, deceiving, and untrustworthy; being deceitful restricts my uniqueness because I have to spend time covering up my deceitfulness and people checking on me because they see me as unreliable.

Deceived: People have deceived me. Feeling deceived is meaningful because I am monitoring what people are saying and what they are not telling I. I feel I accepted as true and valid, but I feel false or invalidated.²⁶

Defeated: I feel overwhelmed. I feel nullified, invalidated, quashed. Feeling defeated is meaningful because I am reviewing my skills and plans to clarify my purpose.

Defensive: I feel as though I have to protect myself, and I unsafe. I lack confidence in myself. Defensive is meaningful because I need time to see what resources I am lacking. (Cautious, wary, suspicious.)

Deferent: I feel like being contrary. I feel unusual, special. I am not similar to others, disparate, dissimilar, distant, unequal, or unlike others. I have nothing in common with others. Feeling deference is meaningful because I am experiencing my uniqueness, but I do not know my opportunities and possibilities.

Deflated: I feel reduced in importance, and effectiveness. Feeling deflated restricts my uniqueness because I may feel like giving up.

Degraded: I feel people have lowered to an inferior or less effective status. (Humiliated, damaged, ruined) Feeling degraded is meaningful because I am not where I want to be, and I would like to develop my plans and skills to upgrade my goals.

Dejected: I feel cast down in spirits, dark, pessimistic, gloomy, and depressed. Feeling dejected is meaningful because life tells me I need to change my thinking and attitude toward others. Feeling down restricts my uniqueness because I have given up discovering meaningfulness.

Delighted: I feel great pleasure and keen enjoyment. Feeling delighted because I am expanding my wonderfulness and not working on my opportunities to expand my uniqueness.

Deluded: I feel deluded that someone has deceived, seduced, betrayed, bluffed, double-crossed me,

and their society. PESSIMISTIC implies having a gloomy, distrustful view of life.

²⁶ DECEIVE, MISLEAD, DELUDE, BEGUILLE mean to lead astray or frustrate usually by underhandedness. DECEIVE implies imposing a false idea or belief that causes ignorance, bewilderment, or helplessness. MISLEAD implies a leading astray that may or may not be intentional. DELUDE implies deceiving so thoroughly as to obscure the truth. BEGUILLE stresses the use of charm and persuasion in deceiving.

humbled, illuded, juggled, misled, and taken me in. Recognizing someone has taken me in shows me that I have to be careful who I trust.

Demanding: Things must always go my way, and people must do what I want. Demandingness can restrict my uniqueness because I am giving people advice who doesn't want such advice. You are commanding other people "should or shouldn't" act in a certain way.

Demeaned: I feel others are attempting to lower my character, status, or reputation. (Humiliated, debased, degraded, disgraced, humbled). Feeling demeaned is meaningful may suggest I have crossed another person's emotional boundaries or personal space.

Demoralized: I feel discouraged. (Dispirited, disheartened, depressed, deflated.) Demoralized is meaningful because I need to refocus my energy and time to a purpose that helps me and others.

Dependable: I know people rely on me and trust me. (Reliable, trustworthy, steadfast, loyal.) When I am dependable, people can count on me. Therefore, I can do more things. And I can expand my uniqueness.

Dependent: My actions are determined or conditioned by another. I am subjected to another's judgment. Feeling dependent on others may restrict my uniqueness because I am not actualizing my true goals and wants.

Depressed (verb): I feel my values are worthless, which causes me to sink to a lower position and lessen my activities and personal strength. Depression is meaningful because I am not where I want to be, and I need to slow down. (Deplorable, unhappy, miserable, despondent)

Depression (noun): As the term suggests, depression is a type of mental illness characterized by an unpleasant cognitive state that is instigated by beliefs that life is empty, hopeless, and can never improve; or that I cannot improve the lot of my life (weakness, helplessness); and that life is horrible for "poor me" to be in such a position (self-pity). Depression includes both the component of sadness or loss and negative thinking. Depression includes lethargy, withdrawal, self-preoccupation, sluggishness, procrastination, dysphoria, and defensiveness, which restricts my uniqueness (William Knaus).

Deprived: I feel things are being taken away from me, and I feel destitute, disadvantaged, underprivileged.

Feeling deprived is meaningful because it motivates me to change my life and attitudinal values.

Deserted: People have left me without intending to return. (Abandoned, empty, isolated, desolate) Feeling deserted may restrict my uniqueness because I feel isolated, so I withdraw from others and miss important opportunities.

Desirous: I am impelled or governed by desire. Feeling desirous limits my ability to expand my uniqueness because my emotional brain is overactive, and I want to use my cognitive skills and goal-directed behavior to reach my goals.

Despair: I have lost all hope or confidence in myself. I feel miserable, doomed, gloomy, and in anguish. A loss of confidence may restrict my effort and uniqueness. Experiencing despair is meaningful because I intend to realign my resources with my purpose and goals. When I feel despair, I often make an earnest plea, which can arouse a sympathetic response (appeal).

Desperate: I have lost hope, and I have been moved by despair. I employ extreme measures in an attempt to escape defeat or frustration. I am suffering from anxiety. Feeling desperate is meaningful because life tells me I need to solve my problems without hurting myself or others.

Despise: I feel despised. People loathe, hate, scorn, spurn, contemptuous, and deride me. Others make disparaging and ridiculing remarks about me. Despising others restricts my uniqueness because I put another person in a negative box or category. ²⁷

Despised: I feel people look down on me with contempt and aversion. Feeling despised is meaningful because I need to develop my social skills and start problem-solving with others rather than playing poor me.

Despondent: I have a feeling of extreme discouragement, dejection, or depression. Feeling hopeless is meaningful because I need to summon the courage and confidence I once had. ²⁸

Desolate: I feel desolate, joyless, disconsolate, and sorrowful through or as if through separation from a loved one. Feeling desolate is meaningful because I want to work on putting joy in my life and see the meaningfulness in loss and grief.

²⁷ DESPISE, CONTEMN, SCORN, DISDAIN mean to regard as unworthy of one's notice or consideration. DESPISE may suggest an emotional response ranging from strong dislike to loathing. CONTEMN implies a vehement condemnation of a person or thing as low, vile, feeble, or ignominious. SCORN implies a ready or indignant contempt. DISDAIN implies an arrogant or supercilious aversion to what is regarded as unworthy.

²⁸ DESPONDENT, DESPAIRING, DESPERATE, HOPELESS mean having lost all or all hope. DESPONDENT implies a deep dejection arising from a conviction of the uselessness of further effort. DESPAIRING suggests the slipping away of all hope and often despondency. DESPERATE implies despair that prompts reckless action or violence in the face of defeat or frustration. HOPELESS suggests despair and the cessation of effort or resistance and often implies acceptance or resignation.

Deserted: I feel deserted, empty, abandoned, and isolated. People want to withdraw from me and leave without intent to return. Feeling deserted is meaningful because it demonstrates that people need me, and I need others.

Destroyed: I feel destroyed, damaged, ruined, and shattered. I feel ruined, as if by tearing to shreds.

Destructive: I feel destructive, unhelpful, critical, negative, damaging, and disparaging. Self-destructive is when I tend to harm or destroy, and feeling destructive restricts my uniqueness because I can help others or myself.

Detached: I feel detached from others. Abstract, disassociate, disconnect, disengage, dissociate, and uncouple. I feel cut off, divorced, separate, severed, sunder, disjointed, and disunited. Feeling detached is meaningful because I need to address how I express my thoughts and feelings to others.

Determined: I feel determined, strong minded, resolute, gritty, and single-minded. I come to a decision by investigation, reasoning, or calculation. Feeling determined expands my uniqueness because I can express my values and experience my purpose.

Devastated (overwhelmed): I feel devastated, overwhelmed, overcome, confounded, shocked, and distressed. I bring desolation by violent action. Feeling devastated can restrict my uniqueness as I think distraught and feel like giving up.

Destructive: I feel destructive, unhelpful, critical, negative, damaging, and disparaging. Self-destructive is when I tend to harm or destroy. Feeling destructive

Devoted to: I feel committed and dedicated to another person and give all my effort to that cause or person. Feeling devoted to another is a healthy restriction of my

²⁹ DICTATORIAL, MAGISTERIAL, DOGMATIC, DOCTRINAIRE, ORACULAR mean imposing one's will or opinions on others. DICTATORIAL stresses autocratic, high-handed methods and a domineering manner. MAGISTERIAL stresses assumption or use of prerogatives appropriate to a magistrate or schoolmaster in forcing acceptance of one's opinions. DOGMATIC implies being unduly and offensively positive in laying down principles and expressing opinions. DOCTRINAIRE implies a disposition to follow abstract theories in framing laws or policies affecting people. ORACULAR implies the manner of one who delivers opinions in cryptic phrases or with pompous dogmatism.

³⁰ DIRTY, FILTHY, FOUL, NASTY, SQUALID mean conspicuously unclean or impure. DIRTY emphasizes the presence of dirt more than an emotional reaction to it. FILTHY carries a strong suggestion of offensiveness and typically of gradually accumulated dirt that begrimes and besmears. FOUL implies extreme offensiveness and an accumulation of what is rotten or stinking. NASTY applies to what is actually foul or is repugnant to one expecting freshness, cleanliness, or sweetness. In practice, nasty is often weakened to the point of being no more than a synonym of unpleasant or disagreeable. SQUALID adds to the idea of dirtiness and filth that of slovenly neglect. [] All these terms

uniqueness, but it may lead to restricting my uniqueness because I am overly committed to one person.

Dictatorial: I feel bossy, tyrannical, overbearing, autocratic. I am restricting other's uniqueness and falsely believing I am expanding my uniqueness. ²⁹

Different / Dissimilar: I am different from others negatively. Unrelated, disparate, too different from others. Feeling too different from others can restrict my uniqueness. It is meaningful because I want to think about doing more activities with others.

Dignified: I feel worthy, honored, or esteemed. Distinguished, stately. Feeling dignified can expand my uniqueness as long as I don't hold it over others.

Diminished: I feel diminished, reduced, and lessened; feeling diminished or less than others can restrict my uniqueness because I am comparing and competing with others, leading to anger, contempt, and malice.

Dirty: I feel morally unclean or corrupt. Feeling dirty is meaningful because life tells me I need to do something different to express and experience my higher values. ³⁰

Directionless: I feel directionless. I have no direction in my life; I don't know where I'm going. (Aimless, wandering, lost, and directionless. I don't have a channel or direct course of thought or action. Feeling directionless restricts my uniqueness, but it is meaningful because I want to set goals and make a new plan.

Disappointed: I have failed to meet expectations or hope of having what I want. I feel disappointed, saddened, dissatisfied, disillusioned. I feel frustrated, unfulfilled, unsatisfied. Feeling disappointed is meaningful because I realize I want to do something different.

Discarded: I feel useless and unwanted. Feeling discarded may restrict my uniqueness because I am giving up because of what others think. ³¹

are also applicable to moral uncleanness or baseness or obscenity. DIRTY then stresses meanness or despicableness. while FILTHY and FOUL describe disgusting obscenity or loathsome behavior. NASTY implies a peculiarly offensive unpleasantness. Distinctively, SQUALID implies sordidness as well as baseness and dirtiness.

³¹ DISCARD, CAST, SHED, SLOUGH, SCRAP, JUNK mean to get rid of. DISCARD implies the letting go or throwing away of something that has become useless or superfluous though often not intrinsically valueless. CAST, especially when used with off, away, or out, implies a forceful rejection or repudiation. SHED and SLOUGH implies a place of deep mud or mire. DIRTY then stresses meanness or despicableness. FILTHY and FOUL describe disgusting obscenity or loathsome behavior *filthy street language* *a foul story of lust and greed*, and NASTY implies a peculiarly offensive unpleasantness *a stand-up comedian known for nasty humor*. Distinctively, SQUALID implies sordidness as well as baseness and dirtiness throwing off of something both useless and encumbering and often suggest a consequent renewal of vitality or luster. SCRAP and JUNK imply throwing away or breaking up as worthless in existent form.

Disconnected (divided): I feel disconnected, confused, incoherent, disorganized, and disjointed. Feeling disconnected is meaningful because I need to be involved in social activities that help my community.

Discontented: I feel dissatisfied and malcontent. Discontented is lacking contentment, a sense of grievance. Discontent is meaningful because my emotions tell me to do things differently and examine my attitudinal values on what I can and cannot change.

Disconcerted (frustrated): I feel confused, disconcerted, flustered, unnerved, agitated, agitated, and displeased. Feeling disconcerted is meaningful because I want further information about the frustrating situation.

Disconsolate (dejected): I feel dejected, downcast, disconsolate, unhappy, miserable, and gloomy. Feeling disconsolate is meaningful because I need to do something in my life.

Discouraged: I feel deprived of confidence, discouraged, dismayed, disheartened, and hopeless. Feeling discouraged is meaningful because I realize I need to learn and practice those new skills.

Discreet: I am prudent and want to show discernment and sound judgment in my conduct (Tasteful, careful, subtle, and understated). Acting discreetly expands my uniqueness because I stay within social norms and still get what I want.

Disdain I feel disdain, contempt, scorn, derision, and disregard. Feeling contempt for someone or something regarded as unworthy or inferior can restrict my uniqueness because I give up easily in difficult situations. Still, it can be meaningful because my values and standards are unmet.

Disenchanted: I am free from illusion. (Disillusioned, embittered, dissatisfied, disheartened, and unhappy. Feeling disenchanted is significant because I recognize reality and see meaningfulness in suffering.

Disgraced: I feel disgraced, humiliated, embarrassed, and shamed. To offend a superior, my shame, has caused a loss of standing. Feeling disgraced means that I have lost my sense of purpose and am not giving my best effort in the tasks before me.

³² DISMAY, APPALL, HORRIFY, DAUNT mean to unnerve or deter by arousing fear, apprehension, or aversion. DISMAY implies that one is disconcerted and at a loss as to how to deal with something. APPALL implies that one is faced with that which perturbs, confounds, or shocks. HORRIFY stresses a reaction of horror or revulsion. DAUNT suggests a cowering, disheartening, or frightening in a venture requiring courage.

Disgusted (Disgust): I feel loathing, repugnance, or aversion, and I have taken the offensive to sicken, disgusts, appalls, and nauseates me. Feeling disgusted is meaningful because I need to get away from something obnoxious and hurtful.

Disheartened: I believe I have lost spirit or morale. (Dispirited, dismayed, discouraged, very disappointed) Feeling disheartened is meaningful because I need to use my planning skills to find a new purpose or challenge.

Disillusioned: I feel free from illusion. I have lost naive faith and trust. (Disenchanted, cynical, disheartened, dissatisfied, and disappointed.) I can expand my uniqueness by being free from illusion because my goals and purpose are realistic.

Dismayed: I feel dismayed, disgusted, saddened, and disappointed.³²

Dismal (Dark): I think things are looking dismal, bleak, grim, gloomy, dreary, and depressing. Feeling dismal is meaningful because I realize I need to change and realign my resources .³³

Disorderly: I feel my life is filled with disorder, confusion, and chaos. People find my behavior offensive and dysfunctional. Feeling disordered is meaningful because I realize I need to get direction and develop a new plan to reach my goals.

Disorganized: I feel disorganized, disjointed, confused, and messy, so I am experiencing more stress. Feeling disorganized is meaningful because my ability to expand my uniqueness has been blocked.

Disparaged: : I feel disparaged, discouraged, dejected, demoralized, disheartened, and dispirited. Others have degraded my social reputation. My worth has been depreciated by indirect means. Feeling disparaged is meaningful because I want to evaluate my social situation and how I determine my sense of worth.

Displeased: I feel displeased, displeased, displeased, displeased, and displeased. I have incurred disapproval especially by annoying people. Feeling displeased is meaningful because my purpose and values need to be clarified or clarified.

Disputed: I feel disputed, agitated, questioned, challenged, doubted, and mistrusted. Feeling disputed is

³³ DISMAL, DREARY, BLEAK, GLOOMY, CHEERLESS, DESOLATE mean devoid of cheer or comfort. DISMAL indicates extreme and utterly depressing gloominess. DREARY, often interchangeable with dismal, emphasizes discouragement resulting from sustained dullness or futility. BLEAK suggests chill, dull, and barren characteristics that utterly dishearten. GLOOMY often suggests lack of hope or promise. CHEERLESS stresses absence of anything cheering. DESOLATE adds an element of utter remoteness or lack of human contact to any already disheartening aspect.

meaningful because I want to realign my relationships to get along with others and instill confidence in others.

Disrespected: I feel disrespected by others. People express contempt for me, are rude to me, and show insolence, boldness, hardihood, impertinence, impudence, and insolence. People being disrespectful to me is meaningful because I want to reevaluate my friendships and the way I train people, and I may be teaching people to be disrespectful and look down upon me.

Dissatisfied: I feel dissatisfied, disgruntled, displeased, discontented, disappointed, and unhappy. I am showing a lack of satisfaction, not being pleased or satisfied. Feeling aggrieved may lead to resentment because my sense of meaningfulness is not being realized.

Distant: I feel distant from others. (Aloof, cold, remote, detached, and reserved. I feel separated from others. Feeling distant from others is meaningful because I want to reevaluate what I want in relationships.

Distraught: I feel distraught, distressed, upset, troubled, and worried. I am agitated with doubt or mental conflict, or pain. Feeling distraught is meaningful because my purpose and values are not allowed to be actualized, so I need to do something different.

Distracted: I feel distracted and need help keeping my mind on the topic. I can't concentrate because my mind is preoccupied. Feeling distracted is meaningful because I need to focus on what is essential and what is trivial.

Distressed: I feel distressed, upset, distraught, troubled, and concerned. I am facing great strain or difficulties, which causes me to worry or be troubled. Feeling distressed is meaningful because my thinking and feelings interfere with my values.

Distrustful: I feel distrustful, suspicious, doubting, skeptical, and wary. Feeling distrustful is meaningful because I am taking a realistic perspective, but it may restrict my uniqueness because I suspect others of wrongdoing.

Distraught: I feel distraught, distressed, upset, troubled, and worried. I feel agitated with doubt or mental conflict, or pain. Feeling distraught restricts my uniqueness because I am not addressing my concerns.

Distressed: I feel distressed, upset, distraught, troubled, concerned, and worried. Feeling distressed is meaningful because I want to activate my resiliency skills.

Disturbed: I feel disturbed, troubled, concerned, bothered, disturbed, and distressed, and I am destroying the tranquility or composure of my life. Feeling disturbed is meaningful because I want more support and need to develop my resiliency skills.

Dreary: I feel dismal, displaying or reflecting listlessness or discouragement. I have nothing to provide cheer, comfort, or interest to me. (Grim, gloomy, dull, depressing, drab. Feeling dreary is meaningful because I want to look at the sources of my discouragement.

Despondent: I feel despondent. (Inconsolable, hopeless, melancholy, sad, cheerless, gloomy). Feeling despondent is meaningful because I attempting to do something that I can do. So, I need to learn skills and develop new resources.³⁴

Divided: I feel divided, separated, disconnected, and alienated. Feeling divided is meaningful because I want to organize my life, so I can deal with my emotions and conflicts.

Dogmatic: I am being dogmatic, rigid, inflexible, strict, and assertive. I express my opinions forcefully or positively as if they were facts. Being opinionated is meaningful because I believe in my values and purpose, but it restricts my uniqueness.

Dominant: I feel dominant, leading, central, overriding, and foremost.³⁵

Dominated: I want to dominate others, control, dominate, rule, lead, govern, and direct. Being domineering is meaningful because I can control my resources and get a thing done.

Domineering: I am domineering, bossy, dominant, overbearing, officious, and heavy-handed. I exercise arbitrary or high-handed control. Being domineering is meaningful because I get an important task completed on time.

Doomed: I feel doomed, fated, destined, predestined, and hopeless. I am sure to fail and not actualize my values. Feeling doomed is meaningful because I want to accept fate but not give in to feelings of hopelessness.

³⁴ DESPONDENT, DESPAIRING, DESPERATE, HOPELESS mean having lost all or nearly all hope. DESPONDENT implies a deep dejection arising from a conviction of the uselessness of further effort. DESPAIRING suggests the slipping away of all hope and often despondency. DESPERATE implies despair that prompts reckless action or violence in the face of defeat or frustration. HOPELESS suggests despair and the cessation of effort or resistance and often implies acceptance or resignation.

³⁵ DOMINANT, PREDOMINANT, PARAMOUNT, PREPONDERANT mean superior to all others in influence or importance. DOMINANT applies to something that is uppermost because ruling or controlling. PREDOMINANT applies to something that exerts, often temporarily, the most marked influence. PARAMOUNT implies supremacy in importance, rank, or jurisdiction. PREPONDERANT applies to an element or factor that outweighs all others in influence or effect.

Doubtful: I feel doubtful. I feel uncertain about what might happen. I feel undecided, unsure, hesitant, uncertain, and I lack a definite opinion, conviction, or determination.³⁶

Down: I feel sad, dejected, depressed, low in spirits, disheartened, unhappy, and gloomy. Feeling down is meaningful because I need to stop and figure out what is going on in my life.

Drained: I don't have any motivation or energy. I feel exhausted. I feel exhausted, fatigued, depleted, and spent. Feeling drained is meaningful because I need to rest and marshal my resources.

Dread: I feel great fear, especially in the face of impending evil. I feel extraordinarily uneasy or reluctant to meet a disagreeable prospect. I feel dread, dread, dread, and I feel great fear or anxiety.

Dreary: I feel listless or discouraged, and I have nothing likely to provide cheer, comfort, or interest. See gloomy, dismal. Feeling dreary and discouraged is meaningful because I believe I can't overcome the stress that interferes with expanding my uniqueness.

Dubious: I feel uncertain, dubious, ambiguous, doubtful, and debatable. Feeling dubious is meaningful because I need further details and time to know what is going on in my life.

Dull: I feel dull, I lack intensity, or sharpness.³⁷

E

Eager: I feel eager, willing, enthusiastic, excited, keen, ready. And impatient.³⁸

Ebullient: I feel ebullient, jovial, cheerful, enthusiastic, lively, and cheery. I am showing liveliness and enthusiasm. Feeling ebullient expands my uniqueness because I'm happily completing even simple tasks.

³⁶ DOUBTFUL, DUBIOUS, PROBLEMATIC, QUESTIONABLE mean not affording assurance of the worth, soundness, or certainty of something. DOUBTFUL implies little more than a lack of conviction or certainty. DUBIOUS stresses suspicion, mistrust, or hesitation. PROBLEMATIC applies especially to things whose existence, meaning, fulfillment, or realization is highly uncertain. QUESTIONABLE implies no more than the existence of doubt but usually suggests that the suspicions are well-grounded.

³⁷ DULL, BLUNT, OBTUSE mean not sharp, keen, or acute. DULL suggests a lack or loss of keenness, zest, or pungency. BLUNT suggests an inherent lack of sharpness or quickness of feeling or perception. OBTUSE implies such bluntness as makes one insensitive in perception or imagination.

³⁸ EAGER, AVID, KEEN, ANXIOUS, ATHIRST mean moved by a strong and urgent desire or interest. EAGER implies ardor and enthusiasm and sometimes impatience at delay or restraint. AVID adds to EAGER the

Ecstatic: I feel ecstatic, ecstatic, ecstatic, ecstatic, ecstatic, and ecstatic. I'm experiencing ecstasy.³⁹

Edgy: I feel moody, nervous, tense, and uneasy. Feeling edgy is meaningful because I realize I do not see the moment's significance.

Eerie: I feel eerie, sinister, spooky, frightening, and sinister. This situation is so mysterious, strange, and unexpected to send a chill up my spine. Feeling restricts my uniqueness because I'm afraid and avoid something aversive.

Efficient: I feel capable. I am efficient, effective, economical, and useful. I am productive of desired effects. Being efficient expands my uniqueness because I am not wasting my resources.

Effervescence: I'm feeling vibrancy, effervescence, and vitality. I am showing liveliness or exhilaration. Feeling effervescence expands my uniqueness because I am passionate about my work.

Egotistical: I am egotistical, arrogant, selfish, self-centered, and proud. I am exaggerating my sense of self-importance. Feeling egotistical can restrict my uniqueness because I am only thinking about myself.

Elated: I feel satisfied, overjoyed, thrilled, delighted, and euphoric. I feel filled with joy or pride. Feeling elated can expand my uniqueness if I am constructive and productive ethically.

Electrified: I feel electrified, excited, captivated, thrilled, transfixed, and awe-struck. Feeling electrified can expand my uniqueness because it addresses my passions.

Elevated: I feel elevated, higher, preeminent, and eminent. I have been raised in rank or status. Feeling elevated expands my uniqueness because I believe in myself.

Embarrassed: I feel uncomfortable, self-conscious, ashamed, mortified, and emancipated, and nervous.⁴⁰

implication of insatiability or greed. KEEN suggests intensity of interest and quick responsiveness in action. ANXIOUS emphasizes fear of frustration or failure or disappointment, ATHIRST stresses yearning but not necessarily readiness for action.

³⁹ ECSTASY, RAPTURE, TRANSPORT mean intense exaltation of mind and feelings. ECSTASY and RAPTURE both suggest a state of trance or near immobility produced by an overpowering emotion. ECSTASY may apply to any strong emotion (as joy, fear, rage, adoration). RAPTURE usually implies intense bliss or beatitude. TRANSPORT applies to any powerful emotion that lifts one out of oneself and usually provokes vehement expression or frenzied action.

⁴⁰ EMBARRASS, DISCOMFIT, ABASH, DISCONCERT, RATTLE mean to distress by confusing or confounding. EMBARRASS implies some influence that impedes thought, speech, or action. DISCOMFIT implies a hampering or frustrating accompanied by confusion. ABASH presupposes some initial self-confidence that receives a sudden check,

Emancipated: I feel emancipated, liberated, open, unbound, and limitless. Feeling emancipated expands my uniqueness because I am free from restraint, control, or the power of another.

Embittered: I feel embittered, disillusioned, bitter, resentful, sour, and disaffected. I have painful feelings. (Unpleasant, acrimonious, nasty, vicious, hostile, and heartbreaking emotions. Feeling embittered restricts my uniqueness because anger begets anger from others.

Emotional: I feel vibrant, expressive, open, emotive, and sensitive. I am markedly aroused or agitated in feelings or sensibilities. Feeling emotional helps me discover my uniqueness because I know the full range of my emotions. Emotional is also meaningful because it is expressive of my passion, attitudes, and values.

Empathic: The action of understanding, being aware of, being sensitive to, and vicariously experiencing the feelings, thoughts, and experience of another in either the past or present without having the feelings, thoughts, and experience fully communicated in an objectively explicit manner.

Empty: I feel I lack substance, meaning, or value. I feel hollow. I feel I have no purpose – I feel useless. ⁴¹

Enchanted: I felt enchanted, and I was moved deeply. Your actions provoked ecstatic admiration.

Encouraged: I was inspired by courage, spirit, and hope. ⁴²

Encumbered: I feel weighted down. Someone is hindering my progress. I feel impeded and hampered to doing an activity.

Energized: I feel energized, eager, thrilled, strengthened, invigorated, and animated, so I'll do an activity vigorously. I can expand my uniqueness by putting 100% effort into my purpose.

Energetic: I feel lively, active, and spirited. I will do this activity with vigor, life, robustness, and stamina. Feeling energetic helps me to expand my uniqueness because I am putting energy into learning new skills.

producing shyness, shame, or a feeling of inferiority. DISCONCERT implies an upsetting of equanimity or assurance producing uncertainty or hesitancy. RATTLE implies an agitation that impairs thought and judgment.

⁴¹ EMPTY, VACANT, BLANK, VOID, VACUOUS mean lacking contents which could or should be present. EMPTY suggests a complete absence of contents. VACANT suggests an absence of appropriate contents or occupants. BLANK stresses the absence of any significant, relieving, or intelligible features on a surface. VOID suggests absolute emptiness as far as the mind or senses can determine. VACUOUS suggests the

Enervated: I feel unnerved, frightened, scared, and anxious. I need more vitality or strength to complete this task.

Enjoyed: I had an enjoyable time. I relished, loved, and appreciated my company. Feeling joy expands my uniqueness because I'm expressing my passion.

Enjoyment: I feel joy, and I enjoy being with myself. I have pleasure or satisfaction when I'm with myself. Feeling entertainment expands my uniqueness because I put effort into tasks I love.

Enliven: I feel enlivened, invigorated, cheered, cheered, and liven up. I give life, action, or spirit to purpose and values. I am animated. Feeling enlivened gives me the energy to reach my goals.

Ennui (on-we): I feel ennui. I feel bored.. I have a feeling of weariness, dissatisfaction, and boredom. Feeling ennui is meaningful because I want to develop new activities to realize my value.

Enraged: I feel enraged, furious, infuriated, angry, incensed, and fuming. I feel full of anger and rage. Feeling enraged restricts my uniqueness because others fear or avoid me.

Enrapture: I feel enraptured, captivated, enchanted, beguiled, hypnotized, and mesmerized. I feel filled with delight. Feeling enraptured is meaningful because I am filled with spiritual energy to reach my goals.

Enterprising: enterprising, innovative, inventive, imaginative, resourceful, and adventurous. I am marked by an independent, energetic spirit and a readiness to act. Feeling enterprising expands my uniqueness because I express what is important to me.

Enthusiastic: I feel passionate, energetic, excited, enthusiastic, enthusiastic, and enthusiastic. I feel inspired and full of zeal or fervor in others, which expands my uniqueness because I have support from others.

Enslaved: I feel enslaved, imprisoned, incarcerated, caged, enslaved, and confined. I think submission to a dominating influence. Feeling enslaved is meaningful because I want to find a mean to freedom.

emptiness of a vacuum and especially the lack of intelligence or significance.

⁴² Encourage, inspirit, hearten, embolden mean to fill with courage or strength of purpose. encourage suggests the raising of one's confidence especially by an external agency. Inspirit implies instilling life, energy, courage, or vigor into something. Hearten implies the lifting of dispiritedness or despondency by an infusion of fresh courage or zeal. Embolden implies the giving of courage sufficient to overcome timidity or reluctance.

Envenomed: I feel envenomed, poisoned, embittered, and acerbated. Feeling embittered restricts my uniqueness because being resentful is persistent and interferes with my ability to be resilient.

Entitled: I am deserving of or entitled to certain privileges. Feeling entitled restricts my uniqueness because I am only thinking about myself.

Envy-Envious: painful or resentful awareness of an advantage enjoyed by another, joined with a desire to possess the same advantage. Greed, malice, bitterness, desire, spite. Envy is meaningful because my desires and goals are not being met. Envy restricts my uniqueness because I am focusing on what others have.

Estranged: I feel estranged, alienated, separated, apart, estranged, and disaffected.⁴³

Evasive: I feel evasive, elusive, slippery, shifty, indirect, and oblique. Feeling evasive restricts my uniqueness because others don't trust me.

Evil: I feel evil, wicked, malevolent, malicious, sinful, and criminal. I think morally reprehensible. Being evil restricts my uniqueness because people will have faith in me to do the right thing.

Exalted: I feel exalted, lofty, glorious, dignified, and illustrious. I want to elevate by praise. Feeling exalted increases my uniqueness because I have the energy to discover meaningfulness.

Exasperated: I feel exasperated, infuriated, maddened, frustrated, annoyed, and incensed. I feel excited by anger, which causes me irritation or annoyance. Feeling exasperated is meaningful because I aim to find a unique way to experience meaningfulness.

Excited: I feel excited, eager, enthusiastic, thrilled, animated, and happy. I am roused by an emotional response, which expands my uniqueness because I put energy into my goals and purpose.

Exhausted: I feel exhausted, tired, bushed, dog-tired, and fatigued. I feel depleted, washed out, and down. Feeling

exhausted is meaningful because I want to rest and realign my resources.

Exhilarated: I feel excited, elated, ecstatic, euphoric, delighted, and overjoyed. Feeling exhilarated is meaningful because I am putting energy into my purpose.

Exploited: I feel manipulated, browbeaten, subjugated, broken, oppressed, and demoralized. Others make use of meanness or unfairness for their own advantage. Feeling exploited is meaningful because I need to stand up for myself.

Exposed: I feel exposed, unprotected, and uncovered. I feel deprived of shelter, protection, or care. I am subject to risk from harmful action. Feeling exposed is meaningful because I need to act to protect what is important to me.

Exuberant: I feel exuberant, enthusiastic, energetic, cheerful, and high-spirited. I am unrestrained and enthusiastic. Feeling exuberant expands my uniqueness because I put energy into discovering meaningfulness.

Exultant: I feel exultant, exultant, jubilant, overjoyed, triumphant, and joyful. Feeling exultant is meaningful because I experience joy in expressing my values.

F

Fair: I have a sense of equality (equal opportunity, parity). I feel people treat me fairly – People treated me fairly, marked by impartiality and honesty, free from self-interest, prejudice, or favoritism. Everyone has a fair opportunity to expand their uniqueness in an open and democratic society.⁴⁴

Falling apart: I feel I can't continue in the usual way. I feel like I am breaking up, coming apart, or disintegrating. Falling apart is meaningful because it is time for me to get organized.

Fantastic: I feel exceedingly great, excellent. (Wonderful, amazing, fabulous.) Feeling fantastic expands my uniqueness because I'm putting 100% into my passions.⁴⁵

⁴³ ESTRANGE, ALIENATE, DISAFFECT mean to cause one to break a bond of affection or loyalty. ESTRANGE implies the development of indifference or hostility with consequent separation or divorce. ALIENATE may or may not suggest separation but always implies loss of affection or interest. DISAFFECT refers especially to those from whom loyalty is expected and stresses the effects (as rebellion or discontent) of alienation without actual separation.

⁴⁴ FAIR, JUST, EQUITABLE, IMPARTIAL, UNBIASED, DISPASSIONATE, OBJECTIVE mean free from favor toward either or any side. FAIR implies an elimination of my feelings, prejudices, and desires to achieve a proper balance of conflicting interests. JUST implies an exact following of a standard of what is right and proper. EQUITABLE implies a less

rigorous standard than JUST and usually suggests equal treatment of all concerned. IMPARTIAL stresses an absence of favor or prejudice. UNBIASED implies even more strongly an absence of all prejudice. DISPASSIONATE suggests freedom from the influence of strong feeling and often implies cool or even cold judgment. OBJECTIVE stresses a tendency to view events or persons as apart from myself or my interest or feelings.

⁴⁵ FANTASTIC, BIZARRE, GROTESQUE mean conceived, made, or carried out without adherence to truth or reality. FANTASTIC may connote unrestrained extravagance in conception or merely ingenuity of decorative invention. BIZARRE applies to the sensorially strange and implies violence of contrast or incongruity of combination. GROTESQUE

Fascinated: I was fascinated by the new design and felt enthralled, gripped, mesmerized, and spellbound. I was transfixed and held spellbound by an irresistible power. Feeling mesmerized and fascinated is meaningful because my attitudinal values are in the process of being realized.

Fatherly: I feel fatherly, paternal, protective, concerned, caring, and loving. Feeling fatherly expands my uniqueness because I care and show concern for another.

Fawning: I am fawning, flattering, toadying, submissive, sycophantic, and acting obsequiously over another. Fawning restricts my uniqueness because I am manipulating. I am inauthentic.

Fear (verb): As a state of pain and agitation, fear is a reaction to anticipating a real or imagined threat that produces a state of cognitive-emotional arousal. The belief that a particular loss would be terrible or horrible, such as the anticipated loss of a friend, is the basis for imagined fears, such as the fear of losing a job. However, this reaction overlaps with anxiety; the problem usually appears more pronounced. When I experience fear, it is similar to the feelings associated with stress. However, the fear is often more acute in a "real" dangerous situation where I am called upon to flee, freeze, or fight to defend myself (William Knaus).

Fear: I felt fear. ⁴⁶

Fearful (adjective): I feel afraid; I expect with alarm. I have an unpleasant, often strong emotion caused by anticipation or awareness of danger. Fear can constrict my uniqueness and interfere with discovering meaningfulness. Fear is meaningful because it tells me to be safe, cautious, aware of my surroundings. (Scared, terror, frightened, panicky, anxious.)

Feminine: I am gentle. I enhance my uniqueness through my qualities (kindness, tenderness, non-aggressive) that enable me to be tender, graceful, refined, and modest.

Fervor: I have an intensity of feeling or expression. I have a passion for . . . , enthusiasm, eagerness, zeal, and dedication. I feel earnest, serious, solemn, hearty, sincere,

may apply to what is conventionally ugly but artistically effective or it may connote ludicrous awkwardness or incongruity often with sinister or tragic overtones.

⁴⁶ FEAR, DREAD, FRIGHT, ALARM, PANIC, TERROR, TREPIDATION mean painful agitation in the presence or anticipation of danger. FEAR is the most general term and implies anxiety and usually loss of courage. DREAD usually adds the idea of intense reluctance to face or meet a person or situation and suggests aversion as well as anxiety. FRIGHT implies the shock of sudden, startling fear. ALARM suggests a sudden and intense awareness of immediate danger. PANIC implies unreasoning and

wholehearted, and warm, which is the opposite of apathy, impassiveness, aloofness, detachment, indifference, unconcern, languor, lethargy, and torpor. Fervor is meaningful because it is putting total effort into my purpose.

Fidgety: I feel uneasy or restless, as shown by nervous movements. (Jittery, agitated, fretful, troubled). Feeling fidgety is meaningful because I realize I want to do something different.

Fierce: I feel fierce, enraged, angry, maddened, and aggressive. Feeling fierce can restrict my uniqueness because people will avoid me or tell me what they want or believe. ⁴⁷

Flattered: I feel flattered, privileged, pleased, grateful, and complimented. I am praised excessively, especially from motives of self-interest. Feeling flattered restricts my uniqueness because others are manipulating me.

Floating (sensation): I feel floating, fluctuating, detached, floating, and free. I like I'm drifting on or through or as if on or through a fluid. Feeling like I'm floating restricts my uniqueness because I lack direction.

Flustered: I feel flustered, harassed, agitated, nervous, rattled, and confused. I am put into a state of agitated and confusion. Feeling flustered is meaningful because I need to clarify what I want.

Foggy: I feel I'm in a fog, unclear, vague, confused, muddled, and bewildered. Feeling in a fog restricts my uniqueness because I am unsure of my goals and purpose.

Foolish (embarrassed): I feel ridiculous, silly, unwise, imprudent, thoughtless, and stupid. I need a sense of judgment or discretion. Feeling foolish restricts my uniqueness because I'm worried about what people think of me.

Forceful: I feel forceful, strong, vigorous, energetic, persuasive, and convincing. I have moral and mental

overmastering fear causing hysterical activity. TERROR implies the most extreme degree of fear. TREPIDATION adds to DREAD the implications of timidity, trembling, and hesitation.

⁴⁷ FIERCE, FEROCIOUS, BARBAROUS, SAVAGE, CRUEL mean showing fury or malignity in looks or actions. FIERCE applies to humans and animals that inspire terror because of their wild and menacing aspect or fury in attack. FEROCIOUS implies extreme fierceness and unrestrained violence and brutality. BARBAROUS implies a ferocity or mercilessness regarded as unworthy of civilized people. SAVAGE implies the absence of inhibitions restraining civilized people filled with rage, lust, or other violent passion. CRUEL implies indifference to suffering and even positive pleasure in inflicting it.

strength, and feeling forceful can expand my uniqueness because I can persuade or convince others.

Foresighted: I have foresight, prudence, insight, forethought, sagacity, and sagacity. I have the power of foreseeing. Foresight expands my uniqueness because I can plan and alter my plans depending on the circumstance.

Forgetful: I am forgetful, careless, absent-minded, oblivious, inattentive, and neglectful. Being forgetful is meaningful because I need extra steps to organize my material and be careful.

Foresighted: I have foresight, forethought, prudence, insight, and sagacity. I am looking forward. Foresight expands my uniqueness because I use my planning skills to reach my goals.

Forgiving: I am willing to give up my resentment for another's past misdeeds. (Merciful, compassionate, sympathetic, and tolerant. Forgiving others expands my uniqueness because I can stop berating myself and work on my purpose.

Forlorn: I feel forlorn, lonely, desolate, miserable, miserable, hopeless, and dejected. I feel sad and lonely because of isolation or desertion. Feeling forlorn is meaningful because I need to put energy and time into getting along with others and making new friends.

Formal: I feel formal, proper, strict, ceremonial, recognized, and stately. Formal is related to structure, relationships, or arrangement of elements rather than content.

Forsaken: I feel forsaken, abandoned, ditched, discarded, jilted, and deserted. Feeling forsaken is meaningful because I need to reevaluate my choice of friends and lovers.

Fortunate: I feel fortunate, blessed, lucky, happy, privileged, and prosperous. Fortunate means bringing some good thing not foreseen as confident – auspicious. Feeling fortunately blessed expands my uniqueness because I have found meaningfulness in my purpose.

Forward: I'm looking forward to reaching my goals. I am anticipating good fortune. Looking forward helps me

⁴⁸ FRANK, CANDID, OPEN, PLAIN mean showing willingness to tell what one feels or thinks. FRANK stresses lack of shyness or secretiveness or of evasiveness from considerations of tact or expedience. CANDID suggests expression marked by sincerity and honesty especially in offering unwelcome criticism or opinion. OPEN implies frankness but suggests more indiscretion than FRANK and less earnestness than CANDID. PLAIN suggests outspokenness and freedom from affectation or subtlety in expression.

expand my uniqueness because it allows me to plan and adjust to misfortune.

Frank: I am being frank with others. (Honest, truthful, blunt, and candid. ⁴⁸

Frantic: I am hopeless, anxious, desperate, frenetic, and hysterical. I feel emotionally out of control. Feeling frantic restricts my uniqueness because I think a lack of emotional control interferes with discovering meaningfulness.

Frazzled: I feel frazzled, exhausted, weary, frayed, and drained. I feel stressed. The world has put me in extreme physical or nervous fatigue. Feeling frazzled is meaningful because I need to recoup my energy and rest.

Free: I feel free, open, accessible, and available. I am choosing or capable of deciding for myself. ⁴⁹

Friendly: I feel warm, welcoming, pleasant, sociable, outgoing, approachable, and gracious. I want to show kind interest and goodwill. Feeling friendly expands my uniqueness because I get various ideas and opinions.

Frightened: I feel fearful, terrified, scared, anxious, afraid, and startled. Feeling frightened is meaningful because I want to pay attention to my environment and be safe.

Frivolous: I feel frivolous, trivial, silly, inconsequential, vain, and thoughtless. Seeing the world as frivolous restricts my uniqueness because people won't take me seriously.

Frozen: I feel frozen, cold, and distant. I think emotionally paralyzed, and I believe I can't do anything for myself. Feeling frozen is meaningful because I need to do something different with life.

Frustration (noun): Frustration refers to a negative emotion triggered by a situation in which I cannot achieve a desired goal despite making significant efforts to accomplish it. This state of mind can be expressed in phrases such as "It's really too bad I can't get what I want." It can range from giving up on the goal to circumventing the problem, or even trying to find a solution to the problem. There may be some signs of concentration problems. When I have a frustration tolerance, I am more persistent in achieving my goals.

⁴⁹ FREE, INDEPENDENT, SOVEREIGN, AUTONOMOUS means not subject to the rule or control of another. The word free stresses the absence of external power and the full right to make all of one's own decisions. INDEPENDENT implies a standing alone; applied to a state, it means a lack of connection with any other having the power to interfere with its citizens, laws, or policies. SOVEREIGN stresses the absence of superior strength and implies supremacy within a thing's domain or sphere. AUTONOMOUS stresses independence in matters about self-government.

When I have frustration intolerance, I tend to give up easily and more readily blame myself and the world for my dissatisfaction. This giving up will restrict my uniqueness (William Knaus).

Frustrated (verb): I feel discouraged, ineffectual, defeated, irritated, exasperated, and unfulfilled. Feeling frustrated is meaningful because I need to realign my purpose and goals with reality or with my current resources.⁵⁰

Fulfilled: I feel fulfilled, satisfied, accomplished, rewarded, justified, and obeyed. Feeling fulfilled is meaningful because I converted my purpose and values into reality and developed my full potential.

Full: I feel full, filled, complete, and thorough.⁵¹

Fuming: I am fuming, incensed, angry, furious, enraged, and seething. I am talking in a state of excitement, irritation, or anger. Fuming is meaningful because others are blocking my values, and feeling angry can restrict my uniqueness because people will see me as a threat.

Funny: I feel funny, weird, witty, and humorous. I am affording light mirth and laughter. I am seeking or intended to amuse - facetious. Not only that, but I see things from different things in a suspicious, perplexing, quaint, or eccentric way. Feeling humorous is meaningful because I am exercising my defiant human spirit.

Furious: I am furious, angry, frantic, desperate, mad, and enraged. I give a stormy or turbulent appearance marked by noise, excitement, activity, or rapidity. Feeling furious is meaningful because the means to expanding my uniqueness is blocked.

Fussy: I feel fussy, picky, finicky, choosy, obsessive, and fastidious. I think easily upset – irritable. Feeling fussy is meaningful because I realize I can't actualize my attitudinal values.

G

Generous: I feel generous, substantial, lavish, giving, charitable, and open-handed. Feeling generous can expand my uniqueness, but it can lead to overprotecting others against their wishes.

⁵⁰ FRUSTRATE, THWART, FOIL, BAFFLE, BALK mean to check or defeat another's plan or block achievement of a goal. FRUSTRATE implies making vain or ineffectual all efforts however vigorous or persistent. THWART suggests frustration or checking by crossing or opposing. FOIL implies checking or defeating so as to discourage further effort. BAFFLE implies frustration by confusing or puzzling. BALK suggests the interposing of obstacles or hindrances.

⁵¹ FULL, COMPLETE, PLENARY, REPLETE mean containing all that is wanted or needed or possible. FULL implies the presence or inclusion of everything that is wanted or required by something or that can be held, contained, or attained by it. COMPLETE applies when all that is needed is present. PLENARY adds to COMPLETE the implication of fullness

Gentle: I feel gentle, calm, kind, and tender. I am free from harshness, sternness, or violence. Being gentle can expand my uniqueness, but the situation may call upon me to be intense and forceful.

Genuine: I am genuine, honest, frank, open, and forthright. I am free from hypocrisy or pretense and express my feelings and experiences sincerely. Being genuine can expand my uniqueness, but I don't want to use being genuine as a ruse for being harsh and unkind to others.

Giddy: I feel giddy, dizzy, excited, silly, woozy, and impulsive. I feel lightheartedly silly, frivolous, joyfully elated, and euphoric. Feeling giddy can restrict my uniqueness because people won't take me seriously.

Giving: I am giving, offering, providing, delivering, and doing.⁵²

Glad: I am experiencing pleasure, joy, or delight. Grateful, thankful, happy, relieved, and pleased. Feeling glad expands my uniqueness because I realize my values.

Gleeful: I feel optimistic, delighted, happy, pleased, joyful, and elated. Gleeful is an expression of a passion that expands my uniqueness.

Gloomy: I feel low in spirits and melancholy, causing pessimism, despair, misery, and depression. Feeling gloomy restricts my uniqueness because I am not seeing what is meaningful and beautiful. I am counting what I don't have and not appreciating what I do have.

Glowing: I am glistening, bright, shining, glowing, and gleaming. I experience a sensation of heat to show exuberance or elation. Feeling elated indicates meaningfulness because it shows I am passionate about my values.

Good: I feel good, great, nice, decent, good quality, and excellent. (Profitable, advantageous, agreeable, pleasant, wholesome.) Feeling excellent helps me to actualize my opportunities.

without qualification. REPLETE implies being filled to the brim or to satiety.

⁵² GIVE, PRESENT, DONATE, BESTOW, CONFER, AFFORD mean to convey to another as a possession. GIVE, the general term, is applicable to any passing over of anything by any means. PRESENT carries a note of formality and ceremony. DONATE is likely to imply a publicized giving (as to charity). BESTOW implies the conveying of something as a gift and may suggest condescension on the part of the giver. CONFER implies a gracious giving (as of a favor or honor). AFFORD implies a giving or bestowing usually as a natural or legitimate consequence of the character of the giver.

Goofy: I feel silly, ridiculous, foolish, ludicrous, and inane. This may restrict my uniqueness because people will not take me seriously.

Grandiose: I think I'm better than others. I feel pompous, ostentatious, pretentious, showy, and fake. Feeling grandiose restricts my uniqueness because I view myself as unrealizable.

Grate: He grates on my nerves. I feel irritated, aggravated, annoyed, bothered, burned (up), gall, pique, provoked, and riled. Feeling great is meaningful because my extreme evaluations affect my emotional life.

Grateful: I feel appreciative of the benefits received. I want to express my expressing gratitude. (Thankful, glad, gratifying, welcome.) Gratitude expands my uniqueness because I see what others have given me, and I can acknowledge my sense of community from these gifts.

Gratified: I feel gratified, content, pleased, and satisfied. I feel pleasure and satisfaction in doing an activity. Feeling gratified can expand my uniqueness, but it might reduce my effort and motivation to improve.

Greedy: I feel selfish and greedy. I want to have more things than others have. I have a selfish desire for wealth and possessions. (Gluttony, voracity, insatiability) I can never be satisfied. Feeling greedy restricts my uniqueness because I am focusing just on myself. Greedy is meaningful because my sense of emptiness, needs to be addressed.

Grief-stricken: troubled, stricken, tormented, disturbed, with grief – see Grief.

Grief: I feel distressed caused of bereavement. I feel grief, sorrow, heartache, and angst. I am grief-stricken, grieving, inconsolable, heartbroken, and anguished. Grief is meaningful because it shows me how fragile life is and not to take it for granted.

Grievous: I feel severe pain, suffering, or sorrow, and I feel oppressed. Feeling grievous is meaningful because life tells me to discover significance in my grief and not wave my finger at fate.

Grim: I feel gloomy, gray, unattractive, forbidding, unfriendly, dark, and bleak. Feeling grim is meaningful because my low-spirited and blue tells me I need to act to help myself or others.

Groovy: I am feeling marvelous, wonderful, excellent, hip. Feeling groovy can increase my uniqueness because I put my best effort into the task.

Grouchy: I feel peevish, grouchy, irritable, testy, complaining, and given to grumbling. Feeling grouchy is meaningful because life is telling me I need to take responsibility for my action and start doing something different.

Guarded: I have to protect myself from danger, especially by watchful attention, to feel secure. I must be careful about what I say or what other people do. Feeling guarded is meaningful because want to be cautious. Feeling guarded is telling me I don't trust myself, or I don't trust others.

Guilt: I have committed a breach of conduct involving a penalty. I deserve blame, followed by self-condemning thoughts and inevitably the belief that one is obligated to act justly and fairly under all circumstances. I attempt to undo the damage; I show remorse or contriteness. Not only that, but I withdraw, my voice agitated, subdued, and apologetic as I withdraw from the conversation. Sometimes this reaction is followed by resentment. The offense has been committed, especially consciously, and I feel culpable for imagined wrongs or inadequacy. I have an intense sense of self-reproach. Feeling guilty is meaningful because I need to change my behavior to experience my genuine sense of uniqueness.

Guilty: Feel justly chargeable with or responsible for a usually grave breach of conduct. Feeling guilty can restrict my uniqueness because I am avoiding my responsibilities.

Gullible: I feel easily duped or cheated. (Naïve, susceptible, innocent, too trusting). Feeling gullible decreases my uniqueness because I lack confidence in dealing with people.

Gusto: have vitality marked by an abundance of vigor and enthusiasm. I feel delight, enjoyment, and pleasure. ardor, enthusiasm, fervor, and passion. Feeling passionate and vigorous helps me expand my uniqueness by expressing my purpose with emotion and robustness.

H

Happy: I feel favored by luck or fortune, fortunate. I feel notably fitting, effective, or well adapted, felicitous, apt. Delighted, glad, lucky, pleased. (*Glad:* grateful, thankful, relieved, pleased.)

Happy-go-lucky: I feel carefree, blithely unconcerned. Feeling happy-go-lucky care expands my uniqueness, but I may take a genuine issue too lightly.

Hampered: I feel hampered, hindered, vulnerable, and troubled.⁵³

⁵³ HAMPER, TRAMMEL, CLOG, FETTER, SHACKLE, MANACLE mean to hinder or impede in moving, progressing, or acting. HAMPER may imply the effect of any impeding or restraining influence. TRAMMEL suggests

entangling by or confining within a net. CLOG usually implies a slowing by something extraneous or encumbering. FETTER suggests a restraining so severe that freedom to move or progress is almost lost.

Hard: The task is too challenging, too complicated, and too frustrating. I am resistant to stress, and I am free of weaknesses or defects. When I am resilient, I expand my uniqueness and may restrict my individuality when I see a task as too hard. I lack responsiveness, and people may see me as unfeeling (obdurate)

Hard-boiled: I am unfeeling, callous, coldhearted, hardhearted, heartless, obdurate, stonyhearted, uncompassionate, unemotional, and unsympathetic. I can be coarse, crude, rough, or seasoned. Feeling callous and being hard-boiled restricts my uniqueness because I am not understanding another person's feelings, so I may become impatient and act immaturely.

Hardheaded: I am being hardheaded. I am obstinate, bullheaded, headstrong, intractable, mulish, pertinacious, perverse, pigheaded, self-willed, and stubborn. I am concerned with practical considerations. Being hardheaded is meaningful because I am being realistic and what to be productive, but it may restrict my uniqueness because I am being stubborn and mulish, and I am being unreasonable and using inflexible-rigid thinking.

Hard-Hearted: I am hard-headed, and I lack sympathetic understanding. I am unfeeling and pitiless. I may lack information about the other person's concerns, feelings, and thought. Being unfeeling restricts my uniqueness because I am not seeing the experiential values in my life.

Harassed: I feel annoyed persistently because I am in an unpleasant or hostile situation for especially by uninvited and unwelcome verbal or physical conduct. This will restrict my uniqueness because I may feel helpless to do anything and I feel threatened.

Hasty: To do things rushing or make rash actions. I am prone to impatience, precipitate, rash actions, and I am prone to anger, irritable and this will restrict my ability to express my healthy uniqueness.

Hassled: I am annoyed persistently. (Pestered, badgered, agitated). When I feel hassled, I may be too busy to expand my uniqueness because I feel impatient, disorganized, or immature.

Hate: I feel intense hostility and aversion usually deriving from fear, anger, or sense of injury. I feel extreme dislike or antipathy toward others. I am loathing another. This limits my uniqueness because I am too busy seeking revenge or obsessing about the person I hate.

Hateful: I am full of hate and malice. I believe the other person needs to be punished. (Vile, hateful, disgusting,

odious.) Feeling hateful is meaningful because another person is hurting others and violating my values.

Headstrong: I feel impatient and need to be more open to advice or suggestions. (Impetuous, stubborn, reckless, impulsive). Being headstrong is meaningful because I stand up for what is ethical and morally right.

Heavenly: I feel blessed and delighted. (Spiritual, divine, thrilled, elated). Feeling blessed is meaningful because I appreciate what was given to me.

Heavy: I lack sparkle or vivacity. (Overly serious, abstract, philosophical). Feeling overly serious can restrict my uniqueness because I lack spontaneity.

Held back: I feel others are restraining me (Restricting, controlling, confining me) Feeling held back restricts my uniqueness because I believe I cannot reach my goals.

Helpful: I feel useful, valuable, beneficial, and supportive. Being helpful to others that help me express my experiential values will allow me to discover meaningfulness.

Helpless: I lack protection or support, and I am defenseless. I cannot act or react. I feel abandoned, powerless, and deserted. Feeling helpless is meaningful because I need to marshal my resources and develop more substantial confidence.

Hemmed In: I feel trapped or enclosed by someone or something, and I feel trapped, stuck, imprisoned, and ensnared. Feeling hemmed in is meaningful because I recognize I want to do something with my life, and I'm not actualizing my values.

Hesitant: I feel hesitant to express and assert myself. I feel uncertain, cautious, tentative, diffident, timid, and diffident. Feeling hesitant is meaningful because I need to survive all my opportunities, possibilities, and difficulties.⁵⁴

High: I feel high, extraordinary, elevated, and significant, as in "I feel great." Feeling high can be an extreme evaluation suggesting overconfidence, and I feel depressed and low.

Hollow: I feel dull, shallow, not deep, low, and narrow-minded. Feeling hollow is meaningful because I want to change and deal with the loss I am ignoring.

SHACKLE and MANACLE are stronger than FETTER and suggest total loss of freedom.

⁵⁴ HESITATE, WAVER, VACILLATE, FALTER mean to show irresolution or uncertainty. HESITATE implies a pause before deciding or acting or

choosing. WAVER implies hesitation after seeming to decide and so connotes weakness or a retreat. VACILLATE implies prolonged hesitation from inability to reach a firm decision. FALTER implies a wavering or stumbling and often connotes nervousness, lack of courage, or outright fear.

Homesick: I feel homesick. I am longing for home and family while absent. Feeling homesick is meaningful because I recognize my missing support and love.

Honest: I feel free from fraud or deception. My feelings are marked by integrity, characterized by free, forthright, and sincere expression frank. Genuine, integrity, openness, trustworthiness, truthful.

Honored: I feel honored to show merited respect, recognition, gratitude, thrill, admiration, and pleasure.⁵⁵

Hope: I feel optimism, anticipation, courageous. I hope to expand my uniqueness by setting goals and making plans that will be successful. Toxic hope can restrict my individuality because I am overconfident, and my dreams will be easily reached.

Hopeful: I feel inspired with hope, confidence, and courage, so I'll expand my uniqueness because I am willing to take sensible risks.

Hopeless: I feel hopeless, desperate, pathetic, and miserable. I have no expectation of good or success, and a sense of despair. I am not susceptible to remedy or cure and can be redeemable and improved. Hopelessness is meaningful because life tells me I need to set new goals and revise my plans.

Horny: I feel horny, lustful, concupiscent, goatish, hot, lascivious, libidinous, lickerish, passionate, prurient, and satyriasis. Feeling horny can restrict my uniqueness because I only focus on my needs.

Horrible: I feel extremely bad or unpleasant, marked by or arousing horror; terrible, awful, dreadful. Feeling horrible is meaningful because I recognize I'm using an extreme evaluation.

Horrificed: I feel horror, painful and intense fear, dread, or dismay. Shocked, appalled, alarmed. Feeling horrified is meaningful because I know something is wrong. Feeling horrified is meaningful because I want to pay attention to something has gone wrong.

Hostile: I feel hostile, openly opposed, or resisting. I have an intimidating, antagonistic, or offensive nature. Aggressive, unfriendly, harsh, unsympathetic, argumentative. Feeling hostile is meaningful because my values are being attacked.

Hounded: I feel others are driven and persistent in harassing me. Dogged, hunted, pestered, chased. Feeling hounded is meaningful because the conflicts I'm facing

reflect my not getting along with others. I want to review my responsibilities.

Humiliated: I feel reduced to a lower position in my eyes or others' eyes. Embarrassed, shamed, disgraced, humbled. Feeling humiliated is meaningful because I'm not clear about my purpose.

Humble: I am not proud, haughty, arrogant, or assertive. I reflect, express, or offer in a spirit of deference or submission. Modest, inconspicuous, shy, unpretentious, respectful, simple. Feeling humble expands my uniqueness because I'm not taking myself too seriously.

Humbled: I feel humbled in spirit or manner to destroy the power, independence, or prestige of status. Being humbled can restrict my uniqueness because I am giving in to others.

Humble: Humility (noun) and humility reflect a spirit of deference or submission, which is not proud or haughty. Humble is not arrogant or assertive, and stems from the need to express self-assertion and status.

Humorless: I feel a lack of a sense of humor, wit, satire, comedy. Feeling humorless can restrict my uniqueness because I am not seeing the subtleties of the situation.

Humorous: I feel amused in which I appreciate the ludicrous or absurdly incongruous of the situation. Funny, witty, hilarious, entertaining, comical.

Hurried: I feel rushed, hasty, hustled, and hastened. This is meaningful because I may get out of a dangerous situation quickly and want to be more careful. Feeling hurried restricts my uniqueness because I need to look at all my options.

Hurt: I feel emotional pain or anguish. I believe people mistreat me and they don't understand me. I think I don't fit in, and they care more about themselves than me. Feeling hurt restricts my uniqueness because I feel sorry for myself and do not take appropriate action to solve the problem.

Hyper: I feel high-strung, excitable, highly excited, and extremely active. Hyper hyperactive, nervous, agitated, jumpy, anxious. Feeling hyperactive may restrict my uniqueness because I jump into action too quickly, and people see me as unreliable.

Hysterical: I feel overwhelmed, and my fears are unmanageable. My emotions are in excess. Acting hysterically restricts my uniqueness because I appear to

⁵⁵ HONOR, HOMAGE, REVERENCE, DEFERENCE mean respect and esteem shown to another. HONOR may apply to the recognition of one's right to enthusiastic respect or to any expression of such

recognition. HOMAGE adds the implication of accompanying praise. REVERENCE implies profound respect mingled with love, devotion, or awe. DEFERENCE implies a yielding or submitting to another's judgment or preference out of respect or reverence.

others as someone who is out of control and undependable.

I

Idealistic: I feel I've reached a perfection, beauty, or excellence standard. Principled, optimistic, naïve, unrealistic. Being idealistic can restrict my uniqueness because I'm unrealistic about what I can accomplish.

Ignorant: I lack knowledge or intelligence. Uninformed, rude, inconsiderate, oblivious.⁵⁶

Ignored: I feel ignored by others. I feel overlooked, unnoticed, disregarded, discounted, and unheeded. I feel rejected, excluded, and disallowed. Feeling ignored is meaningful because life wants to change or do things differently. I aim to figure out a dramatic way to get my point across.

Imaginative: I feel resourceful. I have the creative ability to confront and deal with a problem. Being imaginative expands my uniqueness because I am discovering a new way to solve my problems.

Immature: I feel immature, minor, juvenile, like a teenager. I exhibit less than an expected degree of maturity. Feeling immature is meaningful because I am blocked from opportunities.

Immobilized: I feel immobilized, powerless, stopped, halted, and restrained. My freedom to effectively use my abilities and opportunities has been limited. Feeling immobilized is meaningful because I want to put effort into my purpose to actualize my values.

Immortal: I feel immortal, memorable, well-known, famous, and unforgettable. I am exempt from oblivion. Feeling immortal-unforgettable can expand my uniqueness, but I am fooling myself. I can recognize I am irreplaceable but wanting fame is futile.

Impatient: I am impatient, annoyed, irritated, edgy, intolerant, and exasperated. I feel restless or short of temper, especially under irritation and delay. Being impatient indicates my opportunity is blocked, and being impatient is meaningful because I want to develop my opportunities to actualize.

Important: I feel important, significant, and vital. My purpose, relationships, and self-respect indicate substantial worth or consequence and have value in the content. Feeling important can expand my uniqueness, but it may lead to overconfidence.

⁵⁶ IGNORANT, ILLITERATE, UNLETTERED, UNTUTORED, UNLEARNED mean not having knowledge. IGNORANT may imply a general condition or it may apply to lack of knowledge or awareness of a particular thing. ILLITERATE applies to either an absolute or a relative inability to read and write. UNLETTERED implies ignorance of the knowledge gained by

Imposed Upon: I feel imposed upon, imposed on upon. Others have trusted themselves offensively upon me. This person is taking unfair advantage of me and misusing their influence, friendship, etc.). I feel others are defrauding, cheating, or deceiving me. Feeling imposed upon me is meaningful because my values are dismissed or ignored.

Impotent: I feel impotent, worthless, powerless, weak, helpless, and incapable. I lack power, strength, or vigor, and I feel helpless. Feeling impotent is meaningful because I realize I must do something about my life.

Impressed: I was impressed with his performance. (Awestruck, enthralled, enthralled, overwhelmed, and rapt. Being impressed can expand my uniqueness because I may learn from others who perform impressively.

Inadequate: I feel inadequate, insufficient, scarce, derisory, and laughable. I don't feel capable of fulfilling my responsibilities. Feeling inferior is meaningful because I want to learn new skills and participate in new opportunities to develop my confidence.

Incensed: I feel incensed, enraged, angry, riled, and exasperated. Feeling incensed is meaningful because my values are under attack. Feeling incensed is meaningful because my values are not being realized.

Incompetent: I feel incompetent, inept, useless, unskilled, and ineffectual. I feel inadequate or unsuitable for a particular purpose. Feeling incompetent is meaningful because I want to focus on improving.

Incomplete: I feel incomplete, inadequate, half-finished, and imperfect (not complete). Feeling incomplete is meaningful because I am moving toward my goals and values.

Incurious: I feel incurious, aloof, casual, detached, disinterested, remote, unconcerned, uninterested, and withdrawn. Incurious implies an inability to take a typical interest due to dullness of mind or self-centeredness. Feeling incurious is meaningful because I need to look fresh at life.

Independent: I feel independent, autonomous, self-determining, and self-regulating. Feeling independent can expand my uniqueness because I think for myself and increase my confidence.

Indifference (noun):

Indifferent: I feel indifferent, uncaring, uninterested, unresponsive, apathetic, and unsympathetic.⁵⁷

reading. UNTUTORED may imply lack of schooling in the arts and ways of civilization. UNLEARNED suggests ignorance of advanced subjects.

⁵⁷ INDIFFERENT, UNCONCERNED, INCURIOUS, ALOOF, DETACHED, DISINTERESTED mean not showing or feeling interest. INDIFFERENT implies neutrality of attitude from lack of inclination, preference, or

Indolent: I don't feel like doing anything. I feel lazy. I am easygoing, and fainéant (idle and ineffectual, an irresponsible idler). I am opposed to activity, effort, or movement and feel habitually lazy. Feeling indolence is meaningful because I have not found a purpose that enables me to discover the meaningfulness of the moment. I am looking for something tremendous to overtake my life.

Industrious: I feel engaged, hardworking, diligent, busy, and productive, and I am habitually active. Feeling industrious expands my uniqueness because I have a greater chance of discovering meaningfulness as I work toward my purpose and goals.

Infantile: I feel childish, childlike, juvenile, and immature. I feel very immature. Feeling infantile is meaningful because my opportunities to expand my uniqueness is being blocked – someone is dismissing my uniqueness.

Infantilized: People infantilize me. Others treat me as if infantile. Feeling like an infant is meaningful because my opportunities are being limited.

Infatuated: I feel infatuated, love-sick, obsessed, besotted, and smitten. Feeling infatuated can restrict my uniqueness because I am obsessing over another person.

Inferior (adjective): I feel inadequate, mediocre, lesser, lower, substandard, and poorer. It is minor or less important and less valued. Feeling inferior can restrict my uniqueness, but it is meaningful because I want to see extreme evaluations of my making.

Inferiority (noun): I have feelings of inferiority. When I compare myself to others, I conclude I am inferior. I feel less important, valued, or have no merit. (Lowliness, humbleness, subservience, and subordination.) My feelings of inferiority are meaningful because I need action to develop healthy confidence.

Informal: I feel informal, relaxed, casual, familiar, easy, and unceremonious. Feeling informal is meaningful because I am not taking myself so seriously.

Infuriated: I feel infuriated, enraged, exasperated, furious, angry, and incensed. Feeling infuriated is meaningful because the actions of another or a group oppose my values and purpose.

Ingenuous: I feel ingenuous, innocent, unworldly, artless, honest, unsophisticated, and gullible. Feeling guileless

prejudice. UNCONCERNED suggests a lack of sensitivity or regard for others' needs or troubles. INCURIUS implies an inability to take a normal interest due to dullness of mind or to self-centeredness. ALOOF suggests a cool reserve arising from a sense of superiority or disdain for inferiors or from shyness. DETACHED implies an objective attitude

and inexperienced can restrict my uniqueness because others may attempt to take advantage of me.

Inhibited: I feel inhibited, inhibited, inhibited, and inhibited. I feel prohibited from doing something I want; others hold me in check. I feel restrained and discouraged from free or spontaneous activity, primarily through the operation of inner psychological or external social constraints. Feeling inhibited restricts my uniqueness because I am afraid of trying new activities.

Inspired: I feel influenced, moved, or guided by divine or supernatural inspiration; to exert an animating, enlivening, or exalting influence on me. Dazzling, encouraged, motivated, brilliant, virtuoso. Feeling inspired expands my uniqueness because my passions will soon be realized.

Insecure: I don't have confidence in myself or am sure of myself. I feel inadequately guarded, unsafe, vulnerable, anxious, unreliable, and unstable. Feeling insecure is meaningful because I need to meet life's demands to discover my purpose and actualize my values.

Insignificant: I feel insignificant, unimportant, insignificant, insignificant, trifling, irrelevant, inconsequential, and trivial. I need more meaning and import and am petty and not worth considering. Feeling insignificant is meaningful because I need to realize my passions, values, and purpose.

Insolent: : I feel bold but insultingly contemptuously in speech or conduct. I am overbearing, and I am exhibiting boldness or effrontery. I am not humble but audacious, bold, brazen, contumelious, impertinent, and impudent. Insolence is meaningful because I am passionate about what I want, but it may restrict my uniqueness because I am thoughtless and unwise.

Insulted: I feel insulted, affronted, injured, slighted, disrespected, and upset. Others treat me with insolence, indignity, or contempt. Feeling insulted is meaningful because I want to become assertive and address my concerns with vigor.

Intelligent: I feel clever, brainy, bright, smart, gifted, and intellectual. Feeling intelligent expands my uniqueness because I am willing to think things through before jumping to a false conclusion.

Interested: I feel interested in.... I want to show I am attentive, curious, involved, concerned, and attracted;

achieved through absence of prejudice or selfishness. DISINTERESTED implies a circumstantial freedom from concern for personal or especially financial advantage that enables one to judge or advise without bias.

when I show concern and interest in others, I expand my uniqueness because I broaden my ability to get along.

Intimate: I feel frightened into submission.⁵⁸

Intimidated: I feel intimidated, daunted, scared, frightened, overwhelmed, unsettled. I feel threatened.

Intolerant: I am intolerant, bigoted, prejudiced, fanatical, blinkered, and narrow-minded. I cannot endure and am unwilling to grant equal freedom of expression, especially in religious matters. I am reluctant to present or share social, political, or professional rights. Being intolerant restricts my uniqueness because I am putting people in negative-rigid categories.

Inventive: I feel inventive, innovative, creative, imaginative, ingenious, resourceful, and original. Feeling inventive expands my uniqueness because I am utilizing my resources ethically and morally.

Involved: I feel engaged, complicated, complex, intricate, detailed, elaborate, and tangled. I am engaged with others, and feeling involved is meaningful because I need to address my interpersonal life.

Inquisitive: I am inquisitive, curious, inquiring, investigative, and questioning. But some people could see such actions as nosy, prying, and snoop. Feeling inquisitive can expand my uniqueness because it will help me see life differently.

Irked: I feel irked, annoyed, peeved, irked, displeased, chagrined, and chagrined. I feel weary, irritated, or bored. Feeling irked is meaningful because I want to change, so I can express my values more openly.

Irresponsible: I am irresponsible, inconsistent, reckless, irresponsible, careless, negligent, foolish, and rash. I am not responsible, and I am not answerable to a higher authority.

Irritable: I am easily exasperated or excited. I feel aim patience, anger, or displeasure, and easily annoyed.⁵⁹

Irritated: I feel infuriated, annoyed, angry, irritated. Feeling irritated is meaningful because someone or something is blocking my purpose or values, I need to do something different.

⁵⁸ INTIMIDATE, COW, BULLDOZE, BULLY, BROWBEAT mean to frighten into submission. INTIMIDATE implies inducing fear or a sense of inferiority into another. COW implies reduction to a state where the spirit is broken, or all courage is lost. BULLDOZE implies an intimidating or an overcoming of resistance usually by urgings, demands, or threats. BULLY implies intimidation through threats, insults, or aggressive behavior. BROWBEAT implies a cowering through arrogant, scornful, or contemptuous treatment.

Isolated: I feel isolated, remote, inaccessible, lonely, and secluded. I feel set apart from others; feeling isolated is meaningful because I need to change how I deal with others.

J

Jaded: I feel jaded, world-weary, tired, worn-out, and fed-up. I feel worn out by overwork or abuse and am tired or dull through repetition or excess. Feeling jaded is meaningful because it is time for my account for my resources, and I need time off.

Jammed Up: I feel jammed up – I think I cannot make a competent play because I can't make a timely play – I feel overwhelmed – I can't do what I want. I have too many things working against me. Feeling jammed up is meaningful because I need to sort things and make a priority list.

Jealous: I am intolerant of rivalry or unfaithfulness. I am upset thinking about suspected rivalry or unfaithfulness, and I feel hostile toward a rival or another who enjoys having an advantage over me. Feeling jealous is meaningful because I need to address my sense of worth and how it relates to my relationship.

Jittery: I feel nervous, panicky, or extreme nervousness. Feeling jittery is meaningful. I want to slow down and calm myself down.

Jolly: I feel full of high spirits and cheerful. I am given to conviviality, jovial. I am expressing happiness, which can expand my uniqueness because I put more energy into an activity.

Joy: I feel joyful, blissful, jubilant, festive, celebratory, and exuberant. Well-being, success, good fortune, or the prospect of possessing what I desire evokes joy and delight. Joy expands my uniqueness because I celebrate and appreciate my blessings and gifts.

Jubilant: I feel jubilant, triumphant, proud, thrilled, ecstatic, and delighted. Feeling jubilant expands my uniqueness because I have a healthy sense of pride and confidence, so I can reassure myself when I experience failure.

Judged: I feel judged. People are being judgmental, critical, condemnatory, disapproving, and disapproving.

⁵⁹ IRRITATE, EXASPERATE, NETTLE, PROVOKE, RILE, PEEVE mean to excite a feeling of anger or annoyance. IRRITATE implies an often-gradual arousing of angry feelings that may range from mere impatience to rage. EXASPERATE suggests galling annoyance and the arousing of extreme impatience. NETTLE suggests a sharp but passing annoyance or stinging. PROVOKE implies an arousing of strong annoyance that may excite to action. RILE implies inducing an angry or resentful agitation. PEEVE suggests arousing fretful often petty or querulous irritation.

Feeling judged restricts and dismisses my uniqueness because people don't see my talents as limiting my opportunities.

Jumpy: I feel jumpy, nervous, jittery, worried, tense, and scared. Feeling jumpy is meaningful because my values or proposals are not being realized.

Justified: I feel justified, defensible, proper, vindicated, acceptable, and correct. I can prove or show what is just, correct, or reasonable. You want to show have had a sufficient reason. Feeling justified expands my uniqueness because I can explain myself and am accountable and answerable.

K

Keen: I feel enthusiastic and showing a quick and ardent responsiveness. Acute, powerful, passionate, deep.

Keyed up: I feel nervous, tense, or excited, especially before an important event; feeling keyed up can limit my ability to expand my uniqueness. You may be overly excited.

Kinky: I feel outlandish, wanting unconventional tastes, especially in sex. Strange, unusual, eccentric, odd. Feeling eccentric can create new ideas, but it can limit my ability to expand my uniqueness because my ideas maybe impractical.

Kind (adjective): I feel sympathetic or helpful nature. I have a forbearing nature. Nice, kind-hearted, thoughtful, caring. Being kind expands my uniqueness because I'm tolerant of others's uniqueness.

Kindness (noun): I want to show kindness toward others by being sympathetic and forbearance. Kindness can expand my uniqueness because compassion and empathy show kindheartedness toward others.

Kooky, I feel kooky, crazy, offbeat. Wacky, haywire, wacky. Feeling kooky expands my uniqueness as long I am not damaging my or another person's self-respect.

L

Labile (unstable): I feel readily open to changing my feelings, but I feel unstable. Feeling labile is meaningful because I realize that things are not going as I planned, so I need to set new goals or make new plans.

Lachrymose: I feel lachrymose and tearful, so I feel like crying, weepy, and sad. My life is tragic, and I feel mournful. When I show sorrow and sadness, I express an

authentic and genuine feeling that expands my uniqueness.

Laconic: I am being concise and to the point, which seems rude or mysterious to others. (Terse, brief, concise, economical, and short. Being laconic can restrict my uniqueness because people will see my behavior as uncaring.

Lament: I feel regret and want to express sorrow, mourning, or remorse demonstratively. (Crying, lamentation, cry, weeping, and dirge. Lamentation means crying and howling, and Lamenting is meaningful because I show that my concerns are not being addressed.

Languor (lan-ger): I feel exhausted, fatigued, and weary. I have the blues and feel depressed in the dumps, doldrums, ennui, and tedium. Weakness or weariness of body or mind, and I think listless indolence or inertia (lethargy). Feeling exhausted and languor is meaningful because I need to take stock of my physical energy and health.

Lazy: I feel lazy, lethargic, and sluggish, as if I don't want to do anything; I don't feel energetic or vigorous. Feeling lazy is meaningful because I need to stop and restore my energy.⁶⁰

Lecherous: I feel lecherous, lewd, lustful, lascivious, randy, and libidinous. I have an excessive indulgence in sexual activity. Feeling lecherous restricts my uniqueness because my desires are directing my behavior.

Left Out: feel left out, and I am not included in something. I don't belong; I don't do activities with others. I feel emotionally hurt. Feeling excluded is meaningful because I need to become more active in my community.

Leisurely: I feel leisurely, unhurried, easy, relaxed, and restful. I am not in a big hurry. Feeling leisurely is meaningful because I need to rest and establish my resources, possibilities, and opportunities.

Letdown: I feel let down, discouraged, and disappointed. Feeling letdown is meaningful because the world reminds me that "I don't always get my way."

Licentious (quarrelsome): I am disregarding strict rules of correctness. I lack moral restraints, especially disregarding sexual restrictions. Feeling licentious restricts my uniqueness because others believe I treat them unfairly and unkindly.

Light: I feel light, free from care, and feeling cheerful. (Cheerful, bright, positive) Feeling light and upbeat can

⁶⁰ LAZY, INDOLENT, SLOTHFUL mean not easily aroused to activity. LAZY suggests a disinclination to work or to take trouble. INDOLENT

suggests a love of ease and a dislike of movement or activity. SLOTHFUL implies a temperamental inability to act promptly or speedily when action or speed is called for.

expand my uniqueness because I put effort into my activities and work.

Lighthearted: I feel free from care, anxiety, or seriousness. I feel cheerfully optimistic and hopeful, easygoing. Lighthearted is meaningful because I need to take time to relax and live in the here and now.

Like: I feel agreeable, and people like me. I feel attraction toward or take pleasure in another person or activity. Showing people what I like is meaningful because others can better understand me.

Listless: I need more interest, energy, and spirit. I feel enervated, lackadaisical, careless, heedless, and thoughtless. Feeling listless restricts my uniqueness and prevents me from discovering the meaningfulness of the moment because I am not giving 100% of my effort to the task.

Litigious: I feel disputatious and contentious and want to file a lawsuit. Feeling litigious can limit my uniqueness because I need to follow a specific procedure, which may involve excessive caution.

Little: I feel small, little, unimportant. Feeling little can restrict my uniqueness because I associate my achievements and performances with my worth, which may limit my effort.

Lively: I feel lively, energetic, spirited, vigorous. ⁶¹

Logical: I feel logical and rational. I can reason, and I am capable of reasoning or using reason in an orderly and cogent fashion.

Loneliness (noun): There are several causes behind loneliness, but one of the most common causes is thinking that being alone is awful; and this is to define oneself as worthless as a result of being alone. Depression, withdrawal, phony enthusiasm, pacing, agitation, obsessing, compulsive activity, etc., are signs of loneliness.

Lonely (adjective): I feel cut off from others. I feel sad from being alone. I feel lonesome. Loneliness produces a feeling of bleakness or desolation. I feel forlorn. Lonely is meaningful because it tells me that I want to get involved with others and community activities.

⁶¹ LIVELY, ANIMATED, VIVACIOUS, SPRIGHTLY, GAY mean keenly alive and spirited. LIVELY suggests briskness, alertness, or energy. ANIMATED applies to what is spirited and active. VIVACIOUS suggests an activeness of gesture and wit, often playful or alluring. SPRIGHTLY suggests lightness and spirited vigor of manner or wit. GAY stresses complete freedom from care and overflowing spirits

⁶² LONG, YEARN, HANKER, PINE, HUNGER, THIRST mean to have a strong desire for something. LONG implies a wishing with one's whole heart and often a striving to attain. YEARN suggests an eager, restless, or painful longing. HANKER suggests the uneasy promptings of unsatisfied appetite or desire. PINE implies a languishing or a fruitless

Longing: I feel a fervent desire or craving, especially for something not likely to be attained. ⁶²

Loose: I feel free from confinement, restraint, or obligation. Feeling too loose restricts my uniqueness because I may disregard my obligations.

Lost: I feel lost, deprived. Feel separated from others. (Abandoned, dropped, I miss others. Feeling lost restricts my uniqueness, but it is meaningful because I need to expand my uniqueness with new people.

Loud: I feel loud and full of myself. I am obtrusive and offensive in manner. (Conspicuous, flashy, I feel like being brash, gaudy, vulgar). Toxic way to expand my uniqueness. ⁶³

Love: I feel a strong affection for another arising out of kinship or personal ties. I think warm attachment, enthusiasm, or devotion for another. I feel unselfish loyalty and benevolent concern for the good of another. Furthermore, I have passion, yearning, ardent, enthusiasm, fervor, and zeal. Love is meaningful because I am celebrating the uniqueness of another person.

Loved: I feel loved by others. I feel a strong affection for another arising out of kinship or personal ties. I have affection based on admiration, benevolence, and common interests with another person. Genuine love can expand my uniqueness.

Lovable: I am lovable. I have a strong affection for another based on admiration, benevolence, and common interests. Feeling lovable expands my uniqueness because I am sharing my vulnerability, concerns, and love.

Loving: I feel a lover's passion, devotion, or tenderness for another person. (affectionate, caring, strong fondness, devoted). Loving behavior expands my uniqueness because I am devoted to a purpose or person, and I will tolerate the good times and the troubled times.

Loving kindness: I am tender and generous toward others. Loving-kindness can expand my uniqueness because it helps develop confidence in the other person in a supportive way.

Lousy: I feel ill and totally repulsive, contemptible, miserably, and inferior. The word lousy comes from infested with lice. Feeling lousy is meaningful because

longing for what is impossible. HUNGER and THIRST imply an insistent or impatient craving or a compelling need,

⁶³ LOUD, STENTORIAN, EARSPLITTING, RAUCOUS, STRIDENT mean marked by intensity or volume of sound. LOUD applies to any volume above normal and may suggest undue vehemence or obtrusiveness. STENTORIAN implies great power and range. EARSPLITTING implies loudness that is physically discomforting. RAUCOUS implies a loud harsh grating tone, especially of voice, and may suggest rowdiness. STRIDENT implies a rasping discordant but insistent quality, especially of voice.

life tells me that I am going in the wrong direction; something is wrong and needs to be changed.

Low: I lack strength, health, or vitality. I feel low, little, small. Feeling low is meaningful because life is telling to slow down and reevaluate my life.

Loyal: I am faithful in allegiance and feel devoted, reliable, and dependable. Feeling loyal can restrict my uniqueness, but eventually, it will expand my uniqueness because people will see me as trustworthy and a person that can be trusted.

Lubricious: I feel mean or cruel. I feel lasciviousness, wanton. Malevolent, nasty, lustful. Feeling lubricious restricts my uniqueness because I see the other person as an object and not as a growing unique human being with hopes and dreams.

Lewd: I feel lewd, vulgar, sexually unchaste, or licentious. Feel lewd restricts my uniqueness because I am disregarding another person's uniqueness.

Luckless: I feel luckless, and circumstances operate against me. Feeling luckless restricts my uniqueness because I avoid trying new behaviors.

Lugubrious (sad mournful): I feel lugubrious, gloomy, depressing, doleful. I feel exaggeratedly or affectedly mournful. Feeling sad is meaningful because I miss another, and I want to appreciate the living.

Lustful: I feel excited by lust, desire, longing, yearning. Can expand my uniqueness, as long as I am not hurting another person. Feeling lustful expands my uniqueness because my purpose is also my passion.

M

Mad: I feel mad. I am completely unrestrained by reason and judgment. I am carried away by intense anger – I am uncompromising and frantic. Likewise, I am angry, acrimonious, choleric, heated, indignant, irate, ireful, waxy, wrathful, wroth, worked up, affronted, offended, and outraged. Feeling mad can restrict my uniqueness because I am being intolerable and unreasonable. On the other hand, being mad can motivate me to actualize my values and discover meaningfulness in the process.

⁶⁴ ILL WILL implies a feeling of antipathy of limited duration. SPITE implies petty feelings of envy and resentment that are often expressed in small harassments. MALIGNITY implies deep passion and relentlessness. SPLEEN suggests the wrathful release of latent spite or persistent malice. GRUDGE implies a harbored feeling of resentment or ill will that seek satisfaction.

⁶⁵ MALICE, MALEVOLENCE, ILL WILL, SPITE, MALIGNITY, SPLEEN, GRUDGE mean the desire to see another experience pain, injury, or distress. MALICE implies a deep-seated often unexplainable desire to see another suffer. MALEVOLENCE suggests a bitter persistent hatred that is likely to be expressed in malicious conduct. ILL WILL implies a feeling of antipathy of limited duration. SPITE implies petty feelings of

Malicious: I feel like causing pain, injury, or distress to another; This will restrict my uniqueness because people will work against my efforts. ⁶⁴

Malice: I desire to cause pain, injury, or distress to another. I intend to commit an unlawful act or cause harm without legal justification or excuse. ⁶⁵

Masculine: I have an exhilarating sense of power or strength and pride. Toxic pride can restrict my uniqueness because I am thinking only about myself.

Mature: I base my decisions on slow, careful consideration. Complete, settled, established. Feeling mature expands my uniqueness because I care about my opportunities and possibilities.

Maudlin: I feel emotionally silly and weakly and effusively sentimental. Mushy, overemotional, self-pitying. Feeling maudlin is meaningful because I realize that I cannot change the situation and need to make a new plan.

Marvelous: I feel filled with surprise, wonder, or amazed curiosity. Spectacular, excellent, stunning. Feeling marvelous can expand my uniqueness because I have completed that appropriate behaviors to reach my goals.

Mean: I feel petty selfishness or malice that causes trouble or bothers another person. ⁶⁶

Meaningless: I feel meaningless, inconsequential, worthless, my efforts are pointless, futile, irrelevant. I feel that I have no purpose in mind. My life lacks a feeling of intentionality.

Meek: I feel submissive, deficient in spirit and courage. I can endure injury with patience and without resentment. Humble, timid, gentle, docile. Being meek is meaningful because I want to be humble, peaceful, and respectful of tradition when hope is no longer viable.

Melancholy: I feel dejected and depressed of spirits. Downhearted, miserable, down, low. Feeling melancholy is meaningful because I need to stop and reevaluate my situation and stop using extreme evaluation to judge myself.

envy and resentment that are often expressed in small harassments. MALIGNITY implies deep passion and relentlessness. SPLEEN suggests the wrathful release of latent spite or persistent malice. GRUDGE implies a harbored feeling of resentment or ill will that seeks satisfaction.

⁶⁶ MEAN, IGNOBLE, ABJECT, SORDID mean being below the normal standards of human decency and dignity. MEAN suggests having such repellent characteristics as small-mindedness, ill temper, or cupidity. IGNOBLE suggests a loss or lack of some essential high quality of mind or spirit. ABJECT may imply degradation, debasement, or servility. SORDID is stronger than all of these in stressing physical or spiritual degradation and abjectness.

Mild: I feel gentle in nature or behavior. (Warm and soft). Being mild expands my uniqueness because I am calm and can examine my resources and options.

Mischievous: I feel mischievous, and I tend to cause annoyance, trouble, or minor injury. People see me as irresponsible, but playful. Acting mischievously can restrict my uniqueness because people see me as careless.

Miserable: I feel miserable, sad, unhappy, wretched, depressing, dismal, and dreary. Feeling miserable is meaningful because it tells me something is wrong with my relationships.

Mistrust: I am mistrustful. I have no trust or confidence in another person. I doubt the truthfulness, validity, or effectiveness of another person. Furthermore, I feel uncertain, concern, doubt, dubiety, incertitude, skepticism, and suspicion, I incertitude in which there is an absence of assurance or confidence. Mistrust restricts my uniqueness because I am unsure of what I can and can't do.

Misunderstood: I feel misunderstood, misinterpreted, misread, misjudged, and mistaken. I misinterpreted it. Feeling misunderstood is meaningful because I want to express my thoughts and feelings clearly and succinctly.

Mixed Up: I feel mixed up. My thoughts are tangled up in each other, and it doesn't make sense. It is hard for me to think straight or clearly. Feeling mixed up is meaningful because I intend to sit down and write out what I want, and I need to do something different to stop feeling mixed up.

Modest: I feel modest, quiet, humble, small, reasonable, and moderate. I place an average estimate on my abilities or worth, and I am neither bold nor self-assertive. Being modest restricts my uniqueness, so I can expand my uniqueness later.

Moody: I am moody, sullen, grumpy, morose, irritable, and glum. I am temperamental. Feeling moody is meaningful because something is wrong with my health, or I cannot express my values.

Mortified: I feel mortified, ashamed, humiliated, horrified, and offended. I feel severe and vexing embarrassment – shame. Feeling mortified restricts my

uniqueness because my shame prevents me from socializing and trying new activities.

Motherly: I feel motherly, caring, loving, maternal, and kind. Feeling motherly restricts my uniqueness because I am doing things others need and disregarding my needs.

Mournful: I feel tragic, somber, sad, sorrowful, and doleful. I feel sorrowful and melancholy. Feeling mournful is meaningful because I want to grieve the loss of a loved one.

Mystical: I feel mysterious, magical, spiritual, metaphysical, transcendent, and mystic. I have a spiritual meaning or reality that is neither apparent to the senses nor obvious to the intelligence. Feeling mystical can expand my uniqueness because I'm looking at the world differently, but it can also restrict my uniqueness because I'm not seeing the world accurately.

Mystified: I feel mystified, puzzled, baffled, bewildered, perplexed, and confused. Other people are making their opinions mysterious and obscure. Feeling mystified is meaningful because I want clarity in my life, so I'll ask questions.

N

Nagged: I feel you are nagging me. People find fault incessantly with my behavior. I feel annoyed, harassed, harried, pestered, plagued, teased, and worried. I feel bothered, irked, vexed, badgered, baited, chivied, heckled, hounded, goaded, needled, prodded, and urged. Feeling nagged can restrict my uniqueness because I am intolerant of others' advice or neediness. Feeling nagged can be meaningful because it points out conflicts with others I have ignored.

Natural: I feel untouched by the influences of culture. ⁶⁷

Nasty: I feel nasty, and I am being offensive. I feel coarse, dirty, filthy, foul, indecent, raunchy, scatological, smutty, and vulgar. I feel malicious, evil, hateful, malevolent, malign, malignant, spiteful, vicious, backstabbing, and wicked. Feeling cruel and nasty restricts my uniqueness because people will seek revenge, and I will not understand others' thoughts, feelings, and how they experience their spirituality.

Naughty: I feel guilty of disobedience or misbehavior. Naughty, mischievous, racy, wicked. Feeling naughty restricts my uniqueness because others are uncooperative and feel annoyed by my disobedience.

⁶⁷ NATURAL, INGENUOUS, NAIVE, UNSOPHISTICATED, ARTLESS mean free from pretension or calculation. NATURAL implies lacking artificiality and self-consciousness and having a spontaneity suggesting the natural rather than the man-made world. INGENUOUS implies inability to disguise or conceal one's feelings or intentions.

NAIVE suggests lack of worldly wisdom often connoting credulousness and unchecked innocence. UNSOPHISTICATED implies a lack of experience and training necessary for social ease and **adroitness**. ARTLESS suggests a naturalness resulting from unawareness of the effect one is producing on others.

Needy: I feel needy, lacking what I need, and demanding to get what I want. I want excessive affection, attention, or emotional support from others, and feeling needy restricts my uniqueness because I'm hyper-reflective about what I want.

Neglected: I feel people give little attention or respect. Abandoned, forgotten, ignored, unloved.⁶⁸

Nervous: I feel easily excited or irritated. I act unsteady, erratic, or irregular. Being anxious, worried, and panicky is meaningful because the world tells me I need to do something different with my life and develop resiliency skills.

Nice: I feel polite and kind, pleasing, and agreeable. I have a better chance of getting along with others, but always being nice may restrict my uniqueness in healthy ways because I am giving in to others' demands and not addressing my purpose or values.

Noisy: I feel noticeably showy, gaudy, or bright. Being visible and obvious may restrict my uniqueness because people may ignore my wants and feelings because they see me showing off or seeking attention inappropriately.

Nonplus: I have totally lost how to act or decide. I need to learn how to act or decide. I feel lost, frustrated, stymied, thwarted, perplexed, and mystified. Feeling nonplus is meaningful because I want to get direction in my life and for me to set achievable and realistic goals.

Nostalgic: I feel wistful or excessively sentimental yearning for return to or of some past period or irrecoverable condition. Sentimental, melancholy, yearning.

Numb: I feel devoid of sensation, especially as a result of cold or anesthesia. I feel devoid of emotion. Indifferent, apathetic, uncaring, unconcerned, uninterested.

Nutty: I feel silly, foolish. I feel eccentric, or mentally unbalanced. Feeling nutty expands my uniqueness because I want to take a risk and live outside my comfort zone.

O

Obligated: To keep my promises and my agreement, I hope to be honest and not lie. Feeling obligated implies

⁶⁸ NEGLECT, DISREGARD, IGNORE, OVERLOOK, SLIGHT, FORGET mean to pass over without giving due attention. NEGLECT implies giving insufficient attention to something that merits one's attention. DISREGARD suggests voluntary inattention. IGNORE implies a failure to regard something obvious. OVERLOOK suggests disregarding or ignoring through haste or lack of care. SLIGHT implies contemptuous or disdainful disregarding or omitting. FORGET may suggest either a willful ignoring or a failure to impress something on my mind.

⁶⁹ OBEDIENT, DOCILE, TRACTABLE, AMENABLE mean submissive to the will of another. OBEDIENT implies compliance with the demands or requests of one in authority. DOCILE implies a predisposition to submit

indebtedness, gratitude, and thankfulness. Feeling obligated is meaningful because it stems from our conscience. This is my consciousness of the moral goodness or blameworthiness of my conduct, intentions, or character, and a feeling of obligation to do right or be ethical. Conscience is my ability to see goodness in myself, others, and nature.

Obliging (helpful): I am obliging, considerate, polite, accommodating, and courteous. Being considerate expands my uniqueness because I get along with others, which increases my chances of discovering meaningfulness.

Obedient: I am obedient, respectful, dutiful, docile, and submissive.⁶⁹

Obnoxious: I am obnoxious, insufferable, unpleasant, despicable, and contemptible. I am odiously or disgustingly objectionable. Highly offensive. Being obnoxious restricts my uniqueness because people fight against my values and purpose.

Obsessed: I am obsessing, fixating, preoccupying, gripping, and possessing. I am haunted by an excessively preoccupied mind. Obsessing restricts my uniqueness because I am overfocused on irrelevant thoughts.

Odd: I feel odd, weird, strange, unusual, and peculiar. I don't know what others expect of me; I see planning as a waste of time. Feeling odd is meaningful because I want to do something different.

Offended: I feel offended, insulted, upset, hurt, and slighted.⁷⁰

Okay: I feel okay, and everything is correct. Feeling okay expands my uniqueness because I can express my values confidently.

Omnipotent: I am omnipotent, invincible, unstoppable, and unrelenting. I have unlimited authority or influence. Feeling omnipotent restricts my uniqueness because it involves unrealistic thinking.

On Edge: Feeling on edge is called hypervigilance, a symptom experienced by some Veterans who have returned from war or experienced traumatic events

readily to control or guidance. TRACTABLE suggests having a character that permits easy handling or managing. AMENABLE suggests a willingness to yield or to cooperate either because of a desire to be agreeable or because of a natural open-mindedness.

⁷⁰ OFFEND, OUTRAGE, AFFRONT, INSULT mean to cause hurt feelings or deep resentment. OFFEND need not imply an intentional hurting but it may indicate merely a violation of the victim's sense of what is proper or fitting. OUTRAGE implies offending beyond endurance and calling forth extreme feelings. AFFRONT implies treating with deliberate rudeness or contemptuous indifference to courtesy. INSULT suggests deliberately causing humiliation, hurt pride, or shame.

during their time in the military. Hypervigilance is being on very high alert — constantly "on guard" — for risks or threats.

Open: I don't feel not shut or locked out. I feel I'm in a position or adjustment to permit passage. When I'm open, I can expand my uniqueness by listening to new ideas.

Opposed: I feel people are against me and are resistive to my ideas. (Conflicting, opposite). Being opposed to evil behavior will expand my uniqueness, or if I am rigid about my opposition, it will restrict my uniqueness.

Optimistic: I feel an to put the most favorable construction upon actions and events. I anticipate the best possible outcome. (Hopeful, positive, cheerful)

Oracular: I feel apocalyptic, Delphian, fatidic (relating to prophecy), mantic (relating to the faculty of divination), prophetic, sibylline, vatic, and vaticinal. I feel dictatorial, and feeling oracular can restrict my uniqueness because I'm trying to tell people how to live their lives and how to discover their uniqueness.

Organized: I feel organized, so I know my goals and plans. My life is coherent and orderly. (Prearranged, prepared, systematized, ordered). I have a better chance of dealing with stress and discovering meaningfulness when I state my goals, purpose, and plans.

Out of Control: When I feel out of control, I have a surge of emotions that lead to temper tantrums, tirades, and shouting. When I'm in an argument, I get into physical fights or start breaking or damaging others' things.

Outraged: I feel offended. I feel anger or resentment by some grave offense. (Irritated, fuming, livid). Feeling outraged is meaningful because my values and concerns are not being addressed.

Outspoken: I state my values and concerns openly or boldly. Being outspoken can expand my uniqueness, but it can restrict my individuality. People may not appreciate my boldness.

Outgoing: I feel outgoing, outgoing, friendly social, approachable. I am openly friendly and responsive, and I feel extroverted.

Overburdened: overburdened by all the stress I am facing. I am facing tension that is oppressive or worrisome. Feeling overburdened is meaningful because life is telling me I need help or support from others.

Overjoyed: I feel boundless joy, happiness, bliss, pleasure. Feeling overjoyed can expand my uniqueness because I am putting more energy into an activity.

Overlooked: I feel overlooked. I think people look past me. (Ignored, disregarded, discounted, unnoticed.).

Feeling overlooked is meaningful because I want to develop my social skills and be more interested in my activities.

Overpowered: I feel overpowered by others. I feel subdued. (Beaten, overwhelmed, crushed). Feeling overpowered restricts my uniqueness because I am giving up.

Overprotected: People protect, defend, and guard me too much. People foster or shield me from infringement or restriction. Feeling overprotective restricts my uniqueness because I am less likely to take sensible risks.

Overreacted: I overreacted because I felt threatened. I overreacted because of stress or emotional upset. Feeling overactive is meaningful because life is telling me to take immediate action.

Overstimulated: I feel provoked by what others say to me. I feel to excite, animated, over aroused. Feeling overstimulated may restrict my uniqueness because I am not thinking before I act.

Over stressed: I feel I have too much stress in my life. I feel physical, chemical, or emotional factor that cause bodily or mental tension and may be a factor in disease causation. Over stress is meaningful because life tells me to slow down and prioritize, I want and value.

Overtaxed: I feel overtaxed, and I can't keep up. People make onerous and rigorous demands on me. (Overstretched, overstrained, overburdened). Feeling overtaxed can restrict my uniqueness because I may be helpless, but feeling overtaxed is meaningful because life tells me to slow down and prioritize my goals.

Over the hill: I feel over the hill. I feel old and past one's prime. Feeling that I am "over the hill" restricts my uniqueness because I see myself as being unable to learn new things. I may feel apathetic or depressed.

Overwhelmed: I feel overpowered by my thoughts or feelings. I feel stressed. Feeling overwhelmed can restrict my uniqueness because I may avoid issues and problems that I need to address.

Overworked: I feel I worked too hard, too long, or to exhaustion. Feeling overworked is meaningful because I need to tell myself to slow down. I feel stressed.

Overzealous: I feel overzealous, overly eager, and have an ardent interest in pursuing something. Being overzealous can restrict my uniqueness because my perception is distorted, or I need to be more realistic in pursuing my one-sided interests.

P

Pain: I am experiencing pain, discomfort, grief, ache, distress, and anguish. I have a primary bodily

uncomfortable sensation. Pain is meaningful because I need to address the source of my pain.

Painful: My life is bitter, terrible, agonizing, heartbreaking, and unhappy is meaningful because I have to address my physical concerns.

Pampered: I feel indulged, spoiled, pampered, pampered, and pampered. Feeling spoiled may restrict my uniqueness because I'm not doing things independently and learning new skills.

Panic: I'm in a panic, anxiety, fear, alarm, scare, and terror. Feeling I'm in a panic is meaningful because I need to relax and focus on my goals.

Panicky: I feel panicky, unnerved, frightened, and fearful. Feeling panicky is meaningful because I need to develop a new plan to deal with stress.

Passive: I feel lethargic, peaceful, inactive, reactive, and reflexive. Feeling passive can restrict my uniqueness because I'm not putting 100% into the task.

Parsimonious: I feel parsimonious, prudent, frugal, parsimonious, ungenerous, and thrifty. Feeling parsimonious expands my uniqueness because I am taking care of my resources.

Paralyzed: I feel paralyzed, stunned, incapacitated, numbed, and petrified. Feeling paralyzed is meaningful because I need to reevaluate my choices.

Patient: I am patient, persistent, understanding, and tolerant. Feeling patient is meaningful because I am taking my time.

Patronized: I feel patronized, demeaned, and belittled. Feeling patronized in that people adopt an air of condescension is meaningful because I will approach this person differently.

Peaceful: I feel relaxed, calm, quiet, peaceable, and nonviolent. I need to be more focused on conflict, agitation, or commotion. Feeling peaceful expands my uniqueness because I am practicing my resiliency skills.

Peculiar: I feel weird, strange, unusual, odd, and idiosyncratic. I feel different from the usual or average. The feeling is peculiar is meaningful because something is wrong that I need to address.

Peeved: I feel peeved, riled, annoyed, irritated, and irked. I feel peeved, resentful, and annoyed. Feel peeved is meaningful because it is a call to action that I want to do something different with my life or in my relationships.

Perplexed: I feel perplexed, puzzled, confounded, and stunned, and I cannot grasp the concept clearly and think logically and decisively about this situation. Feeling perplexed is meaningful because I need further information and support to make a weighty decision.

Persecuted: I feel persecuted, wronged, hounded, mistreated, victimized, and offended. I think others are harassing or punishing me in a manner designed to injure, grieve, or afflict emotional pain. Feeling persecuted restricts my uniqueness because I'm playing a role in eliciting sympathy from others.

Perturbed: I feel perturbed, disconcerted, nervous, worried, and agitated. I am significantly disturbed, disquieted, and thrown into confusion and disorder. Feeling perturbed is meaningful because I want to focus on my thoughts related to my negative feelings rather than blame others or the situation.

Pessimistic: I feel pessimistic, negative, cynical, doubtful, distrustful, and gloomy. I am inclined to emphasize adverse aspects, conditions, and possibilities or to expect the worst possible outcome. Feeling pessimistic is meaningful because I am looking for my welfare, so my loved ones don't get hurt.

Petrified: I feel petrified, frightened, terrified, scared, alarmed, and horrified. Feeling petrified is meaningful because I feel unsafe and want to take precautions to help others be safe.

Picked On: I feel criticized, picked on, persecuted, harassed, needled, and victimized. I feel condemned, punished, and people treat me unkind - often and unfairly. Feeling "picked on" is meaningful because I need to learn to stand up for myself. I feel criticized.

Pitiful: I feel pitiful, pathetic, sorry, abject, dreadful, and despicable. I feel deserving of arousing pity or commiseration, and exciting pitying contempt. Feeling pitiful is meaningful because I want to develop a healthy confidence to discover my purpose.

Pissed: I feel pissed, which can restrict my uniqueness because others see me as an "angry" person and always treat me as such.

Pissed off: I feel angry, irritated. Feeling angry is meaningful because something or someone is blocking my values or purpose.

Phony: I do not feel genuine or real. I intended to deceive or mislead, which may arouse suspicion from others. Being hypocritical may restrict my uniqueness because others are mistrustful of my ideas or purpose.

Placid: I feel placid, and I am free of disturbance. I feel irenic (favoring peace, moderation, or conciliation), peaceful, serene, unagitated, and unstimulating. Feeling placid can be meaningful because I am at peace with myself

and others, but feeling excessively irenically can lead to apathy.

Pleasant: I am agreeable and enjoyable, friendly, nice with others. If I am overly pleasant, I may restrict my uniqueness. Being appropriately considerate of others may expand my uniqueness.

Pleased: I feel happy, and I am kind to others. Feeling pleased is meaningful because I believe I am headed in the right direction, and I am reaching my goals. (Satisfied, happy, delighted, content).

Poised: I feel confident because my behavior is marked by easy composure of manner. Feeling poised can increase the chances of others seeing I as a confident person. This will increase my sense of uniqueness.

P-o'd: I feel angry, irritated. Feeling angry is meaningful because something or someone is blocking my values or purpose.

Polished: I feel composed because I have refined manners. Feeling polished can increase my chances of expanding my uniqueness because my individuality comes through repetition and confidence.

Potent: I can be forceful and influential. Feeling potent can increase my uniqueness because I may try new behaviors. (Strong, powerful, effective, compelling, forceful)

Powerful: I feel powerful because I believe I have great power, prestige, or influence. (Commanding, effective, effective, robust) Feeling powerful may help my confidence, but it may lead to conceit or overconfidence.

Powerless: I don't feel powerful or having prestige and influence. This feeling can restrict my uniqueness because I may avoid trying new behaviors.

Praiseworthy: I feel my actions are laudable and praiseworthy. I feel good about my actions. I think others will praise me for my actions. (Commendable, admirable, exemplary, worthy).

Precarious: I feel the situation is characterized by a lack of security or stability that threatens with danger. Feeling precarious is meaningful because the situation is telling slow down and be careful.

Precise: I am precise, precise, precise, precise, precise, and precise. I am strictly conforming to a pattern, standard, or convention. Being precise expands my

uniqueness because I am being careful in actualizing my purpose and values.

Prejudged: I feel prejudged, presumed, presupposed, and anticipated. I feel others dismiss my uniqueness by judging me before hearing or before full and sufficient examination.

Preoccupied: I am distracted, anxious, worried, obsessed, and overly concerned. Being preoccupied restricts my uniqueness because I am not focused on my purpose.

Pressured: I feel pressured, worried, anxious, stressed, bullied, and insisted. I feel stressed. Feeling pressured is meaningful because I must address my concerns and plan action.

Pretty: I feel pretty, quiet, and cute. Pleasing by delicacy or grace and having conventionally accepted elements of beauty. Feeling instead expands my uniqueness because I feel confident.

Prim: I feel prim, prissy, demure, and stuffy. Feeling prim restricts my uniqueness because I am playing a role and not being assertive.

Prissy: I am prissy, prim, prudish, starchy, and proper. I feel overly prim and precise. Feeling prissy restricts my uniqueness because I am acting squeamish.

Progressing: I am progressing. I am improving, getting better, and moving forward. (Developing, continuing, systematically moving forward.) I expand my uniqueness when I improve because I see others and the world differently.

Progressive: I am using or interested in innovative ideas, findings, or opportunities. Feeling progressive expands my uniqueness because I look forward to exciting ideas.

Proud: I feel proud of my accomplishments. (Pleased, satisfied, gratified, and honored. Pride is a noun and proud is an adjective.⁷¹)

Provoked: I feel provoked, angered, incited, frustrated, annoyed, and irritated. Feeling provoked is a call to action.

Prudish: I feel prudish, narrow-minded, squeamish, stuffy, straitlaced, and prim. Feeling prudish and narrow-minded can restrict my uniqueness because my perspective on problems and issues is one-sided.

⁷¹ PROUD, ARROGANT, HAUGHTY, LORDLY, INSOLENT, OVERBEARING, SUPERCILIOUS, DISDAINFUL mean showing scorn for inferiors. PROUD may suggest an assumed superiority or loftiness. ARROGANT implies a claiming for oneself of more consideration or importance than is warranted. HAUGHTY suggests a consciousness of superior birth or

position. LORDLY implies pomposity or an arrogant display of power. INSOLENT implies contemptuous haughtiness; OVERBEARING suggests a tyrannical manner or an intolerable insolence. SUPERCILIOUS implies a cool, patronizing haughtiness. DISDAINFUL suggests a more active and openly scornful superciliousness.

Pulled apart: I feel pulled apart, going in too many directions. I feel separated into parts or pieces, so I need to figure out where I'm going. I feel incomplete. Feeling pulled apart is meaningful because I need a coherent direction.

Punished: I feel punished, punished, punished, punished, and I have been inflicted and injured. I feel hurt, and feeling punished restricts my uniqueness because I believe I can't do anything right and people don't care about me.

Put down: I feel put down, deposed, degraded, disparaged, and belittled by others. I feel criticized. Feeling "put down" restricts my uniqueness because I lack the confidence to try new things.

Put-upon: I feel others treat me badly. I believe somebody is trying to take advantage of my willingness to help them, or by being asked to do an excessive amount of work. If I feel put-upon may restrict my uniqueness because I may be less willing to be cooperative with others.

Puzzled: I feel puzzled, bewildered, perplexed, baffled, and confused.⁷²

Q

Quarrelsome: I feel quarrelsome, in which I am disposed to disagree in an often-petty manner. Contentious, disagreement, clash, squabble. Feeling quarrelsome is meaningful because something or someone interferes with my ability to discover meaningfulness.

Queasy: I feel full of doubt and uneasy. Feeling uneasy is meaningful because I know I'll be facing a difficult but meaningful task.

Quiet: I feel easygoing, and I enjoy being in peace and relaxation. Soft, calm, gentle, pleasant, serene. I expand my uniqueness by staying peaceful because I have a greater chance of applying my goal-directed behavior.

R

⁷² PUZZLE, PERPLEX, BEWILDER, DISTRACT, NONPLUS, CONFOUND, DUMBFOUND mean to baffle and disturb mentally. PUZZLE implies existence of a problem difficult to solve. PERPLEX adds a suggestion of worry and uncertainty especially about making a necessary decision. BEWILDER stresses a confusion of mind that hampers clear and decisive thinking. DISTRACT implies agitation or uncertainty induced by conflicting preoccupations or interests. NONPLUS implies a bafflement that makes orderly planning or deciding impossible. CONFOUND implies temporary mental paralysis caused by astonishment or profound abasement. DUMBFOUND suggests intense but momentary

Rational: I feel agreeable to reason and understanding. Sensible, wise, coherent, logical. I can expand my uniqueness and opportunities by having a rational approach to reaching my goals.

Rattled: I feel too upset, especially to the point of loss of poise and composure. I feel disturbed, alarmed, distraught, frightened. This feeling will restrict my uniqueness because I am feeling anxious about not addressing my opportunities.

Realistic: I am concerned about facts, and I want to reject impractical and visionary ideas. I have a greater chance of discovering meaningfulness when my attitudes are realistic, accurate, credible, sensible, convincing.

Reasonable: I am not being extreme or excessive, so I feel reasonable. I am being moderate, fair, and I possess sound judgment. (Sensible, prudent, satisfactory, acceptable.) When I am reasonable, I have a greater chance of discovering the meaningfulness of the moment. It expands my uniqueness because I'm using my resources and support system wisely.

Rebellious: I am in opposition to people in authority or people who attempt to dominate me. Feeling rebellious can expand my uniqueness, but it can also restrict my uniqueness. I need to be careful not to hurt loved ones. I feel like going against authority, or I want to right a wrong.⁷³

Reckless: I don't feel caution, and I don't care about the consequences. (Irresponsible, careless, thoughtless, hasty.) Feeling reckless is a form of unhealthy expansion of my uniqueness because I am ignoring the possible negative consequences.

Reflective: I feel thoughtful, reflective. I am thinking quietly and calmly. This show of concern helps me to think about my opportunities and possibilities.

Refreshed: I feel restored, renewed, and replenished. When I have experienced stress or trauma, or people have dismissed my uniqueness, I want to take time for myself and renew my purpose and energy.

Regret: I feel sorrowful, aroused by circumstances beyond my control or power to repair. I feel regretful. (Grief, remorse, healthy guilt, appropriate shame.) Regret expands my possibilities because I understand I can learn

confronting; often the idea of astonishment is so stressed that it becomes a near synonym of astound.

⁷³ REBELLION, REVOLUTION, UPRISING, REVOLT, INSURRECTION, MUTINY mean an outbreak against authority. REBELLION implies an open formidable resistance that is often unsuccessful. REVOLUTION applies to a successful rebellion resulting in a major change (as in government). UPRISING implies a brief, limited, and often immediately ineffective rebellion. REVOLT and INSURRECTION imply an armed uprising that quickly fails or succeeds. MUTINY applies to group insubordination or insurrection especially against naval authority.

from my mistakes, apologize, and promise to avoid such errors in the future.

Rejected: People dismiss my uniqueness, refuse to accept me, refuse to hear, and receive me as a person. I feel rebuffed, spurned, and snubbed. I feel lonely, rejected, abandoned, and excluded, which can lead to dismissing my own uniqueness.

Relaxed: I feel relaxed, calm, peaceful, and comfortable, and I feel less tense. Feeling relaxed can expand my uniqueness because I am not anxious, but feeling too relaxed can lead to feeling deprived of energy, zeal, or strength of purpose.

Reliable: I feel dependable and consistent, so others trust me. (Trustworthy, steady, steadfast.) I want people to see me as reliable and trustworthy. Being faithful can expand my uniqueness because I have support from others.

Relieved: I feel relieved, eased, reassured, calm. Feeling relieved can expand my uniqueness by feeling confident, I can surge ahead in discovering meaningfulness.

Relish: I relish the idea that I'll see you again. I experience enjoyment, happiness, and delight in something that satisfies my inclinations or desires. Finding joy in an activity helps me know the meaningfulness of the moment.

Reluctant: I'm feeling or showing aversion, hesitation, or unwillingness to do some activity. Feeling reluctant is meaningful because I want to develop my resources and skills before venturing into a new task.

Remorse: I have a gnawing distress arising from a sense of guilt for past wrongs. I have a sense of self-reproach. Feeling remorse is meaningful because I feel sorrow for my wrongdoing, and I want to show penitence. Healthy remorse is I apologize for my past misdeeds, and I will never do that behavior again.⁷⁴

Remorseful: I am motivated or marked by remorse. (See remorse).

Renewed: I feel restored, refreshed, anew, afresh.⁷⁵

Repulsed: I feel repulsed, disgusted, sickened, revolted, coldness, or denial from others. Feeling repulsed is

meaningful because it is a call to action – to right a wrong.

Resentful: I feel resentful, unwilling to forgive, to feel and express annoyance or ill will at others. Resentment is meaningful because it shows me, I am not dealing with a past hurt.

Reserved: I feel reserved, aloof, reticent, and standoffish. I am restrained in words and actions. Feeling reserved is meaningful because it gives me time to plan and think of possible long-term negative consequences that will hurt me. I want to show concern and not anxiety about future outcomes.

Resigned: I feel resigned, submissive, accepting, acquiescent, or stoic. I feel like giving up deliberately. Feeling resigned is meaningful because life tells me I am not going where I should be.

Resolved: The problem is resolved, solved, fixed, or set. A resolution has been formed. A solution is an act or process of deciding, and it is the act of analyzing complex notions into simpler ones. It is the act of answering and solving. Feeling resolved expands my uniqueness because I am productive and get along with others.

Resourceful: I feel resourceful, imaginative, ingenious, and practical. Feeling resourceful expands my uniqueness by looking forward to a solution and examining different options to solve a problem.

Respected: I feel respected, I respected by others. (Appreciated, valued, esteemed, or treasured). Others see me as having a worth of high regard. Feeling respected expands my uniqueness, but I can get big-headed. And think I am “wonderful” all the time.

Responsible: I feel responsible for my actions. Being responsible expands my uniqueness because I am taking on challenging tasks and learning new skills.⁷⁶

Responsive: I feel responsive to other people's needs, feelings, and wants. (Receptive, open, approachable, and alert. I give a quick response appropriately and sympathetically. I see myself as a sensitive person. Being responsive expands my uniqueness because I am willing to listen, probe, and understand another person's needs and feelings.

⁷⁴ PENITENCE, REPENTANCE, CONTRITION, COMPUNCTION, REMORSE mean regret for sin or wrongdoing. PENITENCE implies sad and humble realization of and regret for one's misdeeds. REPENTANCE adds the implication of a resolve to change. CONTRITION stresses the sorrowful regret that constitutes true penitence. COMPUNCTION implies a painful sting of conscience especially for contemplated wrongdoing. REMORSE (toxic remorse) suggests prolonged and insistent self-reproach and mental anguish for past wrongs and especially for those whose consequences cannot be remedied.

⁷⁵ RENEW, RESTORE, REFRESH, RENOVATE, REJUVENATE mean to make like new. RENEW implies a restoration of what had become faded or disintegrated so that it seems like new. RESTORE implies a return to an

original state after depletion or loss. REFRESH implies the supplying of something necessary to restore lost strength, animation, or power. RENOVATE suggests a renewing by cleansing, repairing, or rebuilding. REJUVENATE suggests a renewing by cleansing, repairing, or rebuilding.

⁷⁶ RESPONSIBLE, ANSWERABLE, ACCOUNTABLE, AMENABLE, LIABLE mean subject to being held to account. RESPONSIBLE implies holding a specific office, duty, or trust. ANSWERABLE suggests a relation between one having a moral or legal obligation and a court or other authority charged with oversight of its observance. ACCOUNTABLE suggests imminence of retribution for unfulfilled trust or violated obligation. AMENABLE and LIABLE stress the fact of subjection to review, censure, or control by a designated authority under certain conditions.

Restless: I feel nervous, impatient, agitated, fidgety, and edgy. Feeling uneasy is meaningful because stress or a lack of resources blocks my opportunities.

Retiring: I feel retiring, retiring, retiring, retiring, and retiring. I am withdrawing for privacy. Feeling retiring can restrict my uniqueness because I am isolating myself.

Reverent: I feel reverent, respectful, reverential, humble, and awed. Feeling reverent expands my uniqueness because I respect tradition when hope is lost.

Revengeful: I feel venomous, vengeful, vindictive, resentful, and ruthless. I am determined to get even. Feeling restricts my uniqueness because I am focused on hurting others.

Revived: I feel refreshed, renewed, revitalized, rejuvenated, and restored. Feeling continued helps me expand my uniqueness because I have the energy to reach my goals and actualize my values.

Rewarded: I feel rewarded, satisfied, happy, pleased, and compensated. Feeling rewarded helps develop confidence.

Ridiculed: I feel ridiculed, mocked, derided, scorned, and laughed at. Feeling bullied is meaningful because I want to confront people about how they treat me.

Righteous: I feel righteous, moral, honest, virtuous, and honorable.

Rigid: I feel rigid, inflexible, strict, unyielding, and harsh.
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Riled: I feel riled up. I feel riled, upset, irritated, aggravated, grated, inflamed, nettle, peeve, pique, provoked, put out, roil. Feeling riled is meaningful because my environment is inhibiting my path to my attitudinal values.

Robbed: I feel robbed, cheated, deprived, and stripped. I think others are withholding unjustly or injuriously. Feeling robbed is meaningful because I have to protect my possessions and emotional life.

Roil: : I'm in a state of turbulence or agitation with conflicting emotions. I feel irritated, aggravated, burned (up), exasperated, and grated. Feeling roil is meaningful

⁷⁷ RIGID, RIGOROUS, STRICT, STRINGENT mean extremely severe or stern. RIGID implies uncompromising inflexibility. RIGOROUS implies the imposition of hardship and difficulty. STRICT emphasizes undeviating conformity to rules, standards, or requirements. STRINGENT suggests severe, tight restriction or limitation.

because I realize I M experiencing conflicting emotions – anger, love, sadness, and happiness.

Rotten: I feel horrible, sick, bad, and awful. I feel incredibly unpleasant or inferior. Feeling lousy is meaningful because I want to develop frustration tolerance.

Rude: I feel rude, disrespectful, impolite, vulgar, and uncouth.⁷⁸

Ruined: I feel shattered, wrecked, crumbling, damaged, and devastated. Feeling ruined is meaningful because I realize I won't change how my life evolves.

S

Sabotaged: He sabotaged me. I feel hampered or hurt, and someone deliberately subverted my efforts. The feeling is meaningful because I need to protect myself and determine who can hurt me and who will support me.

Sad: I feel grief, unhappiness, downcast, gloomy, blue, down. The situation was regrettable, and I am experiencing grief and despair. Feeling sad means that I need to emotionally adjust to my circumstances.

Sadistic: I feel sadistic, cruel, brutal, sadistic, merciless, and aggressive. I find delight in cruelty and excessive cruelty. Being sadistic restricts my uniqueness because people will work against me and seek revenge.

Safe: I feel safe, safe, secure, protected, safe and sound, and suitable. Feeling safe expands my uniqueness because I am willing to take risks with the proper support and supervision.

Sane: I feel sane and have mental soundness, rationality, and levelheadedness. (Rational, well-balanced, sound, and healthy. I want a sound mind and to be mentally sound, especially to anticipate and appraise the effect of my actions. Feeling sane expands my uniqueness because I can rate my actions rationally.

Sanguine: I feel sanguine, optimistic, upbeat, confident, cheerful, and hopeful. Feeling sanguine expands my uniqueness because I express my purpose and values passionately.

Sapient: I am wise and reasonable, prudent, sage, sane, and sensible. Feeling wise and seeing myself as prudent

⁷⁸ **RUDE, ROUGH, CRUDE, RAW** means lacking social refinement. RUDE implies ignorance of or indifference to good form; it may suggest intentional discourtesy. ROUGH is likely to stress a lack of polish and gentleness. CRUDE may apply to thought or behavior limited to the gross, the obvious, or the primitive. RAW suggests being untested, inexperienced, or unfinished.

expands my uniqueness because I think before acting and see how my action impacts others.

Sappy: I feel sappy, sentimental, foolish, and silly. I am overly sweet or sentimental, and I lack good sense. Feeling sappy can restrict my uniqueness because people will not take me seriously.

Sarcastic: I feel sarcastic, cynical, acerbic, sardonic, ironic, mocking, and derisive. Being sarcastic restricts my uniqueness because I am self-seeking, which people may find such behaviors off-putting.

Sated: I feel appeased by indulging in feeling full. (satisfied, stuffed, satiated, full, Being indulged by gorging myself restricts my uniqueness because I am focusing on myself and my urges.

Satisfied: I feel comfortable, happy, fulfilled, pleased, assured, and gratified. Feeling satisfied may restrict my uniqueness because I am not challenging myself.

Saucy: I feel saucy, cheeky, sassy, intelligent, rude, and impudent. Feeling saucy may restrict my uniqueness because I can make improper decisions feeling this way.

Scabby (low): I feel scabby, scaly, mangy, contemptible, diseased, and shameful. Feel scabby restricts my uniqueness because my shame may prevent me from trying new and constrictive behaviors.

Scared (scared stiff): I feel scared, terrified, nervous, worried, and fearful. Feeling scared can restrict my uniqueness because I will be afraid to take sensible risks.

Scorned: I feel scorned, despised, disdained, belittled, derided, and disparaged. People dismiss me as contemptible or unworthy. Feeling scorned is meaningful because I need to see my purpose and approach it confidently.

Screwed Up: I feel screwed up, emotionally disturbed, and neurotic. Labeling myself as screwed up restricts my uniqueness because I put myself in a negative category, implying I have no redeeming quality.

Secure: I feel free from danger, free from risk of loss and affording safety. Safe, assured, protected, guarantee. Feeling safe expands my uniqueness because I feel strong and confident to work on new behaviors and activities.

Seething: I am burning, boiling, bubbling, foaming, bustling, and simmering. I feel agitated. Feeling seething and agitated restricts my uniqueness because my emotions are more significant than my goal-directed thinking.

Self-Absorbed: I am self-absorbed in my thoughts, feelings, activities, and interests. (Self-engrossed, self-fascinated with my thoughts, self-captivated, and self-riveted about my thoughts and esteem. Being self-absorbed restricts my uniqueness because I am overfocusing on myself.

Self-Assertive: I feel self-confident, self-assured, confident, firm, and forceful. I am a bold and confident assertion. Being assertive expands my uniqueness because I am confident in reaching my goal and purpose.

Self-Assured: I feel self-assured, confident, certain, secure, assured, and sure of myself. Feeling self-assured expands my uniqueness because I will repeat my constructive behaviors.

Self-Centered: I am independent of outside forces and influences, and I am self-sufficient and concerned solely with my desires, needs, and interests. Self-centeredness restricts my uniqueness because I only focus on myself and not the big picture.

Self-Conscious: I am conscious of my acts and states as belonging to myself. I am aware of myself as an individual and intensely aware of myself. Self-consciousness restricts my uniqueness because I am hyper-reflective.

Self-Confident: I feel self-confident, poised, self-assured, and self-possessed. I am confident in myself and in my powers and abilities. Self-confidence expands my uniqueness because I am more productive and have fun.

Self-Defeated: I feel defeated, beaten, overpowered, overwhelmed, and conquered. Feeling defeated is meaningful because I want to put effort into reaching my goals and realizing my values.

Self-Despair: I'm full of self-despair. I feel helpless, powerless, weak, anguish, vulnerable. I feel despair, desperate, despond, and forlorn. I feel beyond hope; I am incorrigible and irredeemable. Feeling self-despair is meaningful because I need to integrate my thoughts, feelings, and my purpose, so I express my spirituality.

Self-Destructive: I feel self-destructive, unhelpful to myself, critical, negative, damaging, and disparaging. Being self-destructive restricts my uniqueness because I am my worst enemy.

Self-Hatred: I am experiencing self-hatred, self-loathing, self-abhorrence, detestation, and self-abomination. I have an intense dislike of myself. Self-hatred restricts my uniqueness because I believe putting myself down will motivate me to improve. Self-hatred can lead to depression, and the feeling that my life is meaningless.

Self-Indulgent: I need unrestrained gratification of my appetites, desires, or whims to feel happy. Being self-indulgent restricts my uniqueness in an unhealthy way because I only think about myself and my wishes, leading to demandingness and toxic anger.

Self-Lamenting: I feel sorrowful. I am a crying out in grief. (Mournful, nostalgic, and plaintive. Lamenting is meaningful because I feel sorrowful.⁷⁹)

Self-Loathing: I feel extreme disgust about my actions. I have antipathy, repugnance, dislike, antipathy, and enmity I have for myself.⁸⁰

Selfish: I feel selfish, greedy, egotistical, self-centered, and egoistic. I am concerned excessively or exclusively with myself. I concentrated on my advantage, pleasure, or well-being without regard for others. Feeling selfish restricts my uniqueness because I am disregarding my support.

Sensitive: I am sensitive, vulnerable, complex, and hypersensitive. I am highly responsive or susceptible and easily hurt. I am easily hurt emotionally, and I am delicately aware of the attitudes and feelings of others. Being sensitive expands my uniqueness because I can understand others, but I must deal with hurt feelings.

Sentimental: I am sentimental, gushy, sappy, emotional, mawkish, romantic, and maudlin. My action is governed by feeling, sensibility, or passionate idealism, not by reason or thought. Sentimental is meaningful because I must look at my feelings, wants, and beliefs.

Separate: I feel disconnected from others. (Split, distinct, single, different, and divide. Feeling separate is meaningful because when I don't belong, I need to do activities that help me interact with others.

Serious: I feel serious, critical, and important.⁸¹

Servile: I feel servile, submissive, fawning, subservient, sycophantic, and obsequious. I am cravenly submissive

⁷⁹ SORROW, GRIEF, ANGUISH, WOE, REGRET mean distress of mind. SORROW implies a sense of loss or a sense of guilt and remorse. GRIEF implies poignant sorrow for an immediate cause. ANGUISH suggests torturing grief or dread. WOE is deep or inconsolable grief or misery. REGRET implies pain caused by deep disappointment, fruitless longing, or unavailing remorse.

⁸⁰ ENMITY, HOSTILITY, ANTIPATHY, ANTAGONISM, ANIMOSITY, RANCOR, ANIMUS mean deep-seated dislike or ill will. ENMITY suggests positive hatred which may be open or concealed. HOSTILITY suggests an enmity showing itself in attacks or aggression. ANTIPATHY and ANTAGONISM imply a natural or logical basis for one's hatred or dislike, ANTIPATHY suggesting repugnance, a desire to avoid or reject, and ANTAGONISM suggesting a clash of temperaments leading readily to hostility. ANIMOSITY suggests intense ill will and vindictiveness that threaten to kindle hostility. RANCOR applies to bitter brooding over a wrong. ANIMUS adds to animosity the implication of strong prejudice.

and think abject - cast down in spirit. Servile is meaningful because I have put myself in a position that restricts my uniqueness. It is challenging to discover meaningfulness when I am being submissive.

Settled: I feel relaxed, established, stable, solid, firm, and steady. I feel resolved conclusively. Feeling settled expands my uniqueness because I am moving toward a goal firmly and reservedly.

Severe: I believe the punishment was too harsh, bitter, severe, severe, severe, and severe. My actions were strict and stern. I am complicated and cold in appearance – austere. When I am out and rough, I restrict my uniqueness because I am not seeing the individual but worried about being tough on others.

Sexy: I feel sexy, sensual, erotic, spicy, and shocking. I am sexually suggestive or stimulating. As a result of having a sexual experience, I can expand my uniqueness. This is because I will be willing to explore new areas of sensuality with my partner.

Shaky: I feel shaky. As a result, I am not only afraid, but I am also unsure of myself, insecure, wobbly, unstable, and precarious, which means I have many feelings. My firmness (as a belief or principle) needs to be improved. I need more authority and reliability. Whenever I feel shaky, I want to ensure that I have resources and support before attempting something novel.

Shaken: I feel shaken, disturbed, dazed, alarmed, shaken, traumatized, and agitated.⁸²

Shallow: I feel superficial, low, thin, shallow, narrow, and surface – having no depth. Penetrating only the easily or quickly perceived. I am insincere and feel like a phony. Feeling shallow is meaningful because I want to express my purpose and values sincerely.

Shame: I feel ashamed. I feel a painful emotion caused by the consciousness of guilt, shortcoming, or impropriety. (Disgrace, disgrace, humiliation, embarrassment, dishonored.) Feeling shame is

⁸¹ SERIOUS, GRAVE, SOLEMN, SEDATE, STAIID, SOBER, EARNEST mean not light or frivolous. SERIOUS implies a concern for what really matters. GRAVE indicates both seriousness and dignity in expression or attitude. SOLEMN suggests an impressive gravity utterly free from levity. SEDATE implies a composed and decorous solemnity. STAIID means a settled, accustomed sedateness and prim self-restraint *a quiet and staid community*. SOBER stresses the seriousness of purpose and the absence of levity or frivolity. EARNEST suggests sincerity or often zealously of purpose.

⁸² SHAKE, AGITATE, ROCK, CONVULSE mean to move up and down with some violence. SHAKE often carries a further implication of a particular purpose. AGITATE suggests a violent and prolonged tossing or stirring. ROCK suggests a swinging or swaying motion resulting from violent impact or upheaval. CONVULSE suggests a violent pulling or wrenching as of a body in a paroxysm.

meaningful because I realize I want to change my behavior, and it is a call to action to develop my social skills.

Sharp: I feel sharp, strident, forceful, clamorous, vociferous, enthusiastic, determined, calm, and unruffled.⁸³

Shattered: I feel crushed, shattered, traumatized, horrified, and suffering following this event. Your actions destroyed or disrupted my emotional life. Feeling broken is meaningful because I want to rebuild and restructure my life stronger.

Shiftless: A sense of shifting, of being good-for-nothing, of being idle, indolent, and slothful plagues me. I feel lazy. I need more resourcefulness - I am inefficient and lack ambition or incentive. Feeling lethargic and lazy is meaningful because I want my life to have purpose and a means of discovering meaningfulness.

Shocked: I am amazed, surprised, stunned, dazed, upset, and shaken. I am struck with surprise, terror, horror, or disgust. I am undergoing a physical or nervous shock. Feeling shocked is meaningful because I want to be prepared and learn how to tolerate frustration.

Shook up: I feel emotionally or physically disturbed and upset. Feeling shaken up restricts my uniqueness because I need to learn resiliency skills and practice those skills.

Show-off: I seek to attract attention through conspicuous behavior. Showing off restricts my uniqueness because people may resent my efforts and disregard my uniqueness.

⁸³ SHARP, KEEN, ACUTE mean having or showing alert competence and clear understanding. SHARP implies quick perception, clever resourcefulness, or sometimes questionable trickiness. KEEN suggests quickness, enthusiasm, and a penetrating mind. ACUTE implies a power to penetrate and may suggest subtlety and sharpness of discrimination.

⁸⁴ SHREWD, SAGACIOUS, PERSPICACIOUS, ASTUTE mean acute in perception and sound in judgment. SHREWD stresses practical, hardheaded cleverness and judgment. SAGACIOUS suggests wisdom, penetration, and farsightedness. PERSPICACIOUS implies unusual power to see through and understand what is puzzling or hidden. ASTUTE suggests shrewdness, perspicacity, and diplomatic skill.

⁸⁵ SHY, BASHFUL, DIFFIDENT, MODEST, COY mean not inclined to be forward. SHY implies a timid reserve and a shrinking from familiarity or contact with others. BASHFUL implies a frightened or hesitant shyness characteristic of childhood and adolescence. DIFFIDENT stresses a distrust of one's own ability or opinion that causes hesitation in acting or speaking. MODEST suggests absence of undue confidence or conceit. COY implies a pretended shyness.

⁸⁶ SILENT, TACITURN, RETICENT, RESERVED, SECRETIVE mean showing restraint in speaking. SILENT implies a habit of saying no more than is needed. TACITURN implies a temperamental disinclination to speech and usually connotes unsociability. RETICENT implies a reluctance to speak out or at length, especially about one's own affairs. RESERVED

Shrewd: I feel shrewd, and discerning, judicious, and perceptive.⁸⁴

Shy: I feel shy, cautious, wary, nervous, afraid, and fearful.⁸⁵

Sickened: I feel sickened, disgusted, revolted, repulsed, repelled, and offended. I feel sick, and I become weary or satiated. Feeling sickened is meaningful because an action of any one person strongly goes against my values and ideas, and I want to be responsible for my feelings and do something constructive to help others or my community.

Silent: I am silent, hushed, still, noiseless, and quiet.⁸⁶

Silly: I feel stupid, trivial, meaningless, mindless, puerile, and senseless. I feel weak in intellect, foolish. I needed to gain more common-sense or sound judgment. Feeling silly is meaningful because I want to focus and develop social comprehension.

Simple: I feel simple, humble, modest, unassuming, unpretentious, and meek.⁸⁷

Sincere: I feel sincere, genuine, honest, truthful, earnest, and straight.⁸⁸

Skeptical: I feel uneasy, cynical, disbelieving, doubtful, unconvinced, uncertain, and unsure. I have an attitude of doubt or a disposition to incredulity, either in general or toward a particular object. Feeling skeptical is meaningful because I don't want others to take advantage of me.

Skittish: I feel skittish, wary, jumpy, edgy, nervous, and uneasy. I feel lively or frisky in action - capricious, and I am easily frightened. I feel restive, coy, bashful, marked by extreme caution, and wary. Feeling skittish is meaningful because I know something is wrong or

implies reticence and suggests the restraining influence of caution or formality in checking easy informal conversational exchange. SECRETIVE, too, implies reticence but usually carries a suggestion of deviousness and lack of frankness or of an often ostentatious will to conceal.

⁸⁷ SIMPLE, FOOLISH, SILLY, FATUOUS, ASININE mean actually or apparently deficient in intelligence. SIMPLE implies a degree of intelligence inadequate to cope with anything complex or involving mental effort. FOOLISH implies the character of being or seeming unable to use judgment, discretion, or good sense. SILLY suggests failure to function as a rational being especially by ridiculous behavior. FATUOUS implies foolishness, inanity, and disregard of reality. ASININE suggests utter and contemptible failure to use normal rationality or perception.

⁸⁸ SINCERE, WHOLEHEARTED, HEARTFELT, HEARTY, UNFEIGNED mean genuine in feeling. SINCERE stresses absence of hypocrisy, feigning, or any falsifying embellishment or exaggeration. WHOLEHEARTED suggests sincerity and earnest devotion without reservation or misgiving. HEARTFELT suggests depth of genuine feeling outwardly expressed. HEARTY suggests honesty, warmth, and exuberance in displaying feeling. UNFEIGNED stresses spontaneity and absence of pretense.

something or someone is opposed to my attitudinal values.

Slick: I feel slick - smooth. I feel shrewd and untrustworthy. Feeling slick restricts my uniqueness because I am putting on a front to fool people.

Slighted: I feel slighted, affronted, insulted, hurt, upset, and snubbed. Others treat me with disdain or indifference, insignificance, meaninglessness, and irrelevance. Feeling slighted is meaningful because another person's contempt cannot control my purpose or effort.

Slow: I feel slow, sluggish, unhurried, measured, deliberate, and leisurely, as slow and easy. I need more readiness, promptness, or willingness, and I am not rushing. Feeling slow is meaningful because I want to take my time and approach the day – slowly and leisurely.

Sly: I feel sly, crafty, cunning, knowing, nifty, and clever.⁸⁹

Small: I feel small, minor, unimportant, trivial, slight, small, and insignificant.⁹⁰

Smothered: I feel smothered, overwhelmed, overpowered, restricted, oppressed, and suffocated. I feel suppressed, so I can't express myself. Feeling smothered restricts my uniqueness because I'm not telling people what I feel, think, and want.

Smug: I feel smug, self-satisfied, superior, self-righteous, arrogant, and conceited. Feeling smug restricts my uniqueness because I put myself before others and disregard their concerns.

Sneaky: I feel sneaky, sly, devious, shifty, underhand, and mean. My behavior is marked by stealth, furtiveness, or shiftiness. Feeling sneaky restricts my uniqueness because I have to act deceitfully to get my way.

Snobbish: I feel pretentious, stuck-up, snobby, snooty, superior, and more significant than others. I blatantly imitate, fawningly admire, or vulgarly seek association

⁸⁹ SLY, CUNNING, CRAFTY, WILY, TRICKY, FOXY, ARTFUL, SLICK mean attaining or seeking to attain one's ends by guileful or devious means. SLY implies furtiveness, lack of candor, and skill in concealing one's aims and methods. CUNNING suggests the inventive use of sometimes limited intelligence in overreaching or circumventing. CRAFTY implies cleverness and subtlety of method. WILY implies skill and deception in maneuvering. TRICKY is more likely to suggest shiftiness and unreliability than skill in deception and maneuvering. FOXY implies a shrewd and wary craftiness usually involving devious dealing. ARTFUL implies indirectness in dealing and often connotes sophistication or cleverness. SLICK emphasizes smoothness and guile.

⁹⁰ SMALL, LITTLE, DIMINUTIVE, MINUTE, TINY, MINIATURE mean noticeably below average in size. SMALL and LITTLE are often

with those regarded as social superiors. Feeling snobbish restricts my uniqueness because I am using extreme evaluation to feel better about myself.

Sociable: I feel sociable, friendly, outgoing, gregarious, affable, and genial. I am inclined to seek or enjoy companionship marked by the helpfulness and conducive. Feeling sociable is meaningful because I am experiencing camaraderie and alliance with others.

Soft: I feel peaceful and tender, lenient, easy, lax, forgiving, and easy-going. It is pleasing and agreeable to the senses, bringing ease, comfort, or quiet. Feeling soft is meaningful because I am tolerant of others and want to reach an agreement.

Solemn: I feel solemn, earnest, sincere, serious, grave, and firm. My behavior is marked by heavy sedation and genuine sobriety. Feeling solemn is meaningful because I am enthusiastic about my concerns and interests. When I am serious, I expand my uniqueness because I am intense.

Solicitude: I'm in a state of being concerned and anxiety. I show attentive care and protectiveness and have an attitude of earnest concern. Feeling solicitude is meaningful because I care about someone or something other than myself.

Soothed: I feel settled, calmed, quieted, pacified, mollified, and appeased. I bring comfort, solace, and reassurance to myself. Feeling soothed expands my uniqueness because I have mastered a resiliency skill.

Sophisticated: I feel sophisticated, urbane, classy, cultured, erudite, and chic. I am deprived of genuineness, naturalness, or simplicity. Feeling sophisticated can restrict my uniqueness. I am putting on a front to increase my self-esteem.

Sorrow: I feel sorrow.⁹¹

Sorrowful: I feel deep distress, sadness, or regret, especially for the loss of someone or something loved. I feel grief or sadness. Feeling sorrowful is appropriate and meaningful because I recognized the lost loved one was

interchangeable, but SMALL applies more to relative size determined by capacity, value, number. LITTLE is more absolute in implication often carrying the idea of petiteness, pettiness, insignificance, or immaturity. DIMINUTIVE implies abnormal smallness. MINUTE implies extreme smallness. TINY is an informal equivalent to MINUTE. MINIATURE applies to an exactly proportioned reproduction on a very small scale.

⁹¹ SORROW, GRIEF, ANGUISH, WOE, REGRET mean distress of mind. SORROW implies a sense of loss or a sense of guilt and remorse. GRIEF implies poignant sorrow for an immediate cause. ANGUISH suggests torturing grief or dread. WOE is deep or inconsolable grief or misery, REGRET implies pain caused by deep disappointment, fruitless longing, or unavailing remorse.

important to, and want to celebrate the person's irreplaceability.

Sorry: I feel sorry for. (Pathetic, miserable, unhappy, wretched, pitiful). I feel sorrow, regret, or penitence, mournful, sad. Sorry, can inspire sorrow, pity, scorn, or ridicule. Sorry and unhappiness is meaningful because something is wrong, but feeling pitiful, wretched, pathetic, and worthless can restrict my uniqueness. I may believe I can't do anything about my present moment.

Special: I feel special, unique, exclusive, unusual, extraordinary. ⁹²

Spineless: I feel spineless, gutless, cowardly, timid, and weak. I lack the strength of character, and spinelessness is meaningful because I am not ready to move ahead.

Spiteful: I feel spiteful, vindictive, hurtful, and unkind. Malevolent. Petty ill will or hatred with the disposition to irritate, annoy, or thwart. I feel malice, meanness, and malevolence. Feeling spiteful can restrict my uniqueness because I'm using my emotional and cognitive energy to hurt another person instead of discovering meaningfulness. ⁹³

Spontaneous: I feel spontaneous, natural, unrehearsed, and unplanned. I proceed from natural feeling or native tendency without external constraint arising from a momentary impulse. Being unprepared can expand my uniqueness, but being impulsive can restrict my individuality and disrupt my long-term goals.

Spunky: I feel spunky, full of spirit and liveliness. (Plucky, gutsy, energetic, lively. Feeling spunky involves expanding my uniqueness because I have the energy and passion to fulfill my purpose.

Squelched: I feel my emotions and interests have been squelched, suppressed, repressed, silenced, muffled. Feeling squelched is meaningful because I want to increase my effort and accomplish my purpose.

⁹² SPECIAL, ESPECIAL, SPECIFIC, PARTICULAR, INDIVIDUAL mean of or relating to one thing or class. SPECIAL stresses having a quality, character, identity, or use of its own, ESPECIAL may add implications of preeminence or preference. SPECIFIC implies a quality or character distinguishing a kind or a species. PARTICULAR stresses the distinctness of something as an individual. INDIVIDUAL implies unequivocal reference to one of a class or group.

⁹³ SPONTANEOUS, IMPULSIVE, INSTINCTIVE, AUTOMATIC, MECHANICAL mean acting or activated without deliberation. SPONTANEOUS implies lack of prompting and connotes naturalness. IMPULSIVE implies acting under stress of emotion or spirit of the moment. INSTINCTIVE stresses action involving neither judgment nor will. AUTOMATIC implies action engaging neither the mind nor the emotions and connotes a predictable response. MECHANICAL stresses the lifeless, often perfunctory character of the response.

⁹⁴ STEADY, EVEN, EQUABLE mean not varying throughout a course or extent. STEADY implies lack of fluctuation or interruption of movement.

Stable: I feel stable, balanced, and calm. I feel steady in my purpose, am firm in resolution, and I'm not subject to insecurity or emotional illness. I can expand my uniqueness because I approach stress calmly and use my resiliency skills.

Startled: I feel startled, disconcerted, alarmed, frightened, surprised, astonished, and flustered. I feel terrified or surprised suddenly and usually not serious. Feeling startled is meaningful because I am aware of the changes in my environment.

Starved: I feel starved, starved, ravenous, famished, starving for affection, and famished. I feel deprived of emotional nourishment. Wanting nourishment is meaningful because I want to organize my resources.

Steady: I feel steady, stable, firm, solid, and sturdy. ⁹⁴

Stern: I feel stern, strict, harsh, firm, and demanding. I am expressing severe displeasure. Feeling stern can expand my uniqueness because I mean what I say, and I say what I mean.

Stifled: I feel stifled, quiet, muffled, muted, soft, and silent. I feel discouraged, disheartened, dispirited, and dejected. Feeling stifled is meaningful because I want to develop my sense of confidence.

Stimulated: I am provoked, enthused, inspired, enthused, moved, and encouraged. I feel excited about the activity or growth. The feeling can expand my uniqueness, but I want to find healthy ways to restrict my uniqueness.

Stiff: I am stiff, rigid, firm, inflexible, and unbending. ⁹⁵

Stingy: I feel stingy, miserly, parsimonious, sparing, grudging, and mean. ⁹⁶

Stolid: I feel stolid, impassive, unresponsive, dull, emotionless, and indifferent. I express little or no sensibility, and I am unemotional. Feeling stolid restricts

EVEN suggests a lack of variation in quality or character. EQUABLE implies lack of extremes or of sudden sharp changes.

⁹⁵ STIFF, RIGID, INFLEXIBLE mean difficult to bend. STIFF may apply to any degree of this condition. RIGID applies to something so stiff that it cannot be bent without breaking. INFLEXIBLE stresses lack of suppleness or pliability.

⁹⁶ STINGY, CLOSE, NIGGARDLY, PARSIMONIOUS, PENURIOUS, MISERLY mean being unwilling or showing unwillingness to share with others. STINGY implies a marked lack of generosity. CLOSE suggests keeping a tight grip on one's money and possessions. NIGGARDLY implies giving or spending the very smallest amount possible, PARSIMONIOUS suggests a frugality so extreme as to lead to stinginess, PENURIOUS implies niggardliness that gives an appearance of actual poverty. MISERLY suggests a sordid avariciousness and a morbid pleasure in hoarding.

my uniqueness because I am not being responsive to others.

Strained: I feel strained, stressed, tense, worried, and anxious. I exert to the utmost, which leads to injury by overuse, misuse, or excessive pressure. I feel stressed. Feeling strained can restrict my uniqueness because I am avoiding my challenges.

Stagnant: I feel stagnant. (Sluggish, dull, moribund, motionless, inactive, I feel like I am not advancing or developing. Feeling lethargic is meaningful because I need to change something in my life – new challenges, new goals, a different plan, a hobby, etc.

Strangled: I feel confined, strangled, suffocated, and smothered. I feel suppressed or hindered, and I think I can't expand my uniqueness or express my feelings and thoughts. Feeling suffocated is meaningful because life is telling is to find new friends or work locations.

Strong: I feel strong, solid, powerful, robust, and durable.⁹⁷

Strung out: My feeling is one of exhaustion and debilitation. I am addicted to a drug, I am intoxicated or stupefied due to the use of drugs. I feel as if I am physically disabled as a result of drug use. Feeling strung out and stressed out is meaningful because I recognize that I have a problem and need to change my self-defeating habits.

Stubborn: It has been my experience that I am a stubborn, persistent, dogged, tenacious, persevering, and determined person in everything that I do in life. I feel unreasonable or perversely unyielding, and I am headstrong, obstinate, or unwavering. While my stubbornness limits my uniqueness, it may also promote my values.

Stuck: I feel stuck, frustrated, trapped, caught, and jammed up. Feeling stuck is meaningful because I must reevaluate my resources and behaviors.

Stuffed: I feel stuffed, full, replete, sated, satiated, and bloated. Feeling bloated is meaningful because I need to stop eating.

Stunned: The feeling I experience is one of shock, astonishment, dumbfounded, speechlessness, and

amazement. Feeling stunned is meaningful because life surprises me, which can be enlightening or disheartening.

Stupid: I feel stupid, unwise, senseless, ill-advised, imprudent, stupid, and thoughtless.⁹⁸

Stupefied: I feel stupefied, dazed, confused, fuddled, punch-drunk, and stunned. Feeling stupefied restricts my uniqueness because I am lacking in goal-directed behavior.

Stymied: I feel stymied, thwarted, foiled, blocked, hindered, and obstructed. People are standing in my way, so I can't reach my goals. Feeling stymied is meaningful because I need a better plan and the utilization of resources to actualize my purpose.

Subdued: I feel subdued, passive, cowed, submissive, quiet, and unresponsive. I bring under control, especially by the exertion of the will. I tone down and reduce the intensity of my emotions. Feeling subdued restricts my uniqueness because I cannot express my passions. Feeling subdued may be a healthy way of restricting my uniqueness because I don't have all my "ducks in a row."

Submissive: I feel submissive, suspicious, suspicious, patient, passive, compliant, acquiescent, and subservient, and I am submitting, surrendering, acquiescing, and succumbing to others. Being submissive restricts my uniqueness, but there are times to be a follower.

Suffering: I am suffering, grieving, misery, feeling sorrowful, and hurting, anguishing. I am enduring death, pain, or distress. I am sustaining loss or damage, and I'm subject to disability or handicap. There is meaningfulness in suffering because I can defy the pains of life and not succumb to them. I feel suffocated,

Suffocated: I feel suffocated, smothered, stifled, and asphyxiated. My lack of resources impedes my desire to develop and expand my uniqueness.

Suicidal: I feel suicidal, desperate, hopeless, miserable, and cheerless. I feel destructive to my interests. Suicidal is meaningful because I need to open myself to new experiences and put effort into a purpose.

⁹⁷ STRONG, STOUT, STURDY, STALWART, TOUGH, TENACIOUS mean showing power to resist or to endure. STRONG may imply power derived from muscular vigor, enormous size, structural soundness, intellectual or spiritual resources. STOUT suggests an ability to endure stress, pain, or hard use without giving way. STURDY implies strength derived from vigorous growth, determination of spirit, solidity of construction. STALWART suggests an unshakable dependability. TOUGH imply great firmness and resiliency. TENACIOUS suggests strength in seizing, retaining, clinging to, or holding together.

⁹⁸ STUPID, DULL, DENSE, CRASS, DUMB mean lacking in power to absorb ideas or impressions. STUPID implies a slow-witted or dazed state of mind that may be either congenital or temporary. DULL suggests a slow or sluggish mind such as results from disease, depression, or shock. DENSE implies a thickheaded imperviousness to ideas. CRASS suggests a grossness of mind precluding discrimination or delicacy. DUMB applies to an exasperating obtuseness or lack of comprehension.

Sulky: I feel sulky, morose, s angry, cross, petulant, and unsociable. I'm in a moody and irritably quiet temperament. Sulky restricts my uniqueness because people will avoid me, and I'm not problem-solving.

Superstitious: I feel superstitious, irrational, gullible, superstitious, illogical, credulous, and delusory. My belief results from ignorance, fear of the unknown, trust in magic or chance, or a false conception of causation. Superstitious restricts my uniqueness because I am giving an idea to control my life.

Sure: I feel sure of myself. I feel confident, unquestionable, indisputable, confident, and definite. Feeling sure of myself expands my uniqueness because I am willing to try new activities.

Surprised: I feel surprised, astonished, amazed, astounded, dumbfounded, amazed, flabbergasted, and staggered. Feeling surprised is meaningful because life teaches me to tolerate uncertainty.

Suspicious: I feel pessimistic, doubtful, distrustful, mistrustful, apprehensive, and wary. I am expressing suspicion, doubt, and misgiving. Suspiciousness restricts my uniqueness because I am second-guessing loved ones.

Swamped: I feel devastated, busy, inundated, hectic, confounded, and infested. I feel overwhelmed, overcome, dazed, overawed, and stunned. Feeling swamped is meaningful because I need to take some time for myself.

Sweet: I am sweet, syrupy, saccharine, and sweetened. Feeling sweet restricts my uniqueness because I am putting on an act to win over people's approval.

Sympathetic: I am empathetic, understanding, concerned, kind, and compassionate. Feeling sympathetic can expand my uniqueness because I am going beyond my self-interests.

T

Talkative: I feel talkative and chatty.⁹⁹

Tearful: I feel tearful, lachrymose, teary, weeping, weepy. I am lamenting, feeling mournful, sniveling, bawling, blubbering, crying, and sobbing. Feeling tearful is meaningful because I am grieving and miss a loved one. I am experiencing sorrow and sadness, which is important to my understanding and expression of my true feelings.

Tedium: (tedious): I feel tiresome because of length or dullness. I find this task irksome, irritating, boresome, boring, drudging, bland, and tiring. Feeling tiresome is meaningful because I need to rest and take a new perspective to address my purpose.

Temperamental: I feel temperamental, unpredictable, or moody and have excessive sensitivity and sudden mood changes. Feeling temperamental is meaningful because something is bothering me, but I keep denying or ignoring what is troubling me.

Tempted: People are tempting and enticing me to do wrong by promise of pleasure or gain. (Convince, persuade, seduce). Giving into temptation restricts my uniqueness and will get me into trouble or conflicts with others.

Tenacious: I feel tenacious, resolute, stubborn, and steadfast. I persistently maintain, adhere to, or seek something valued or desired. I can expand my uniqueness by supporting something or someone I appreciate, and I may restrict my uniqueness by being stubborn or closed-minded.

Tender: I feel physically weak, cannot endure hardship. I feel tender and loving, and I express the softer emotions, fondness. Expressing tender feelings expands my uniqueness because people know what I am thinking and feeling.

Tense: I feel tense, unable to relax, nervous, stressed, worried, or edgy, and I am showing nervous tension. Feeling tense is meaningful because my body tells me something is wrong, and I need to act. I feel stressed.

Tentative: I feel tentative, hesitant, uncertain, or unsure of myself. Feeling tentative is meaningful because I need to think about what I am doing.

Terrible: I feel excited, extreme alarm, or intense fear. Feeling terrible restricts my uniqueness because it leads to anxiety and impulsive behavior.

Terrified: I feel filled with terror. I feel intimidated. Driven or impelled by a menacing person. I feel scared and filled with terror. Feeling terrified is meaningful because I need to move to safety quickly.

Terrific: I feel fantastic, excellent. (Tremendous, fantastic, terrific, terrific.) Feeling terrific can expand my uniqueness as long it is not used hyperbolically.

Thankful: I feel thankful, appreciative, and obliged for the benefits received. Feeling thankful expands my uniqueness because I acknowledge the assistance and support, I received.

⁹⁹ TALKATIVE, LOQUACIOUS, GARRULOUS, VOLUBLE mean given to talk or talking. TALKATIVE may imply a readiness to engage in talk or a disposition to enjoy conversation. LOQUACIOUS suggests the power of

expressing oneself articulately, fluently, or glibly. GARRULOUS implies prosy, rambling, or tedious loquacity. VOLUBLE suggests a free, easy, and unending loquacity.

Thankless: I don't feel thankful. Feeling thankless restricts my uniqueness because people may stop supporting my efforts.

Thoughtful: I feel heedful anticipation of the needs and wants of others. (Considerate, kind, caring, unselfish, or helpful.) Being thoughtful expands my uniqueness. I am giving back the support I have received.

Threatened: I feel threatened, endangered, vulnerable, and helpless. I believe that feeling threatened causes me to feel insecure or anxious. Feeling threatened is meaningful because I need to act immediately and defend myself.

Thrilled: I feel thrilled, excited, electrified, exhilarated, or elated. I feel a sudden sharp feeling of excitement. Feeling thrilled expands my uniqueness because I am moving toward my goals and executing my purpose.

Thrifty: I feel thrifty; I want to conserve my resources. (Frugal, careful, or prudent). I am given to the economy and good management. Being thrifty may restrict my uniqueness, but it will satisfy my long-term goals.

Throttled: I feel I can't express my feelings. I feel suppressed. Feeling suppressed is meaningful because I know something is wrong with my relationship, and I need to act.

Thwarted: I feel defeated in my hopes or aspirations. (Frustrated, upset, impeded, hindered.) Feeling thwarted is meaningful because I want to put energy into my efforts and purpose.

Ticked off: Another person is annoying me. And I feel angry. Feeling angry can expand my uniqueness in fighting for my values and restrict my uniqueness because I am unwilling to problem-solve.

Tickled: I feel pleased. Excite or stir up agreeably. Feeling tickled expands my uniqueness because I see the humor or positivity in the situation.

Tight: I feel tight and constricted. I have difficulty coping with stress (tight spot) and am marked by tension. Feeling tight restricts my uniqueness by narrowing my focus on what I can and can't do.

Timid: I feel timid, nervous, shy, fearful, and diffident. I want to be confident, bold, and determined. Excessive shyness can restrict my uniqueness by not taking sensible risks. It is meaningful because I may need time to think about what I should or shouldn't do.

Tired: I feel tired, tired, weary, exhausted, worn-out, drained, and bushed. Feeling tired is meaningful because I need time to rest and replenish my resources.¹⁰⁰

Together: I feel together, a sense of belonging. I want to be in a relationship and part of a group that shares my moral and ethical values and agree and harmony with others. Feeling together expands my uniqueness because I feel supported in finding and implementing my purpose.

Tolerant: I am tolerant of individual differences. I am accepting, easygoing, lenient, and open-minded. Being tolerant expands my uniqueness because I am open to innovative ideas and challenges.

Torn: I feel torn because of choice A or choice B. I think I'm in separate parts and pulled apart by choices I must make. Feeling torn is meaningful because I have a crucial decision created and filled with uncertainty and ambiguity.

Tormented: I feel tormented, anguished, labored, grief-stricken, and plagued. Feeling tormented is meaningful because I need to do something different with my life.

Tortured: The treatment that I have received has been tortured, mistreated, brutalized, humiliated, punished, and persecuted, and I feel this causes me deep suffering. Suffering is meaningful because I want to activate and practice my attitudinal values in situations I cannot change.

Touched: Whenever I am touched, I feel receptive, moved, warmed, and tapped. Whether it is a situation or another person, I am concerned. A situation has influenced my feelings and left an impression on me. Feeling touched expands my uniqueness because I am relating to another person.

Touchy: In addition to feeling touchy, awkward, sensitive, irritable, and impatient, I also feel moody. I am ready to take offense at slight provocation and extremely sensitive or easily irritated. I am calling for tact, care, or caution in treatment. Feeling touchy restricts my uniqueness because I am irritable and grouchy, so people are not supportive.

Tough: I have a feeling of toughness, ruggedness, intensity, strictness, and harshness. I can endure strain, hardship, or severe labor, and my behavior is marked by an absence of softness or sentimentality. When I feel tough, I put maximum effort into reaching my goals to discover the moment's meaning.

Tranquil: The feeling that I am experiencing is one of tranquility, serenity, peace, calm, and relaxation. I am free of mental agitation. Feeling tranquil expands my

¹⁰⁰ TIRE, WEARY, FATIGUE, EXHAUST, JADE, FAG mean to make or become unable or unwilling to continue. TIRE implies a draining of one's strength or patience. WEARY stresses tiring until one is unable to

endure more of the same thing. FATIGUE suggests causing great lassitude through excessive strain or undue effort. EXHAUST implies complete draining of strength by hard exertion. JADE suggests the loss of all freshness and eagerness. FAG implies a drooping with fatigue.

uniqueness because I am resilient in times of stress. Being too placid suggests a lack of motivation.

Trapped: I feel trapped, caught, stuck, entrapped, blocked, and imprisoned. Because I am confined and stereotyped by others, I am restricted in my uniqueness.

Trepidation: I am feeling timorous, uncertain agitation. I feel alarmed, consternation, dismay, dread, fright, horror, panic, terror, and trepidity (trepid). Feeling **trepid** is meaningful because I want to approach my problems in a new way that addresses my concerns assertively.

Tricked: The tricking, cheating, duping, and conniving I have been subjected to has been excruciating. I feel cheated and deceived by cunning or artifice. Feeling tricked is meaningful because I will not be naive next time.

Troubled: There are times when I find myself to be troubled, anxious, distressed, concerned, distraught, and distressed. I feel agitated mentally and spiritually, and feeling troubled is meaningful because my genuine concerns are not being addressed.

Truculent: I feel truculent, hostile, and defiant. I am acting aggressively and self-assertively. Feeling truculent restricts my uniqueness because people will defend themselves and seek revenge for my intimidating actions.

Trust: I believe I can have confidence in others as a person; I am able to rely on others, and they in turn can rely on me as well. I am trustworthy, dependable, faithful, and trusted. My confidence is based on the character, ability, strength, or truth of someone or something. When people trust me, I can expand my uniqueness because resources are shared, and support is reciprocated.

Trusting: I can trust others and do something without fear or trepidation. I rely on the truthfulness or accuracy of another's word. (Naive, believing, innocent, gullible, and confiding.) Trusting others can expand my uniqueness, but I can be taken in by frauds and liars.

Turned on: I feel turned on. Feeling lively and elegant, excited, or characterized by excitement. As I share my passion with another, I become energized, and this enhances my uniqueness.

U

Ugly: I feel offended and objectionable to others, and others find me morally offensive or objectionable. Feeling ugly is meaningful because I may want to think about changing my ways or approaching others.

Unaffected: I feel unaffected and: free from affectation, but I also think I am artless, ingenuous, naive, simple, inartificial, unschooled, unsophisticated, unstudied, and untutored. Feeling unaffected can restrict my uniqueness because I am gullible, too trusting, and unwilling to take sensible risks.

Unambitious: I do not have an ardent desire for rank, fame, or power, and I do not want to achieve a particular end. Feeling unambitious is meaningful because I'm telling myself I want to set new goals or reexamine my present purpose.

Unappreciated: I feel others don't to grasp my worth, quality, or significance. I don't feel valued or admired.¹⁰¹

Unassuming: I feel modest. I am not assuming.¹⁰²

Uncertain: I feel uncertain, ambiguous, doubtful, unclear, not having certain knowledge. I feel doubtful. Feeling uncertain is meaningful because I may not have all the information to decide.

Unconcerned: I feel unconcerned and lack sensitivity or regard for others' needs or troubles when indifferent. Feeling unconcerned will restrict my uniqueness because others will disregard my concerns when I want or need support.

Undependable: I feel unreliable, unsure of myself, and inconsistent in my interests and values. People can depend on me. (Unreliable, unpredictable, erratic, fickle.) Being undependable restricts my uniqueness because people don't trust me and give me fewer responsibilities.

Understood: I feel understood. You know what I'm saying and see its reasonableness. You accept what I am saying as fact or truth or consider it plausible without certainty. I allow various interpretations. When people understand me, they can comprehend me fully. My knowledge and conceptualization enable me to learn what you think, feel, and desire. To "comprehend" implies coming to terms with something intellectually, and "understanding" means having a solid grasp. Intellect is my power of knowing and is unrelated to feeling or will.

¹⁰¹ I don't feel APPRECIATED, VALUED, PRIZED, TREASURED, CHERISHED mean to hold in high estimation. APPRECIATE often connotes sufficient understanding to enjoy or admire a thing's excellence. VALUE implies rating a thing highly for its intrinsic worth. PRIZE implies taking a deep pride in something one possesses. TREASURE emphasizes jealously safeguarding something considered precious. CHERISH implies a special love and care for something.

¹⁰² ASSUMING, AFFECT, PRETEND, SIMULATE, FEIGN, COUNTERFEIT, SHAM mean to put on a false or deceptive appearance. I am not

assuming that implies a justifiable motive rather than an intent to deceive. AFFECT implies making a false show of possessing, using, or feeling. PRETEND implies an overt and sustained false appearance. I do not simulate. SIMULATE suggests a close imitation of the appearance of something. I do not FEIGN. Feign implies more artful invention than PRETEND, less specific mimicry than SIMULATE. COUNTERFEIT implies achieving the highest degree of verisimilitude of any of these words. I am not a sham. SHAM implies an obvious falseness that fools only the gullible

Intellect is my capacity for rational and intelligent thought. I expand my uniqueness when I feel understood because I communicate my thoughts, feelings, and desires.

Uncomfortable: I don't feel comfortable, uneasy, anxious, uptight, or nervous. Feeling uncomfortable is meaningful because life tells me something is wrong, and changes are necessary.

Uncared For. I feel people don't care about me. When I need help, no one will help me. Feeling uncared-for is meaningful because I need to express my concerns assertively and start problem-solving.

Uncertain: I feel uncertain about my current situation. I feel ambiguous, undefined, unsure of myself, I lack confidence. Feeling uncertain is meaningful because I need to set some new or realistic goals.

Undecided: I feel undecided; I can't decide. (Doubtful, indecisive, unsure, unsettled, unclear), Being indecisive is meaningful because I need time and information to decide on critical issues.¹⁰³

Understanding: I feel people understand me. People grasp the meaning of what I am saying. People thoroughly familiar with me and my propensities.¹⁰⁴

Uneasy: I feel uneasy, tense, uncomfortable, or apprehensive, marked by a lack of ease. Awkward, embarrassed; apprehensive, worried, restless, unquiet, precarious, unstable'

Unemotional: I feel unemotional, not emotional. I am not easily aroused or excited. People see me as cold, involving a minimum of emotion, and too intellectual. (Dispassionate, undemonstrative, impassive, inexpressive, or unresponsive). Feeling unemotional restricts my uniqueness because people don't know what I am thinking and feeling, so they have to guess what I think and feel. People speculate, and then I get mad because people don't understand me.

Unexcitable: I feel unexcited, apathetic, indifferent, halfhearted, and unresponsive. I am not aroused by an emotional response, and I am not provoked to action. Feeling unexcitable and apathetic can restrict my uniqueness because I am not making 100% effort, inhibiting my ability to discover meaningfulness.

Unfair-Against: I feel people mistreat me. (One-sided, biased, prejudicial, and discriminating). My dealing with others is marked by injustice, partiality, or deception. I'm treated unjustly. Feeling people mistreat me is meaningful because I need to look at and change the rules. (Related to feeling hurt emotionally).

Unfeigned: : I am not being feigned or hypocritical, and I am being genuine and sincere. I feel enthusiastic, candid, frank-hearted, open, plain, faithful, honest, and truthful. Being unfeigned expands my uniqueness because I am honest with myself and others. Being authentic and genuine helps me discover meaningfulness because others trust me, and others can support my efforts and purpose.

Unfriendly: I feel people mistreat me. (One-sided, biased, prejudicial, and discriminating). My dealing with others is marked by injustice, partiality, or deception. I'm treated unjustly. Feeling people mistreat me is meaningful because I need to look at and change the rules. (Related to emotionally hurt).

Unhappy: I feel unhappy, unfortunate, hopeless, fateful, and ill-fated. I think not cheerful or glad, sad, and wretched. Feeling blue is meaningful because my life needs a change in direction.

Uninhibited: I feel uninhibited, unrestrained, spontaneous, dissolute, licentious, unconstrained, and natural. I am free from inhibition with boisterously informal behavior. Being uninhibited can expand my uniqueness, but also get me into trouble.

Unimportant: I feel unimportant, inconsequential, insignificant, trivial, irrelevant, and negligible. I have no indication of significant worth or consequence. Feeling unimportant is meaningful because I need to consider my sense of value and use extreme evaluations.

Unintelligent: I am thoughtless, foolish, inane, silly, reckless, inane, and meaningless. Feeling unintelligent can restrict my uniqueness, but it is meaningful. I need to start taking myself seriously.

Unkind: I feel unkind, cruel, callous, hurtful, harsh, and unfriendly. I lack kindness or sympathy. Feeling unkind restricts my uniqueness because being hurtful will engender adverse feelings and conflicts.

Unloved: I feel unloved, despised, reviled, despicable, loathed, and detested. Feeling unloved is meaningful

¹⁰³ DECIDE, DETERMINE, SETTLE, RULE, RESOLVE mean to come or cause to conclude. DECIDE implies previous consideration of a matter causing doubt, wavering, debate, or controversy. DETERMINE implies fixing the identity, character, scope, or direction of something. SETTLE implies a decision reached by someone with power to end all dispute or uncertainty. RULE implies a determination by judicial or administrative authority. RESOLVE implies an expressed or clear decision or determination to do or refrain from doing something.

¹⁰⁴ UNDERSTAND, COMPREHEND, APPRECIATE mean to have a clear or complete idea of. UNDERSTAND and COMPREHEND are very often interchangeable. UNDERSTAND may, however, stress the fact of having attained a firm mental grasp of something. COMPREHEND may stress the process of coming to grips with something intellectually. APPRECIATE implies a just evaluation or judgment of a thing's value or nature.

because I need to review how I treat people, and I want to focus on getting along with others.

Unselfish: I feel charitable, selfless, altruistic, generous, considerate, and thoughtful. I do not focus exclusively on myself. I do not seek or concentrate on my advantage, pleasure, or well-being without regard for others. Feeling unselfish expands my uniqueness because I see myself as part of humanity.

Unsettled: I feel restless, anxious, worried, disturbed, upset, and disconcerted. I feel unstable; I feel perturbed and agitated mentally or emotionally. Feeling unsettled is meaningful because I am not genuinely expressing my values.

Unscrupulous: As a result, I feel that I am being dishonest, unprincipled, corrupt, crooked, and dodgy. I am not interested in maintaining moral integrity or acting in a manner that is ethical or proper, for example, being precise or exact. Being dishonest restricts my uniqueness because moral truthfulness and honesty are the glue that keeps a community together.

Unstable: I feel unsteady, unbalanced, uneven, unhinged, and wobbly. I feel emotionally unstable indicates I have difficulty controlling my emotional intensity and expression. Feeling unstable is meaningful because I need to direct my behavior and connect my beliefs and emotions.

Unsure: I don't have feelings of confidence or certainty. I don't feel safe from danger. I feel people will harm me. Furthermore, I feel scared. I don't feel firmly established or sure of myself.¹⁰⁵

Unwanted: unwanted, unnecessary, undesirable, annoying, useless, and uselessly. Feeling unwanted is meaningful because I want to find ways to be successful and valuable to my community.

Uplifted: I feel uplifted, elated, inspired, and encouraged. I have improved spiritually, socially, and intellectually. Feeling uplifted expands my uniqueness because I am passionate about my purpose, which helps me to discover meaningfulness.

¹⁰⁵ The opposite of feel unsure. SURE, CERTAIN, POSITIVE, COCKSURE mean having no doubt or uncertainty. The word "SURE" stresses the subjective or intuitive feeling of assurance. CERTAIN may apply to a basing of a conclusion or conviction on definite grounds or indubitable evidence. POSITIVE intensifies sureness or certainty and may imply opinionated conviction or forceful expression of it. COCKSURE implies presumptuous or careless positiveness.

¹⁰⁶ USE, EMPLOY, UTILIZE mean to put into service to attain an end. USE implies availing oneself of something as a means or instrument to an end. I feel used as a means to achieve her ends. EMPLOY suggests the use of a person or thing that is available but idle, inactive, or disengaged, UTILIZE may suggest the discovery of a new, profitable, or practical use for something.

Upset: I feel upset, disappointed, hurt, miserable, and defeated. I think troubled mentally or emotionally. Feeling upset restricts my uniqueness because I believe I can't do anything about my situation.

Uptight: I feel uptight, neurotic, anxious, edgy, tense, and uneasy. I feel tense, nervous, or uncomfortable - angry, indignant, rigidly conventional. Feeling uptight is meaningful because I need to address my concerns more assertively.

Used: I feel used, taken advantage of by others.¹⁰⁶

V

Vain: I am being vain, so I feel petty, useless, and empty because I am exhibiting undue or excessive pride in my appearance or achievements.¹⁰⁷

Valued: I feel valued, respected, appreciated, appraised, cherished, esteemed, prized, treasured. Feeling valued expands my uniqueness because I can separate my self-esteem from confidence.

Vehement: I am bitterly antagonistic. I feel vehement, passionate, heated, violent, and intense. Feeling vehement can restrict my uniqueness because others will be uncooperative.

Vengeful: I feel vindictive, unforgiving, revengeful, implacable, and resentful. Feeling vengeful restricts my uniqueness because others will continue to fight with me.

Venturesome: : I feel venturesome, audacious, daredevil, foolhardy, rash, and reckless. I want to incur risk or danger, and feeling venturesome can restrict my uniqueness because I may do something rash and hurt myself or others.

Vigorous: I feel vigorous, strong, lively, exuberant, proud, spirited, driving, hard-driving, hard-hitting, and robust. Feeling vigorous can expand my uniqueness because I put energy and force into reaching my goals.¹⁰⁸

¹⁰⁷ VAIN, NUGATORY, OTIOSE, IDLE, EMPTY, HOLLOW mean being without worth or significance. VAIN implies either absolute or relative absence of value. NUGATORY suggests triviality or insignificance. OTIOSE suggests that something serves no purpose and is either an encumbrance or a superfluity (something unnecessary or superfluous). IDLE suggests being incapable of worthwhile use or effect. EMPTY and HOLLOW suggest a deceiving lack of real substance or soundness or genuineness.

¹⁰⁸ VIGOROUS, ENERGETIC, STRENUOUS, LUSTY, NERVOUS mean having or showing great vitality and force. VIGOROUS further implies showing no signs of depletion or diminishing of freshness or robustness. ENERGETIC suggests a capacity for intense activity. STRENUOUS suggests a preference for coping with the arduous or the

Vindictive: I feel vindictive, spiteful, malicious, cruel, and bitter. Feeling vindictive can restrict my uniqueness because continue to hold on to my negative feelings.

Vindicated: I feel vindicated, justified, and blameless. I feel free from allegation or blame. Feeling vindicated expands my uniqueness because I can move on and actualize my values.

Violent: I feel fierce, hostile, aggressive, ferocious, vehement, and forceful. I think emotionally agitated to the point of loss of self-control. Feeling and acting violently restrict my uniqueness because people will restrict my behavior.

Vital: I feel full of life and vigor. (Energetic, vigorous, vivacious, dynamic, and vibrant. Feeling vital is an expression of I am discovering meaningfulness.

Vivacious: I am lively in temper, conduct, and spirit. I feel playful. (Sprightly, energetic, active, enthusiastic, and agile.) Feeling vivacious is an expression of my human spirit and passion for actualizing my values.

Vulnerable: I feel susceptible, weak, defenseless, and helpless. I think open to attack or being emotionally wounded. Feeling powerless is meaningful because I want to protect myself.

W

Warm: I feel interpersonally warm, sincere, heartfelt, earnest, and wholehearted. My behavior is marked by strong feelings. Feeling emotionally warm expands my uniqueness because my connections with others are more substantial.

Wary: I feel skeptical, cautious, suspicious, cagy, and distrustful. My feelings and behavior are marked by keen caution, cunning, and watchfulness, especially in detecting and escaping danger. Feeling wary is meaningful because I am protecting myself and my community.

Wasted: I feel weakened and spend and use my psychological and mental resources carelessly. Feeling wasted restricts my uniqueness because I make decisions based on my feelings rather than my wants, feelings, and thoughts.

challenging. LUSTY implies exuberant energy and capacity for enjoyment. NERVOUS suggests especially the forcibleness and sustained effectiveness resulting from mental vigor.

¹⁰⁹ WEAK, FEEBLE, FRAIL, FRAGILE, INFIRM, DECREPIT mean not strong enough to endure strain, pressure, or strenuous effort. WEAK applies to deficiency or inferiority in strength or power of any sort. FEEBLE suggests extreme weakness inviting pity or contempt. FRAIL implies delicacy and slightness of constitution or structure. FRAGILE suggests frailty and brittleness unable to resist rough usage. INFIRM suggests

Weak: I feel weak, feeble, vulnerable, frail, puny, defenseless, and helpless. ¹⁰⁹

Weary: I feel tired, beat, sleepy, exhausted, and fatigued. My strength, endurance, vigor, and freshness are exhausted. It is meaningful to feel weary because it means I need to take time out to rest and get a fresh perspective on the stresses in my life.

Weepy: I feel weepy, tearful, sad, emotional, miserable, and maudlin. I express deep sorrow, usually by shedding tears. Weepy is meaningful because I want to validate my sadness and grief.

Whiny: I feel whiny, high-pitched, shrill, and noisy. I have a prolonged, high-pitched cry expressing my distress and pain. Whiny is meaningful because I recognize my pain.

Whipped: I feel whipped, beaten, thrashed, belted, and lashed. I feel defeated and overcome decisively. Feeling crushed is meaningful because I have to get up and try again when I feel beaten.

Wholesome: I feel wholesome, healthy, healthful, nutritious, good, and nourishing. I am of sound in body, mind, or morals in which I have health or vigor. Feeling wholesome expands my uniqueness because I connect my spirit with my body and mind.

Wicked: I feel wicked, good, great, terrific, and fabulous. I am disposed to or marked by mischief, and I am to cause harm, distress, or trouble. Feeling wicked can restrict my uniqueness because causing problems for others will bring about retaliation.

Wiped out: I feel wiped out, and I feel fatigued, and exhausted. Feeling wiped out is meaningful because I need to take a rest.

Withdrawn: I feel withdrawn, reserved, quiet, inhibited, remote, and solitary. I want to remove myself from participation and become socially or emotionally detached. Feeling drawn is meaningful because I need to take a step back and realign my resources.

Wise: I feel wise, astute, intelligent, prudent, sensible, and sage. ¹¹⁰

instability, unsoundness, and insecurity due to old age or crippling illness. DECREPIT implies being worn-out or broken-down from long use or old age.

¹¹⁰ synonyms WISE, SAGE, SAPIENT, JUDICIOUS, PRUDENT, SENSIBLE, SANE mean having or showing sound judgment. WISE suggests great understanding of people and of situations and unusual discernment and judgment in dealing with them. SAGE suggests wide experience, great learning, and wisdom. SAPIENT suggests great sagacity and discernment. JUDICIOUS stresses a capacity for reaching wise decisions

Witty: I feel witty, amusing, humorous, droll, funny, and entertaining. ¹¹¹

Wonder: I feel wonder, phenomenon, miracle, marvel, and curiosity. I feel excited, amazed and admired. I have rapt attention and astonishment at something awesomely mysterious or new to my experience. Likewise, I feel doubt or uncertainty, and feeling wonder is meaningful because I have curiosity and uncertainty.

Wonderful: I feel wonderful, delightful, pleasing, fantastic, wonderful, brilliant, and having a moment of perfection. I am experiencing exciting wonder. Feeling wonderful can expand my uniqueness, but I want to be careful not to believe all the headlines about me.

Worried: I am experiencing mental distress or agitation, and I feel anxious, topically concerned, nervous, upset, frightened. ¹¹²

Worthless: I feel worthless, useless, helpless, valueless, insignificant, rubbish, and empty. I lack worth, and I am contemptible and despicable. Feeling worthless is meaningful because I want to actualize my values, and my actions speak louder than my extreme evaluations.

Worn out: I feel worn out and exhausted or used up. Feeling worn out is meaningful because I need to develop my resources and use time management better.

Wounded: I feel wounded, humiliated, hurt, injured, suffering, offended, and upset. Feeling damaged is meaningful because I need to care about myself and heal.

X-Y-Z

Yearning: Whenever I feel tenderness or compassion, I am filled with a sense of warmth. The longing I feel is persistent, wistful, or sorrowful. Yearning is meaningful because I yearn for someone or something significant and of value to me.

Yellow (overly cautious, scared): I feel overly cautious, wary, prudent, careful, vigilant, and circumspect. Feeling extremely cautious is meaningful because I am not taking unnecessary risks.

or just conclusions. PRUDENT suggests exercise of the restraint of sound practical wisdom and discretion. SENSIBLE applies to action guided and restrained by good sense and rationality. SANE stresses mental soundness, rationality, and levelheadedness.

¹¹¹ WITTY, HUMOROUS, FACETIOUS, JOCLAR, JOCOSE mean provoking or intended to provoke laughter. WITTY suggests cleverness and quickness of mind. HUMOROUS applies broadly to anything that evokes usually genial laughter and may contrast with witty in suggesting whimsicality or eccentricity. FACETIOUS stresses a desire to produce laughter and may be derogatory in implying dubious or ill-timed attempts at wit or humor. JOCLAR implies a usually habitual fondness for jesting and joking. JOCOSE is somewhat less derogatory than FACETIOUS in suggesting habitual waggishness or playfulness.

Zany: I feel kooky. I feel like one who acts the buffoon to amuse others. I act very eccentrically. Furthermore, I feel daffy, fatuous, feather-headed, half-baked, harebrained, kooky, foolish, half-baked,




Zeal: I have an eagerness and ardent interest in the pursuit of my goals. I have energy, spirit, zest, fierceness, intensity, vigor, avidity, keenness, readiness, urgency, earnestness, seriousness, and sincerity in expressing my purpose. A sense of zeal expands my uniqueness because I am eager to experience my purposefulness.

Zestful: I feel zestful, eagerness, enthusiasm, passion, zeal, delight, enjoyment, pleasure, satisfaction, bliss, ecstasy, and joy. I have a keen enjoyment of my vacation, and I relish happiness, appreciation, and enthusiasm. Feeling zestful expands my uniqueness because I put emotion and energy into my goals.

¹¹² WORRY, ANNOY, HARASS, HARRY, PLAGUE, PESTER, TEASE mean to disturb or irritate by persistent acts. WORRY implies an incessant goading or attacking that drives one to desperation. ANNOY implies disturbing one's composure or peace of mind by intrusion, interference, or petty attacks. HARASS implies petty persecutions or burdensome demands that exhaust one's nervous or mental power. HARRY may imply heavy oppression or maltreatment. PLAGUE implies a painful and persistent affliction. PESTER stresses the repetition of petty attacks. TEASE suggests an attempt to break down one's resistance or rouse to wrath.

Notes:

Unhealthy Anger and Healthy Anger Worksheet

	Negative yet Toxic Emotion	Negative yet Healthy Emotion	Opposite
			
	<p>Toxic Anger: {} I overestimate the extent to which the other person acted deliberately. {} I see malicious intent in the motives of others. {} I see yourself as definitely right; and I see the other person as being wrong. {} I am unable to see the other person's point of view. {} I am plotting to seek to revenge. (Windy Dryden)</p>	<p>Healthy Anger: {} You do not overestimate the extent to which the other person acted deliberately. {} You do not see malicious intent in the motives of others. {} You do not see yourself as definitely right; or the other person is wrong {} You can see the other person's point of view. {} You do not plot to exact revenge.</p>	<p>Satisfied: be adequate to (an end in view) Extreme satisfaction may lead to laziness and feeling bored, and you stop trying.</p>

#1 What does it mean to feel angry?

#2 For you what does anger feel like?

#3 What does your excessive anger look like?

#4 What makes you feel excessively angry?

#5 How can you express your anger, so it doesn't get you into trouble?

#6 How does your excessive anger impact others?

#7 When others are excessive angry how does impact me?

#8 What are some of the possible reasons why mild anger is functional and excessive anger is dysfunctional?

#9. In what situations do you feel satisfied?

#10 In what situations do you need to experience disappointment?





#11 How is Excessive Anger Meaningful?	How is Mild Anger Meaningful?
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#12 Cost Benefit Analysis

Cost of Excessive Anger	Benefit of Mild Anger
Benefit of Excessive Anger	Cost of Mild Anger
How does anger ward off feelings of anxiety?	
How does anger protect my self-esteem?	
My anger trains people to...	
13. Characteristics of Excessive Anger that results in toxic way of expanding your uniqueness.	15. Characteristics of Mild Anger that result in healthy way of expanding your uniqueness.

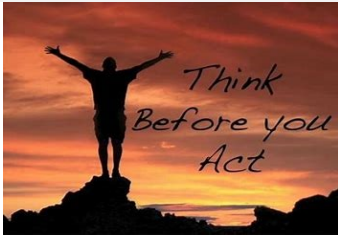
14. Characteristics of Excessive Anger that results in toxic way of restricting your uniqueness.

16. Characteristics of Mild Anger that results in restricting your uniqueness.

Toxic Anger		Fix
1	 <p>I overestimated the extent to which the other person acted deliberately.</p>	Not all behavior is deliberate or intentional because people make mistakes, act carelessly, and are forgetful.
2	 <p>I believe people want to intentionally hurt me. I see malicious intent in the motives of others.</p>	It is difficult to determine another person's motivation when both parties are angry or stressed out. You do not see malicious intent in the motives of others.
3	 <p>I see myself as definitely right, and I see the other person as being wrong.</p> <p>I can't see the other person's point of view.</p>	You do not see yourself as right or the other person as wrong. You can see the other person's point of view.
4	 <p>Plotting to seek to revenge.</p>	There is no profit in revenge (Mr. Spock). You do not plot to exact revenge

Healthy Anger-Action

A



- Healthy **Action**-anger leads to *prudent* action as it does not compel me to act immediately or in short-sighted ways.

C



"YOUR CALL TO ACTION NEEDS TO BE STRONGER. IT'S MORE LIKE A WHISPER TO ACTION."

- Healthy Anger is a **call** to action when the situation goes against my ethical-higher values and my cherished goals.

T



- **Take** actions so that another party's *deplorable steps* do not undermine my goals and attitudinal values and demoralize other people's significant values.

I



- Take **Initiative** that motivates me to take steps to make right a wrong; engage in activities to accomplish my goals or correct social injustice.

O



- **Only Option** - Healthy action-anger can lead to violence, but such violence is limited to self-defense. When violence in self-defense is the only option, it is always in strict proportion to what is sufficient for warding off the attack.

N



- **Non-aggressive** is the ultimate goal-value: Healthy action-anger does not possess the quality of hostility towards a person or a group of people, as in toxic anger. Healthy anger focuses on the transgression and opposes and targets the violation – not the transgressor.

#1. Where have you taken healthy **action** in which anger lead to *prudent* action as it does not compel you to act immediately or in short-sighted ways?

#2. Where were you called to healthy anger when the situation goes against you ethical-higher values and my cherished goals?

#3: When did you take actions so that another party's *deplorable steps* do not undermine your goals, and what attitudinal values did you employed?

#4. Where did you take **initiative** that motivates you to take steps to make right a wrong; engage in activities to accomplish my goals or correct social injustice?

#5. When were you forced to healthy action-anger that led to violence, but such violence is limited to self-defense. When were you defend yourself (emotionally or physically)?

#6. When did you focuses on the transgression and opposes and targets the violation – not the transgressor.

Toxic Anger: Gets Your Juices Going, But in The Wrong Direction

J



- You use poor **judgment** when I experience toxic angry. Poor Judgment is the inability to process information, so I do not form a sound opinion, and I fail to evaluate using with sensitivity and valid (logical) comparisons.

U



- Your toxic anger seems **useful** and justified in the moment of heat, **but** it brings about too many negative consequences.

I



- When I experience toxic angry, I am impulsive. You do not think before I act, which brings about self-defeating behaviors, and the intensity of my toxic anger turns to violence.

C



- Your toxic anger **carries** long-term costs with it, and the price may be too high. For example, I punch the fender of a car, and my wrist is permanently damaged.

E



- You evaluate and devalue another person's uniqueness. You use toxic hurtful name-calling and place toxic global labels on another person, i.e., "You're so stupid!"

S



- Your toxic anger may produce some short-term benefits, but my shortsightedness will cost I in the long run.

A closer examination of toxic anger reveals that the overall utility for productive change is less likely than that of healthy anger. Adapted from the work of Walter J. Matweychuk, Ph.

#1 Where were you when you used poor **judgment**. Not processing information can lead to poor judgment. You did not spend enough time formulating a sound opinion, and you failed to evaluate using with sensitivity and valid (logical) comparisons.


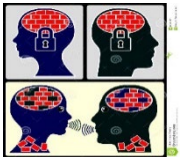

#2. Give a situation when your toxic anger seemed useful and justified in the moment of heat, but it brings about too many negative consequences.

#3. When did you act impulsively, in which you do not think before you acted? What -defeating behaviors emerge, or did the intensity of my toxic anger turn to violence.

#4. In what situation did you evaluate and devalue another person's uniqueness? When did you use hurtful name-calling and place toxic global labels on another person, i.e., "You're so stupid!"

#5. In what situation did you find short-term beneficial, but my shortsightedness will cost you in the long run?

Intolerant increased toxic anger (Index #4)

	Survival Values:	Attitudinal Values: Higher Value	Opposite of Tolerance and Intolerance
Index #4			
1	<p>Toxic Unreasonableness-Intolerance Belief:</p> <p>{ } People should always treat me fairly. { } I can't stand it when people don't act reasonably. { } They are worthless for mistreating me. { } It is okay to be unwilling to endure people different from me. { } I am reluctant to grant equal freedom of expression, especially in political, personal, sexual preferences, and religious matters. { } I am unwilling to give or share social, political, or professional rights with people different from me (Index#4).</p>	<p>Healthy Reasonableness-Being Tolerant Attitudinal Values: I can be reasonable, practical, and tolerant and use my mental processes to discover meaningfulness. I value being sensible, logical, and functional. { } I want to be tolerant of individual and cultural differences. { } I can have flexible beliefs when dealing with another person. { } I can tolerate frustration because this frustration will not last forever, and { } I can learn something new about myself when dealing with stress. { } I can learn new skills that will be difficult and frustrating, but I can tolerate such frustrations. (Index 4) (Healthy Expansion)</p>	<p>Attitudes Related to Feeling Uncertain { } It is appropriate to say, "I just don't know," when you don't know the answer. You can think { } I am unsure of the solution, so I will stay calm and see what the future may bring. { } Feeling uncertain is not having specific knowledge or having unreasonable expectations. { } In mild forms of accepting uncertainty, the phrase "ignorance is bliss" comes to mind.</p>

#1 What are some of the possible reasons why reason and tolerance is more effective than unreasonable and intolerant beliefs?

#i.

#ii.

#2. In what situations do you need to use reasonable and tolerant attitudes?




#3 In what situations do you need to use uncertainty?

#4 How is reactive Intolerance Meaningful?	How is open Reasonableness Meaningful?

#5 Cost Benefit Analysis

Cost of Impulsiveness	Benefit of Being Reflective
Benefit of Impulsiveness	Cost of Being Reflective
#6 How does impulsiveness ward off anxiety?	
#7 How does impulsiveness protect my self-esteem?	
#8 How will others respond to when you act impulsively?	
Toxic of expansion your uniqueness.	Healthy expansion of your uniqueness.
How does toxic intolerance restrict your uniqueness?	How does reasonableness restrict your uniqueness in healthy ways?

Impulsiveness increases toxic anger (Index #3)

	Survival Value	Attitudinal Values:	Opposite of Impulsive and Reflective
Index #3			
1	<p>Toxic Impulsive Behavior: {} I don't care about thinking before I act. {} I believe the consequences or thoughts about the repercussions of my action are of little value to me. {} It is okay to be impulsive, thoughtless, careless, and imprudent. {} I believe that consequences only apply to other people. {} I don't reflect on the full range of implications. {} I don't think about how someone else will feel after I have chosen to act in a certain way. {} I am reacting and not responding. {} I believe my thinking has little to do with my emotional intensity. {} I don't think about the consequence of different courses of action. {} I believe it is okay to disregard the long-term effect of the response I take today. {} I hate doing the arduous task, and I only want to take the "easy way out." (Index 3)</p>	<p>Healthy Reflective Attitudinal Values: I can think before I act (Index 3). {} I feel about the situation and the impact of my actions before I do something. {} I value thinking before I commit myself to a plan. {} I want to consider the facts before I decide. {} I want to be aware of the consequences of my action, but I do not want to be anxious about the future. {} I am more concerned about your future than the immediate one. {} I know I can think before I act. {} I know the full consequences before I venture into an activity. {} I know how to avoid trouble with essential people. (Index 3)</p>	<p>Spontaneous Attitudes: {} You are aware of external constraints and can be spontaneous if socially appropriate. {} You see yourself as being free from worry or excessive concerns of the day. {} Spontaneous implies a lack of prompting and connotes naturalness. {} Spontaneous is proceeding from natural feeling or native tendency without external constraint.</p>

#1 What are some of the possible reasons why reflective attitudes are **more effective than** using impulsive behaviors?

#i.

#ii.

#2. In what situations do you need to use reflective thinking?

#3 In what situations do you need to be spontaneous?

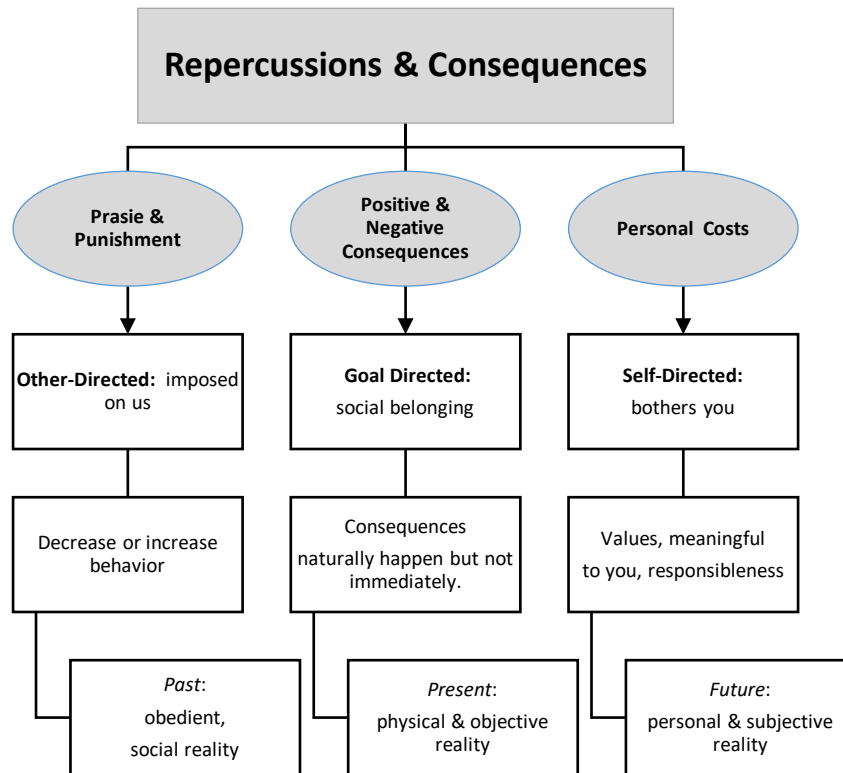
#4 How is Reactive Impulsiveness Meaningful?	How is Reflective Meaningful?
	(

#5 Cost Benefit Analysis

Cost of Impulsiveness	Benefit of Being Reflective
Benefit of Impulsiveness	Cost of Being Reflective
#6 How does impulsiveness wards of anxiety?	
#7 How does impulsiveness protect my self-esteem?	
#8 How will others respond to when you act impulsively?	
How does impulsiveness expand your uniqueness in unhealthy ways?	How does reflective thinking expand your uniqueness in healthy ways? .
How does impulsiveness restrict your uniqueness in unhealthy ways?	How does reflective thinking restrict your uniqueness in healthy ways?

	Praise & Punishment	Positive & Negative Consequences	Personal Cost
1	Punishment is designed to decrease a behavior and usually has short-term effects. It is traditionally based on moral judgment.	You believe that applying logical consequences helps the other person.	You want to help yourself. You have a healthy combination of “rational self-interest” and social interests.
2	Reward: You want change, cure, or correct that person.	Logical Consequences focus on choices and goals, and it has little to no relationship to moral judgment.	Costs hurt you in the long run. Costs are based on your values, choices, and chosen moral code.
3	Reward involves power and authority over another person; imposed on you; usually control issues.	You experience the unpleasantness of your actions, but the result is arranged by someone in charge, such as a parent, boss, etc.	Personal costs are not punishments but could be natural or logical consequences. In personal costs, your actions only bother you. For instance, your conflicts could lead to feelings of loneliness, which only bother you.
4	Past: focuses on history. When you focus on the past, you punish the person for “what you did.”	Present: Focuses on present behavior and actions, usually something you “did.” Concerned about what will happen now.	Future: Personal Costs focus on your future behavior. They focus on long-term goals as well as your short-term goals.
5	Others directed; (“They made me.”) Based on the idea that other people are controlling you.	Goal Directed: Logical consequences teach another to be self-directed. What goals will you accomplish?	Self-directed; based on self-control. Based on realistic and rational goals, you have chosen constructive goals.
6	Punishment encompasses demanding obedience. It implies the other person is incapable of taking on responsibilities.	Applying consequences demonstrates you believe the other person can control his or her feelings, behaviors, and actions.	You can control your physical reactions (calm yourself down), you know your thinking is related to your emotional responses, and know you have the social skills to maintain a healthy sense of respect.
7	Praise & Reward: You disregard your physical world and health, your emotional and psychological life. Person rewarding disregard the other person's health, etc.	Logical consequences are based on safety principles.	You are thinking about your sense of physical self, emotional self, and social self. You see that the cost of that behavior or that way of thinking may harm your physical and emotional health.
8	Praise & Reward: Extrinsic Motivation: Something is taken away from you, or something is not given to you. You take something away to change another person's behavior.	Logical Consequence: People impose a consequence on you. You need to connect the consequence logically to their behavior.	A cost is a penalty you pay, and you personally lose something, and you will lose something personally in the long run and weaken your self-sentiment.
9	Punishment involves threats and retaliation. You think threatening or getting back at another person will change his/her choices and decisions.	Consequences maintain order and stability. Logical consequences express the reality of social other. Focus on an immediate result.	You want to see the full range of consequences. You will personally lose something in the long run or will weaken your self-sentiment.
10	Punishment tells people that you lack confidence in them, they cannot be trusted, and you have little concern for them.	The purpose of following through on consequences is that it increases responsible behavior. Getting along with others is a two-way street.	When you use personal cost to control your behavior, you show self-confidence, self-control, and collaborative certainty, and you are reflective about concern for yourself, others, and the community.
11	Punishment: You assume people can't think for themselves. When you punish someone, you are training that person to mistrust you.	If you don't understand the entire situation, know the personal costs or every aspect of the social reality is that people will impose consequences on you.	Personal Costs help you to focus on what you can learn from the situation. You can learn from your past mistakes, so don't deny your past mistakes. Personal Costs emphasize independent thinking and rational thoughts.
12	Punishment includes demanding obedience, and implies the other person is incapable of taking on responsibilities	Knowing the consequences implies you need to know the rules and keep the promises you make. You are willing to repair broken promises and accept others trying to repair broken promises.	You take responsibility for what happens to you and what does not happen to you. You use unconditional self-acceptance when dealing with personal costs.
13	Punishment: You tell people that they can't be reliable, receptive, realistic, rational, responsive, or reasonable.	Logically, you connect consequences to social reality. You state your preferences in a friendly-calm manner...	Costs are the natural consequences of your social reality, but costs are personal and private. No one may know the individual costs you will pay.
14	Punishment disregards your values, and emotional life.	Logical consequences are annoying/distasteful but not harmful	Personal Costs impact your physical world, emotional (psychological) world, and social world.
15	Punishment: When you punish people you assume that person is not reliable, receptive, realistic, logical, responsive, or reasonable.	A “Natural Consequence” is a natural occurrence that follows the laws of physics and is observed in your social reality.	You presuppose you are reliable, receptive, realistic, rational, responsive, and reasonable.
16	You assume people can't think for themselves. When you punish someone, you are training that person to mistrust you. You believe the other person has limited self-control.	Teaches you to be more reliable, receptive, realistic, responsive, and rational through logical reasoning and experiencing the logical consequences. You are rating deeds, not the doer. (Social Consequences)	You see several costs of being unreliable, untrustworthy, stubborn, unrealistic, illogical, irrational, and unresponsive, irresponsible. (Interpersonal)

Worksheet: Praise and Punishment – Positive and Negative Consequences – Personal Cost



With toxic self-respect, you don't see the consequences of your actions.

#1: List three reasons why knowing consequences is important.




#2. Why is important to know the diverse types of consequences?

#3. How are other-directed consequences different from goal-directed consequences?

#4 How are personal cost is similar to goal directed consequences?

#1 I only focus on Praise & Punishment. <i>Past</i> , Other-Directed, imposed on me. The purpose is to decrease or increase behavior. When will praise or punishment fail?
#2 What are the problems with not being concerned about negative consequences:
#3 <i>Present</i> : Goal Directed-social belonging. What are the problems of not caring about physical and objective reality?
#4 What difficulties will emerge if I don't see personal and I'm not self-directed. What's wrong with only focusing on what bothers me.
#5 How are praise and punishment different from positive and negative consequences?
#6 What is the downside of reward, praise, and punishment?
#7 Why do praise and punishment focus on the past, and positive and negative consequences concentrate on the here and now?
#8 What is the negative-toxic feeling associated with personal costs?

Caring: Being Reliable and Trustworthy – Caring vs. Selfish. (Index #2)

	Survival Value	Attitudinal Values:	Opposite of Selfishness and Reliability
Index #2			
1	<p>Toxic Selfishness Values: {} I don't value or care about others and only want to do what I want! {} I disregard another person's wishes. {} I do not care about others and value only what I want to do. {} I can do anything I want – when I want to! {} I must get my way because I <i>should</i> be able to do anything I want. {} I don't have to follow the rules. {} I have a tough time adhering to structure, such as adhering to a routine, regulations, and people assigning roles to me. For example, at work, you are not the boss and have no authority. {} I go around telling people what to do. {} I exclusively care about myself (Index #2).</p>	<p>Healthy Reliability Attitudinal Values: I can care about and value being dependable, and I want people to take me seriously. {} People can trust me, and I know when to distrust and trust people. {} I value being reliable. {} I want people to take me seriously. {} I know that people see me as dependable. {} I know people can count on me, and I want to count on others. {} I want to help people and accept people helping you. {} I see the value of rules. {} I keep my promises, and I can repair my broken promises. {} I keep my agreements, and I can negotiate with others. {} I tell the truth and accept the consequences of my actions. {} I can readily show regret and experience remorse. (Index #2) (Healthy Restriction of my uniqueness)</p>	<p>Carefree Attitudes: {} You value being free from care and having no worries or troubles. You want to be carefree, lighthearted, and happy-go-lucky in certain situations. {} When you want to be carefree, you are neither overly concerned nor worried about a situation. {} You are not mean or judgmental of others. {} You are free from care, and presently, you have no worries or troubles. {} You are free from anxiety or responsibility.</p>

#1 What are some of the possible reasons why being reliable is more effective than selfish beliefs?

#i.

#ii.

#2. In what situations do you need to be reliable and get things done on time?




#3 In what situations do you need to be carefree?

#4 How Reactive Selfness Meaningful?	How is Reliable Meaningful?

#5 Cost Benefit Analysis

Cost of Selfishness	Benefit of Reliable
Benefit of Selfishness	Cost of Reliable
How does selfishness wards of anxiety?	
How does selfishness protect your self-esteem?	
How are you training people to treat you when you are selfishness?	
How does toxic selfishness expands your uniqueness in unhealthy ways? .	How does healthy reliability expand of your uniqueness?
How does toxic selfishness restrict your uniqueness in unhealthy ways?	How does healthy reliability restrict of uniqueness?

Trust

	Mode: Survival	Attitudinal Values:	Opposite
			
1	<p>Distrust-Mistrust Mistrust is when there is a degree of growing uncertainty and fear the other person will hurt or cheat me. There is uneasiness, and I feel tense.</p> <p>Distrust is when my beliefs are based on well-grounded suspicion that the other person is not dependable, the person is disloyal and is unfaithful. Suspiciousness is a state of mental uneasiness and uncertainty. I suspect something is wrong, but I don't have any proof.</p>	<p>Trust Confident Level: I have <i>faith and trust</i> in the other person. I know they are honest and sincere with me. I don't need any proof when they tell me something.</p> <p>Trustworthy Level: <i>I feel confident</i> that the other person will not hurt or cheat me. Other people keep their promises, maintain agreements, and show healthy regret and remorse. I believe the person is worthy of my trust.</p>	<p>Feeling Independent: Unconcerned about others being dependable.</p> <p>not dependent: not subject to control by others, self-governing</p> <p>not requiring or relying on something else, your action not contingent on what other people do.</p>

#1 What are some of the possible reasons why being trusting is more effective than mistrusting others?

#i.

#ii.

#2. In what situations do you need to trust others?









#3 In what situations do you need to feel independent?

#4 How Reactive Distrust Meaningful?	How is Trust Meaningful?
--------------------------------------	--------------------------

#5 Cost Benefit Analysis

Cost of Being Distrustful	Benefit of Trusting others
Benefit of Distrustful	Cost of Trusting Others
How does distrust ward of anxiety?	
How does trust protect your self-esteem?	
How are you training people to treat you when you are distrustful?	
How Toxic mistrust expand your uniqueness.	Healthy trust expands your uniqueness.
Toxic mistrust restricts your uniqueness.	healthy trust restricts your uniqueness.

Trust

Establishing Trust		Re-Establishing Trust	
<p>Healthy Trust is having confidence and faith that the person will do the right thing at the right time.</p>		<p>Healthy Apology versus Nonacceptance of the other person's negative feelings. Healthy apology is an admission of error accompanied by an expression of regret.</p>	
<p><i>Can I Trust You?</i></p>		<p><i>Will You Accept My Apology?</i></p>	
<p>P</p>	 <p>Keeping your Promises: Following the Rules and Not Bending the Rules</p>	<p>R</p>  <p>Constructively Repairing Broken Promises: I'm sorry and how can I make it up to you?</p>	
<p>A</p>	 <p>Keeping your Agreements: There is an exchange of time, money, resources, or activities.</p>	<p>R</p>  <p>Constructively Renegotiating New Agreements Give the other person three or four options so that person can make the choice.</p>	
<p>R</p>	<p>Being Reliable: The other person can count on you; you are dependable and accountable for your actions.</p> 	<p>R</p>  <p>Showing Healthy Regret: Saying you're sorry, but it could happen again, e.g., you are late because you got a flat tire. sorrow aroused by circumstances beyond your control or power to repair. "I'm sorrow, but it could happen again." (Toxic Shame)</p>	
<p>T</p>	 <p>Telling the Truth: You accept the consequences of your actions.</p>	<p>R</p>  <p>Feeling Healthy Remorse: Saying you are sorry, and you'll never do it again. A sense of healthy guilt and accept appropriate level of responsibility for past wrongs. "I did a dreadful thing, and I will never do it again." (Toxic Guilt)</p>	

What is the difference between a promise and an agreement?

What is the difference between regret and remorse?

How do you repair a broken promise?

How do you renegotiate new agreements?

Exercise: You look at the footnotes, which list synonymous for a feeling word such as courage. You'll see courage includes mettle, spirit, resolutions, and tenacity, which all mean resisting hardship.

COURAGE, METTLE, SPIRIT, RESOLUTION, TENACITY mean mental or moral strength to resist opposition, danger, or hardship.

COURAGE implies firmness of mind and will in the face of danger or extreme difficulty.

METTLE suggests an ingrained capacity for meeting strain or difficulty with fortitude and resilience.

SPIRIT also suggests a quality of temperament enabling you to hold to your morale when opposed or threatened.

RESOLUTION stresses firm determination to achieve one's ends.

TENACITY adds to RESOLUTION implications of stubborn persistence and unwillingness to admit defeat.

	Courage is...	What is your spirit in the context of courage?
	How does courage differ from spirit?	
	How is courage meaningful?	How is spirit meaningful?
	What are the costs of courage?	What are the costs of your spirit?
	What are the benefits of courage?	What are the benefits of exercising your spirit?
	How does courage help you accept your vulnerabilities?	How does spirit help you accept your vulnerabilities?
	How does courage help you ward off anxiety?	How does your spirit help you ward off anxiety?
	How does courage restrict your uniqueness?	How does your spirit restrict your uniqueness?
	How does courage expand your uniqueness?	How does your spirit expand your uniqueness?

ABANDON, DESERT, FORSAKE mean to leave without intending to return. ABANDON suggests that the thing or person left may be helpless without protection.

DESERT implies that the object left may be weakened but not destroyed by one's absence.

FORSAKE suggests an action more likely to bring impoverishment or bereavement to that which is forsaken than its exposure to physical dangers.

Forsaken (verb)

	Feeling abandon is...	What is your spirit in the context of forsaken?
	How does abandon differ from forsaken?	
	How is abandon meaningful?	How is forsaken meaningful?
	What are the costs of feeling abandon?	What are the costs of feeling forsaken?
	What are the benefits of feeling abandon?	What are the benefits of feeling forsaken?
	How does feeling abandon help you accept your vulnerabilities?	How does feeling forsaken help you accept your vulnerabilities?
	How does feeling abandon help you ward off anxiety?	How does your feeling forsaken help you ward off anxiety?
	How does feeling abandon restrict your uniqueness in healthy ways?	How does feeling forsaken restrict your uniqueness in healthy ways?
	How does feeling abandon expand your uniqueness in healthy ways?	How does feeling forsaken expand your uniqueness in healthy ways?

CALM, TRANQUIL, SERENE, PLACID, PEACEFUL mean quiet and free from disturbance.

CALM often implies a contrast with a foregoing or nearby state of agitation or violence.

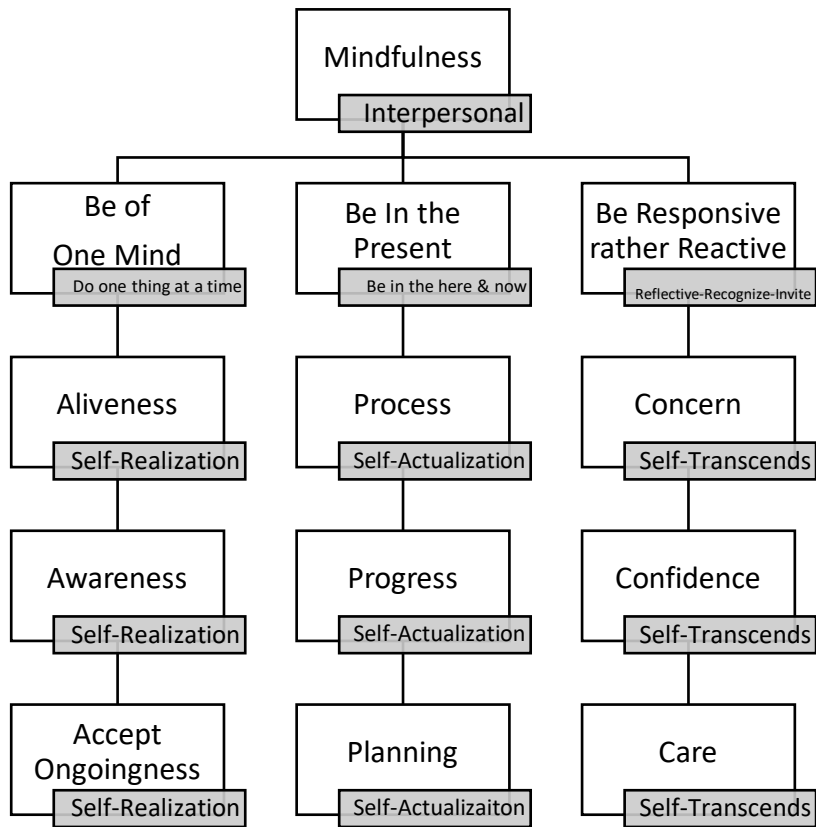
TRANQUIL suggests a very deep quietude or composure.

SERENE stresses an unclouded and lofty tranquility.

PLACID suggests an undisturbed appearance and often implies a degree of complacency.


PEACEFUL implies a state of repose in contrast with or following strife or turmoil.

	Feeling calm is...	What are feeling in the context of feeling peacefulness?
	How does feeling calm differ from feeling peaceful?	
	How is feeling calm meaningful?	How is peacefulness meaningful?
	What are the costs of feeling calm?	What are the costs of peacefulness?
	What are the benefits of feeling calm?	What are the benefits of peacefulness?
	How does feeling calm help you accept your vulnerabilities?	How does peacefulness help you accept your vulnerabilities?
	How does feeling abandon help you ward off anxiety?	How does your peacefulness help you ward off anxiety?
	How does feeling calm restrict your uniqueness in healthy ways?	How does feeling peacefulness restrict your uniqueness in healthy ways?
	How does feeling calm expand your uniqueness in healthy ways?	How does peacefulness expand your uniqueness in healthy ways?



Anxiety

Anxiety from Concern Worksheet

Negative yet Toxic Emotion	Negative yet Healthy Emotion	Opposite
		
<p>Toxic Anxiety: {} <i>I have to be overly concerned about the threats in my life and {} I believe I can't control those threats.</i> {} When I feel worried and tense {} I overestimate the negative features of the threat, {} I underestimate my ability to cope with the threat. {} I create an even more negative threat in my mind, {} I have to have more task-irrelevant thoughts than concern,</p>	<p>Healthy Concern: {} You view the threat realistically. {} You realistically appraise my ability to cope with the threat. {} You don't have to create an even more negative threats in my mind (if I lose my job, I get disapproval forever), {} You won't be homeless, and no one is looking down at I {} And if they look down at I, I can realize they're in Survival Value and {} You can be resilient and stay calm.</p>	<p>Healthy Tension: as in a movie – building suspense. feeling good after a strenuous workout. Unhealthy Tension: irritable, to provoking impatience, toxic anger, chronic annoyance. Unhealthy tension can lead to hyper-tension or be a sign of hyper-tension.</p>

#1 What is feeling anxious mean to you?

#2 What does my feeling of anxiety feel like?

#3 What does my feeling excessive concern look like?

#4 What makes me feel feeling excessive concern?

#5 How can I express my feelings of anxiety, so it doesn't get me into trouble?

#6 How does my feeling excessive concern and anxiety impact others?

#7 How does the feeling anxiety of other people impact me?

#8 What are some of the possible reasons why concern attitudes are more functional than anxiety beliefs?

#9. In what situations do you need to be concerned??

#10 In what situations do you need to experience healthy tension?

#11 How is Anxiety Meaningful?	How is Addressing your Concerns Meaningful?

#12 Cost Benefit Analysis

Cost of Anxiety	Benefit of Addressing Your Concern
Benefit of Anxiety	Cost of Addressing Your Concern
Feeling protects my self-esteem by...	
Feeling anxious avoids my real concerns.	
When I'm anxious I train people to...	
Anxiety expands my uniqueness in unhealthy ways	Addressing my concerns expands my uniqueness by...
Anxiety restricts my uniqueness in unhealthy ways.	Addressing my concerns restricts my uniqueness by...

Worksheet:



What role does compulsive extreme evaluations and worrying play in your life? Do you withdraw physically or mentally from the threat?

How does anxiety interfere with your sense of choice? Do you ward off the threat with superstitious thinking or avoidance? Do you self-medicate to water off the threat:

How will compulsive extreme evaluations and worrying make change difficult? Do you face up to the threat and deal with the threat constructively or do you seek reassurance from others?

How will compulsive extreme evaluations and worrying interfere with your ability to self-correct? Do you realistically appraise your abilities to cope with the threat?

Depression Worksheet

<p>Depression</p> 	<p>Healthy Sadness</p> 	<p>Content</p>
<p>Sadness > Depression: Feeling Content is the opposite of feeling sad and the opposite of feeling depressed</p>		
<p>1 {} I believe that I “can’t win” leads to devaluation because I am judging myself as worthless if I don’t win. This form of thinking leads to depression. {} I think I will <i>never</i> be good at anything. {} If I believe I can’t win, then I won’t be so disappointed when I finally do loose. {} However, if I win, then I’ll blame it on luck. {} I only see negative aspects of the loss or failure. {} I think of other losses and failures that I have experienced. {} I think I am unable to help myself (helplessness). {} I only see pain and gloom in the future (hopelessness). (Windy Dryden)</p>	<p>{} You want to think "hard work and persistence will increase your chances of succeeding." {} You want to accept reality and see mistakes as a natural process of learning. {} Accepting reality, while not liking it, will help you because you can express your concern and have an opportunity to use healthy behaviors to deal with my disappointments or feelings of sadness. {} You would like be perfect if you would be immune to not winning but you are not. {} It is possible for you to experience sadness and disappointment and have to get used to those feelings without liking them. (Windy Dryden)</p>	<p>Contented: feeling or showing satisfaction with your possessions, status, or situation; happy, joyful, joyous; blithe, inspired, uplifted.</p> <p>Extreme: not caring, contended but other people are hurting. Indifference, coldness, callousness,</p>

What is feeling down (Depression)?

What does my Feeling Down feel like?

What does my Feeling Down look like?

What makes me feel Down and Depressed?

How can I express my Feeling Down, so it doesn’t get me into trouble?

How does my Feeling Down impact others?

How does Feeling Down of other people impact me?

<p>#11 How is Feeling Down Meaningful?</p>	<p>#12 How is Mild Sadness Meaningful?</p>
<p>#13 Cost Benefit Analysis</p>	
<p>Cost of Feeling Down</p>	<p>Benefit of Sad</p>
<p>Benefit of Feeling Down</p>	<p>Cost of Sad</p>
<p>How does feeling down protect your self-esteem?</p>	
<p>How does feeling “down” ward off anxiety?</p>	
<p>Feeling down trains people to treat you like...</p>	
<p>14. Characteristics of Feeling Down results in unhealthy way of expanding your uniqueness.</p>	<p>16. Characteristics of Sad that result in healthy way of expanding your uniqueness.</p>
<p>15. Characteristics of Feeling Down that results in toxic way of restricting your uniqueness.</p>	<p>17. Characteristics of Sad that results in restricting your uniqueness.</p>

pleasure and control over others, you feel helpless and hopeless, resulting in depression.

Depression and Intentionality	
Not Having a Sense of Choice	Whenever you feel that you do not have a sense of choice, you are likely to withdraw from others and reduce your social interaction with them. You focus on your failures, losses, and underserved plights; feelings of helplessness, hopelessness, and worthlessness increase; you see your life as useless, pointless, and meaningless. Frequently, you feel unwanted, unacceptable, inferior, and inadequate, and you have an increased sense of self-doubt. You believe you can't work on your feelings. If you become upset, you think something is wrong with you because you feel sad – you should always be happy – you believe you cannot express what has happened to you.
Resisting and/or Refusing to Change	When you are depressed, you tend to ruminate about the reasons and causes of this depression. You tend to avoid thinking about what you are "responsible for..." You believe you are too dependent on others to solve your problems, making you weak and inferior. It is as if you are overly reliant on them to become better, but you do not get better. As the sense of self-pity increases, you may lament your fate, hoping that someone will make it better for you; you may believe that you cannot change the environment with your feelings of depression; and you may respond to your feelings of depression with self-destructive actions, such as self-medication and self-destructive behaviors.
Not Self-Correcting	You believe you cannot correct your thinking and behaviors and must improve your skills to cope with the situation better. In your mind, loss, failure, or the plight of the underserved are only negative aspects; pain and blackness are the only things you see in the future; you experience only the negative side of loss, failure, and the underserved; you cannot help yourself. You consider yourself dependent on others; you see yourself as being disconnected from others, and you know the world is full of unfairness; you are often in a state where you cannot do anything.

Worksheet:


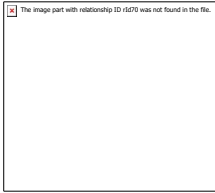

#1. What role does seeking power and pleasure and depression play in your life? Do you only see the negative aspects of the loss or failure?
#2. How does depression and feeling down interfere with your sense of choice? Do you think of other losses and failures that you have experienced? Do you only see the pain and hopelessness of the future?
#3. How will seeking power and pleasure and depression make change difficult? Do you see both negative and positive aspects of loss or failure? Do you seek help and support while grieving? Can you see the future with hopefulness?

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#4. How will seeking power and pleasure and depression interfere with your facility to self-correct? Do you express your thoughts and feelings about the loss of failure to significant others? Do you seek out reinforcements after a period of mourning?

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Feeling Helpless

	Survival Value: 		
		Attitudinal Values	Opposite of
1	Toxic Helplessness: I feel helpless, and I can't protect myself or get support from others. I feel defenseless. I am marked by an inability to act or react, and I am not able to control or restrain my negative emotions. I feel helpless. I believe I am no good. I feel timid and inferior to others. I feel doomed. I have no talents. I am inadequate. No one respects me. I am inferior to others, and I feel like a victim (Ps).	Healthy Feeling Competent: I can develop my skills in this specific situation. I am a competent person, and I am dependable. I feel equal to others, and I do worthwhile activities. I consider myself as a good, dependable, and smart as others. I am interested in developing my cognitive and verbal abilities.	Enjoyment: I don't feel helpless, inadequate, or esteemed. I enjoy doing activities because it's fun and, I like doing things with other people.

#1 What are some of the possible reasons why feeling competent is **more effective than** using feeling helpless?

#i.

#ii.

#2. In what situations do you need to believe in yourself?

#3 In what situations do you to enjoy yourself?

#4 How is feeling helpless Meaningful?	#5 How is feeling competent Meaningful?

#6 Cost Benefit Analysis

Cost of feeling helpless	Benefit of feeling competent
Benefit of feeling helpless	Cost of feeling competent

How does feeling helpless ward off my feelings of anxiety?
?

How does feeling helpless protect my self-esteem?

What am I training people to treat me like when I act helpless?

#7 Feeling helpless is an toxic way to expand your uniqueness.	#9 Feeling competent is a healthy way of expanding your uniqueness.
#8 Feeling helpless is an toxic way of restricting your uniqueness.	#10 Feeling competent is a healthy way of restricting your uniqueness.

Feeling Hopelessness: My Life is Meaningless

	Survival Value:	Attitudinal Values	Opposite of
1	Hopelessness (D2) {} I feel hopeless. {} I feel my life is meaningless. I feel empty & meaningless. {} I feel hopeless. {} I feel disgusted. {} Life is too painful. {} I have no future. {} I feel my life is empty. {} I'm easily bored. {} I don't expect to be successful. I feel despairing. I am not susceptible to remedy or cure. {} I am incapable of redemption or improvement. {} I feel desperate. {} I am incapable of solution, management, or accomplishment.	I have meaning or purpose SIGNIFICANT	Encouraged, positive, optimistic, confident

#1 What are some of the possible reasons why feeling competent is **more effective than** using feeling helpless?

#i.

#ii.

#2. In what situations do you need to believe in yourself?

#3 In what situations do you to enjoy yourself?

#4 How is feeling helpless Meaningful?	#5 How is feeling competent Meaningful?

#6 Cost Benefit Analysis

Cost of feeling helpless	Benefit of feeling competent
Benefit of feeling helpless	Cost of feeling competent
How does feeling helpless ward off my feelings of anxiety?	
?	
How does feeling helpless protect my self-esteem?	
What am I training people to treat me like when I act helpless?	
#7 Feeling helpless is an toxic way to expand your uniqueness.	#9 Feeling competent is a healthy way of expanding your uniqueness.
#8 Feeling helpless is an toxic way of restricting your uniqueness.	#10 Feeling competent is a healthy way of restricting your uniqueness.

