

## My Negative Emotions and Thoughts

Area in which I feel these emotions:				
EMOTION ("I Feel...")	BELIEF/THOUGHT/WHAT I TELL MYSELF ("I'm telling myself...")			
<input type="checkbox"/> <b>Unloved</b> <input type="checkbox"/> Abandoned <input type="checkbox"/> Cut off <input type="checkbox"/> Defeated <input type="checkbox"/> Discouraged <input type="checkbox"/> Empty <input type="checkbox"/> Insecure <input type="checkbox"/> Lifeless <input type="checkbox"/> Listless	<input type="checkbox"/> Lonely <input type="checkbox"/> Numb <input type="checkbox"/> Rejected <input type="checkbox"/> Resigned <input type="checkbox"/> Unimportant <input type="checkbox"/> Useless <input type="checkbox"/> Vulnerable <input type="checkbox"/> Weak <input type="checkbox"/> Worthless	<input type="checkbox"/> "I can't" <input type="checkbox"/> "I can't win" <input type="checkbox"/> "I don't care anymore" <input type="checkbox"/> "I don't count" <input type="checkbox"/> "I don't know how" <input type="checkbox"/> "I don't matter" <input type="checkbox"/> "I give up" <input type="checkbox"/> "I'm doomed" <input type="checkbox"/> "How could you..."	<input type="checkbox"/> "I'm useless" <input type="checkbox"/> "I'm worthless" <input type="checkbox"/> "I'm not good enough for you" <input type="checkbox"/> "You don't love me" <input type="checkbox"/> "Nobody loves me" <input type="checkbox"/> "You don't care" <input type="checkbox"/> "Nobody cares" <input type="checkbox"/> "You don't want me" <input type="checkbox"/> "I'm not needed anymore"	<input type="checkbox"/> "Nobody wants me" <input type="checkbox"/> "I'll never love again" <input type="checkbox"/> "What's wrong with me" <input type="checkbox"/> "I might as well die" <input type="checkbox"/> "I'll never..." <input type="checkbox"/> "I'm not good enough" <input type="checkbox"/> "I'll just leave" <input type="checkbox"/> "Don't touch me" <input type="checkbox"/> Other (on back)
<input type="checkbox"/> <b>Insufficient</b> <input type="checkbox"/> Bored <input type="checkbox"/> Disappointed <input type="checkbox"/> Dissatisfied <input type="checkbox"/> Disheartened <input type="checkbox"/> Dismayed <input type="checkbox"/> Disillusioned <input type="checkbox"/> Doubtful <input type="checkbox"/> Failure <input type="checkbox"/> Frustrated <input type="checkbox"/> Gloomy <input type="checkbox"/> Grief <input type="checkbox"/> Helpless	<input type="checkbox"/> Hopeless <input type="checkbox"/> Inadequate <input type="checkbox"/> Indecisive <input type="checkbox"/> Inferior <input type="checkbox"/> A loss <input type="checkbox"/> Pessimistic <input type="checkbox"/> Powerless <input type="checkbox"/> Regretful <input type="checkbox"/> Sad <input type="checkbox"/> Unhappy <input type="checkbox"/> Unmotivated <input type="checkbox"/> Weary	<input type="checkbox"/> "It'll never work" <input type="checkbox"/> "It's a dead end" <input type="checkbox"/> "It's too hard" <input type="checkbox"/> "Let it wait" <input type="checkbox"/> "Poor me" <input type="checkbox"/> "Why bother" <input type="checkbox"/> "No way out" <input type="checkbox"/> "No use, why try" <input type="checkbox"/> "What's the use" <input type="checkbox"/> "Why try anymore" <input type="checkbox"/> "What if I fail?" <input type="checkbox"/> "I can't do it right" <input type="checkbox"/> "I can't do it myself"	<input type="checkbox"/> "I can't live without you" <input type="checkbox"/> "There's nothing to live for anymore" <input type="checkbox"/> "What's the point of living" <input type="checkbox"/> "No way, forget about it" <input type="checkbox"/> "No matter what I do..." <input type="checkbox"/> "I'll do it tomorrow" <input type="checkbox"/> "I might as well give up" <input type="checkbox"/> "I've come to the end" <input type="checkbox"/> "I've lost everything" <input type="checkbox"/> "I'll never get it right" <input type="checkbox"/> "I can't do anything about it" <input type="checkbox"/> "It's all over for me"	<input type="checkbox"/> "It's over" <input type="checkbox"/> "I'm so stupid" <input type="checkbox"/> "It's not fair" <input type="checkbox"/> "Why me?" <input type="checkbox"/> "I'm a victim" <input type="checkbox"/> "I'm a failure" <input type="checkbox"/> "It's no use" <input type="checkbox"/> "It's too late" <input type="checkbox"/> "I'll never recover" <input type="checkbox"/> "Nothing works" <input type="checkbox"/> Other (on back)
<input type="checkbox"/> <b>Guilty</b> <input type="checkbox"/> Ashamed <input type="checkbox"/> Embarrassed <input type="checkbox"/> Regret <input type="checkbox"/> Shame <input type="checkbox"/> Sorrow		<input type="checkbox"/> "I could never show my face" <input type="checkbox"/> "Why did I do that" <input type="checkbox"/> "How could I do that" <input type="checkbox"/> "I'm terrible" <input type="checkbox"/> "I'm awful" <input type="checkbox"/> "I'm not worth living" <input type="checkbox"/> "I'm in hot water now" <input type="checkbox"/> "I should..."	<input type="checkbox"/> "I'm such a bad person" <input type="checkbox"/> "You might as well hang me" <input type="checkbox"/> "How could I do such a thing" <input type="checkbox"/> "I'm a sorry example of a human being" <input type="checkbox"/> "If you ever found out..." <input type="checkbox"/> "You'll never forgive me" <input type="checkbox"/> "There must be something wrong with me"	<input type="checkbox"/> "I'm so sorry" <input type="checkbox"/> "I'm so bad" <input type="checkbox"/> "I could be in a lot of trouble" <input type="checkbox"/> "Why would anyone want to be with me" <input type="checkbox"/> "I'm defective" <input type="checkbox"/> Other (on back)
<input type="checkbox"/> <b>Afraid</b> <input type="checkbox"/> Alarmed <input type="checkbox"/> Anxious <input type="checkbox"/> Apprehensive <input type="checkbox"/> Cautious <input type="checkbox"/> Desperate <input type="checkbox"/> Disturbed <input type="checkbox"/> Dread <input type="checkbox"/> Exposed <input type="checkbox"/> Frantic <input type="checkbox"/> Vulnerable <input type="checkbox"/> Worried	<input type="checkbox"/> Intimidated <input type="checkbox"/> Nervous <input type="checkbox"/> Panicky <input type="checkbox"/> Paralyzed <input type="checkbox"/> Restless <input type="checkbox"/> Rushed <input type="checkbox"/> Scared <input type="checkbox"/> Suspicious <input type="checkbox"/> Terrified <input type="checkbox"/> Threatened <input type="checkbox"/> Trapped	<input type="checkbox"/> "Crisis after crisis!" <input type="checkbox"/> "I don't want it to change" <input type="checkbox"/> "I have to get you before you get me" <input type="checkbox"/> "I'm not OK" <input type="checkbox"/> "I'm not enough" <input type="checkbox"/> "I'm not safe" <input type="checkbox"/> "I'm trapped, there is no way out" <input type="checkbox"/> "What if _____" <input type="checkbox"/> "What if I fail" <input type="checkbox"/> "It's not safe"	<input type="checkbox"/> "I've got to hide, disaster is looming" <input type="checkbox"/> "I can't let you find me out" <input type="checkbox"/> "I have to get it right or you will kill me" <input type="checkbox"/> "It is safer to stay still and not take any chances" <input type="checkbox"/> "I'm confused and I don't know what to do, so I better not do anything" <input type="checkbox"/> "What if you don't like me" <input type="checkbox"/> "What if I make a fool of myself" <input type="checkbox"/> "What will they think of me"	<input type="checkbox"/> "What if I get fired" <input type="checkbox"/> "What if I get into trouble" <input type="checkbox"/> "You're out to get me" <input type="checkbox"/> "What will you think of me" <input type="checkbox"/> "It's closing in around me" <input type="checkbox"/> "I'm so confused" <input type="checkbox"/> "It's so confusing that I just can't move" <input type="checkbox"/> "What if I make a mistake"

<input type="checkbox"/> <b>Confused</b> <input type="checkbox"/> Bewildered <input type="checkbox"/> Disillusioned <input type="checkbox"/> Disoriented <input type="checkbox"/> Distrustful <input type="checkbox"/> Doubtful <input type="checkbox"/> Dumbfounded	<input type="checkbox"/> Lost <input type="checkbox"/> Mixed up <input type="checkbox"/> Perplexed <input type="checkbox"/> Pessimistic <input type="checkbox"/> Shy <input type="checkbox"/> Uncertain <input type="checkbox"/> Unsure	<input type="checkbox"/> "What is happening to me" <input type="checkbox"/> "Why is this happening to me" <input type="checkbox"/> "This is not the way I thought it would be" <input type="checkbox"/> "I can't trust anyone" <input type="checkbox"/> "I'll never work it out"	<input type="checkbox"/> "It's the same thing over and over" <input type="checkbox"/> "Why did she do that" <input type="checkbox"/> "Why did he do that" <input type="checkbox"/> "What is going on" <input type="checkbox"/> "How can this be happening" <input type="checkbox"/> "Is this what I have to look forward to?"	<input type="checkbox"/> "I thought it was going to be different" <input type="checkbox"/> "It'll never work out"
<input type="checkbox"/> <b>Self-Centered</b> <input type="checkbox"/> Aloof <input type="checkbox"/> Arrogant <input type="checkbox"/> Blaming <input type="checkbox"/> Distant <input type="checkbox"/> Dominating <input type="checkbox"/> Demanding <input type="checkbox"/> Haughty <input type="checkbox"/> Moralistic <input type="checkbox"/> Proud <input type="checkbox"/> Reserved	<input type="checkbox"/> Separative <input type="checkbox"/> Serious <input type="checkbox"/> Uncaring <input type="checkbox"/> Unconcerned	<input type="checkbox"/> "I'll just reject!" <input type="checkbox"/> "How dare you!" <input type="checkbox"/> "I knew that" <input type="checkbox"/> "I know everything" <input type="checkbox"/> "I won't associate with those kind of people" <input type="checkbox"/> "I'm better than all of you" <input type="checkbox"/> "I'm better than you" <input type="checkbox"/> "I'm in a better place than all of you" <input type="checkbox"/> "I'm not like you" <input type="checkbox"/> "I'm right" <input type="checkbox"/> "I'm smarter than you"	<input type="checkbox"/> "I'll look like I'm agreeing and do it my way" <input type="checkbox"/> "I'm too busy with important matters to have time for you" <input type="checkbox"/> "I'm the only one who can do it right" <input type="checkbox"/> "What's wrong with you!" <input type="checkbox"/> "Who do they think they are!" <input type="checkbox"/> "Who do you think you are!" <input type="checkbox"/> "Why is everyone so incompetent?" <input type="checkbox"/> "You don't belong" <input type="checkbox"/> "You need me to get it done" <input type="checkbox"/> "You poor bastard" <input type="checkbox"/> "You need me"	<input type="checkbox"/> "I'm the only one who can get it done" <input type="checkbox"/> "I'm the savior/hero" <input type="checkbox"/> "It's your fault" <input type="checkbox"/> "Maybe I will and maybe I won't" <input type="checkbox"/> "My way is the only way" <input type="checkbox"/> "What do <i>you</i> know" <input type="checkbox"/> Other (on back)
<input type="checkbox"/> <b>Craving</b> <input type="checkbox"/> Controlling <input type="checkbox"/> Displeased <input type="checkbox"/> Demanding <input type="checkbox"/> Envious <input type="checkbox"/> Greedy <input type="checkbox"/> Hungry <input type="checkbox"/> Impatient <input type="checkbox"/> Jealous	<input type="checkbox"/> Longing	<input type="checkbox"/> "I want _____" <input type="checkbox"/> "Do it my way" <input type="checkbox"/> "Don't stop" <input type="checkbox"/> "How can I get it" <input type="checkbox"/> "I can't wait" <input type="checkbox"/> "I have to _____" <input type="checkbox"/> "I like it this way" <input type="checkbox"/> "I must do it my way" <input type="checkbox"/> "I must have it"	<input type="checkbox"/> "I must know" <input type="checkbox"/> "I must figure it out" <input type="checkbox"/> "I must understand" <input type="checkbox"/> "I'm not satisfied" <input type="checkbox"/> "It feels so good" <input type="checkbox"/> "There won't be enough" <input type="checkbox"/> "There isn't enough for me" <input type="checkbox"/> "I want excitement" <input type="checkbox"/> "I need _____"	<input type="checkbox"/> "I want it all" <input type="checkbox"/> "I want it now!" <input type="checkbox"/> "Look at me" <input type="checkbox"/> "Me, me, me" <input type="checkbox"/> "I need you" <input type="checkbox"/> "I need them" <input type="checkbox"/> "I'm starving" <input type="checkbox"/> "I want more" <input type="checkbox"/> Other (on back)
<input type="checkbox"/> <b>Angry</b> <input type="checkbox"/> Annoyed <input type="checkbox"/> Bitter <input type="checkbox"/> Disgusted <input type="checkbox"/> Exasperated <input type="checkbox"/> Furious <input type="checkbox"/> Hate <input type="checkbox"/> Incensed <input type="checkbox"/> Indignant <input type="checkbox"/> Irritated <input type="checkbox"/> Livid <input type="checkbox"/> Mad	<input type="checkbox"/> Outraged <input type="checkbox"/> Resentful <input type="checkbox"/> Spiteful <input type="checkbox"/> Upset <input type="checkbox"/> Violent <input type="checkbox"/> Vengeful <input type="checkbox"/> Vindictive	<input type="checkbox"/> "Drop dead!" <input type="checkbox"/> "F--- off!" <input type="checkbox"/> "F--- you!" <input type="checkbox"/> "Fat chance!" <input type="checkbox"/> "Ill get even!" <input type="checkbox"/> "I'll get you!" <input type="checkbox"/> "I'll get them" <input type="checkbox"/> "I'll kill you!" <input type="checkbox"/> "I'll never give in" <input type="checkbox"/> "Not a chance" <input type="checkbox"/> "Not on your life!" <input type="checkbox"/> "Now you'll pay!"	<input type="checkbox"/> "Do it my way or else!" <input type="checkbox"/> "Don't even think of it!" <input type="checkbox"/> "You can't push me around!" <input type="checkbox"/> "Don't tell ME what to do!" <input type="checkbox"/> "I'll let you go down the tube" <input type="checkbox"/> "I'm not doing anything!" <input type="checkbox"/> "If you don't listen to me..." <input type="checkbox"/> "Me do it your way?! Not on your life!" <input type="checkbox"/> "Who do you think you are!" <input type="checkbox"/> "You better do it my way or else!" <input type="checkbox"/> "Get out of here!"	<input type="checkbox"/> "I hate you!" <input type="checkbox"/> "Out of my way!" <input type="checkbox"/> "Why can't you...!" <input type="checkbox"/> "Why don't you...!" <input type="checkbox"/> "You b-----d!" <input type="checkbox"/> "You b----h!" <input type="checkbox"/> "You little...!" <input type="checkbox"/> "Asshole!" <input type="checkbox"/> "Oh my God..." <input type="checkbox"/> "You'll be sorry" <input type="checkbox"/> Other (on back)
<input type="checkbox"/> <b>Hurt</b> <input type="checkbox"/> Appalled <input type="checkbox"/> Alienated <input type="checkbox"/> Bruised <input type="checkbox"/> Crushed <input type="checkbox"/> Dejected <input type="checkbox"/> Disturbed <input type="checkbox"/> Heartbroken	<input type="checkbox"/> Humiliated <input type="checkbox"/> Injured <input type="checkbox"/> Insulted <input type="checkbox"/> Offended <input type="checkbox"/> Tormented <input type="checkbox"/> Rejected <input type="checkbox"/> Wounded	<input type="checkbox"/> "I'm stunned" <input type="checkbox"/> "How could you do this" <input type="checkbox"/> "I'll never recover from this" <input type="checkbox"/> "I'll never talk to you again" <input type="checkbox"/> "I hope you die"	<input type="checkbox"/> "I wish you were dead" <input type="checkbox"/> "You don't know how this feels" <input type="checkbox"/> "I'll get back at you" <input type="checkbox"/> "How can I get back at you" <input type="checkbox"/> "What could I do" <input type="checkbox"/> "There must be something wrong with me" <input type="checkbox"/> "I'll never love again"	<input type="checkbox"/> "How dare you" <input type="checkbox"/> "I'll show you" <input type="checkbox"/> "There's something wrong"

## My Positive Emotions and Thoughts

<b>Area in which I would like to feel these emotions:</b>				
<b>EMOTION ("I would like to feel...")</b>	<b>"What I could tell myself is..."</b>			
<p><b><input type="checkbox"/> Loved</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Accepted</li> <li><input type="checkbox"/> Appreciated</li> <li><input type="checkbox"/> Cared about</li> <li><input type="checkbox"/> Cared for</li> <li><input type="checkbox"/> Close</li> <li><input type="checkbox"/> Considered</li> <li><input type="checkbox"/> Respected</li> <li><input type="checkbox"/> Valuable</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Comforted</li> <li><input type="checkbox"/> Safe</li> <li><input type="checkbox"/> Secure</li> <li><input type="checkbox"/> Worthwhile</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> "I can"</li> <li><input type="checkbox"/> "I'm good enough"</li> <li><input type="checkbox"/> "I matter"</li> <li><input type="checkbox"/> "It's a new chapter"</li> <li><input type="checkbox"/> "There is good in this"</li> <li><input type="checkbox"/> "I'm unique"</li> <li><input type="checkbox"/> "I'm good"</li> <li><input type="checkbox"/> "I respect myself"</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> "There's a place for me"</li> <li><input type="checkbox"/> "I can't please everyone"</li> <li><input type="checkbox"/> "I can please myself"</li> <li><input type="checkbox"/> "I am what I am!"</li> <li><input type="checkbox"/> "I can let love in"</li> <li><input type="checkbox"/> "I am loveable"</li> <li><input type="checkbox"/> "I can make the best of this"</li> <li><input type="checkbox"/> "There is no one like me"</li> <li><input type="checkbox"/> "I can make a difference"</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> "I'm valuable"</li> <li><input type="checkbox"/> "I'm worth it"</li> <li><input type="checkbox"/> "I'm OK"</li> <li><input type="checkbox"/> "I'm alive!"</li> <li><input type="checkbox"/> "I'm wanted"</li> <li><input type="checkbox"/> "I'm needed"</li> <li><input type="checkbox"/> "I'm important"</li> <li><input type="checkbox"/> "I'm blessed"</li> </ul>
<p><b><input type="checkbox"/> Sufficient</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Capable</li> <li><input type="checkbox"/> Certain</li> <li><input type="checkbox"/> Confident</li> <li><input type="checkbox"/> Dynamic</li> <li><input type="checkbox"/> Enough</li> <li><input type="checkbox"/> Powerful</li> <li><input type="checkbox"/> Self-supportive</li> <li><input type="checkbox"/> Steady</li> <li><input type="checkbox"/> Sure</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> "I can learn from this"</li> <li><input type="checkbox"/> "I'll do it myself"</li> <li><input type="checkbox"/> "I can do it"</li> <li><input type="checkbox"/> "I'll make it work"</li> <li><input type="checkbox"/> "It's possible"</li> <li><input type="checkbox"/> "I'll just try again"</li> <li><input type="checkbox"/> "If I fail, so what?"</li> <li><input type="checkbox"/> "I'll do the best I can"</li> <li><input type="checkbox"/> "I can get others to help me"</li> <li><input type="checkbox"/> "It's worth a try"</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> "There is another way of seeing this"</li> <li><input type="checkbox"/> "I can find a way"</li> <li><input type="checkbox"/> "I'll never know unless I try"</li> <li><input type="checkbox"/> "So what, I failed"</li> <li><input type="checkbox"/> "I know what I know"</li> <li><input type="checkbox"/> "If it can be done, I'm the one to do it"</li> <li><input type="checkbox"/> "I can recover from this"</li> <li><input type="checkbox"/> "There's something I'm meant to do"</li> <li><input type="checkbox"/> "I'll deal with whatever comes"</li> <li><input type="checkbox"/> "I can always learn more"</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> "I can learn from this experience"</li> <li><input type="checkbox"/> "I can do better next time"</li> <li><input type="checkbox"/> "It'll happen"</li> <li><input type="checkbox"/> "Let's go for it"</li> <li><input type="checkbox"/> "Why not!"</li> <li><input type="checkbox"/> "I'm game"</li> <li><input type="checkbox"/> "Let's do it"</li> <li><input type="checkbox"/> "Yes!"</li> <li><input type="checkbox"/> "It's a new day!"</li> <li><input type="checkbox"/> "I can get it back"</li> <li><input type="checkbox"/> "Its never too late"</li> </ul>	
<p><b><input type="checkbox"/> Innocent</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Absolved</li> <li><input type="checkbox"/> Blameless</li> <li><input type="checkbox"/> Exonerated</li> <li><input type="checkbox"/> Forgiven</li> <li><input type="checkbox"/> Humbled</li> <li><input type="checkbox"/> Redeemed</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> "I'll get through this"</li> <li><input type="checkbox"/> "I can make up for this"</li> <li><input type="checkbox"/> "I can forgive myself"</li> <li><input type="checkbox"/> "I've made some mistakes"</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> "I can admit it"</li> <li><input type="checkbox"/> "I've made a mistake"</li> <li><input type="checkbox"/> "I'm still worthwhile"</li> <li><input type="checkbox"/> "I can show that I'm OK"</li> <li><input type="checkbox"/> "I understand if you don't trust me"</li> <li><input type="checkbox"/> "This does not mean I'm terrible"</li> <li><input type="checkbox"/> "I am still a child of God"</li> <li><input type="checkbox"/> "I had bad judgment"</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> "I'm responsible"</li> <li><input type="checkbox"/> "I did it"</li> <li><input type="checkbox"/> "I hurt you"</li> <li><input type="checkbox"/> "I blew your trust"</li> <li><input type="checkbox"/> "I'm learning"</li> <li><input type="checkbox"/> "I am sorry"</li> <li><input type="checkbox"/> "I blew it"</li> <li><input type="checkbox"/> "I admit it"</li> </ul>	
<p><b><input type="checkbox"/> Patient</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Certain</li> <li><input type="checkbox"/> Content</li> <li><input type="checkbox"/> Delighted</li> <li><input type="checkbox"/> Generous</li> <li><input type="checkbox"/> In no doubt</li> <li><input type="checkbox"/> Satisfied</li> <li><input type="checkbox"/> Trusting</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> "You can have it"</li> <li><input type="checkbox"/> "That's another way of doing it!"</li> <li><input type="checkbox"/> "I can wait for the right time"</li> <li><input type="checkbox"/> "It'll work out"</li> <li><input type="checkbox"/> "It will happen in its own time"</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> "There's enough for everybody"</li> <li><input type="checkbox"/> "I don't need to figure it all out"</li> <li><input type="checkbox"/> "I can live with this"</li> <li><input type="checkbox"/> "I love the way you treat me"</li> <li><input type="checkbox"/> "When you are ready"</li> <li><input type="checkbox"/> "When I am ready"</li> <li><input type="checkbox"/> "I'd like it but I don't have to have it"</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> "If you would like"</li> <li><input type="checkbox"/> "I trust that you will"</li> <li><input type="checkbox"/> "I can wait"</li> <li><input type="checkbox"/> "You treat me great"</li> <li><input type="checkbox"/> "I can trust"</li> <li><input type="checkbox"/> "I can let it be"</li> <li><input type="checkbox"/> "It's OK"</li> </ul>	
<p><b><input type="checkbox"/> Peace</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Calm</li> <li><input type="checkbox"/> Confident</li> <li><input type="checkbox"/> Quiet</li> <li><input type="checkbox"/> Relaxed</li> <li><input type="checkbox"/> Safe</li> <li><input type="checkbox"/> Satisfied</li> <li><input type="checkbox"/> Secure</li> <li><input type="checkbox"/> Self-assured</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Still</li> <li><input type="checkbox"/> Trusting</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> "So what if I fail"</li> <li><input type="checkbox"/> "They will think what they think"</li> <li><input type="checkbox"/> "I can't be responsible for what others think"</li> <li><input type="checkbox"/> "I can take it a day a time"</li> <li><input type="checkbox"/> "I can at least try"</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> "Here comes another chance"</li> <li><input type="checkbox"/> "I'll try it and see how I do!"</li> <li><input type="checkbox"/> "There's always something to learn"</li> <li><input type="checkbox"/> "If I blow it I blow it!"</li> <li><input type="checkbox"/> "If it happens, it happens!"</li> <li><input type="checkbox"/> "I'll just deal with it"</li> <li><input type="checkbox"/> "Opportunity after opportunity!"</li> <li><input type="checkbox"/> "It's all going to work out"</li> <li><input type="checkbox"/> "I'll just say it the way it is"</li> <li><input type="checkbox"/> "There's nothing wrong"</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> "It's all OK"</li> <li><input type="checkbox"/> "I don't need to try and change anything"</li> <li><input type="checkbox"/> "The world is safe"</li> <li><input type="checkbox"/> "I'm safe"</li> <li><input type="checkbox"/> "So what!"</li> <li><input type="checkbox"/> "I can be positive"</li> <li><input type="checkbox"/> "I can feel peace"</li> <li><input type="checkbox"/> "I can flow with this"</li> <li><input type="checkbox"/> "There's nothing to fear"</li> </ul>

## My Positive Emotions and Thoughts

<p><b><input type="checkbox"/> Freedom</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Authentic</li> <li><input type="checkbox"/> Carefree</li> <li><input type="checkbox"/> Free to express</li> <li><input type="checkbox"/> Free to move</li> <li><input type="checkbox"/> Free to be</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Genuine</li> <li><input type="checkbox"/> Honest</li> <li><input type="checkbox"/> Liberated</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> "I can choose"</li> <li><input type="checkbox"/> "I'm free!"</li> <li><input type="checkbox"/> "I can say what I feel"</li> <li><input type="checkbox"/> "People will think what they think"</li> <li><input type="checkbox"/> "What others think is none of my business"</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> "I can assert myself"</li> <li><input type="checkbox"/> "I don't need to pretend"</li> <li><input type="checkbox"/> "I don't <i>have</i> to say anything"</li> <li><input type="checkbox"/> "I can be loving"</li> <li><input type="checkbox"/> "I'm willing"</li> <li><input type="checkbox"/> "I am what I am"</li> <li><input type="checkbox"/> "I can create anything"</li> <li><input type="checkbox"/> "I can be anything"</li> <li><input type="checkbox"/> "My life is what I make of it"</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> "It's not about me"</li> <li><input type="checkbox"/> "I can do anything"</li> <li><input type="checkbox"/> "I am not a victim"</li> <li><input type="checkbox"/> "I can decide"</li> <li><input type="checkbox"/> "It's all going to work out"</li> </ul>
<p><b><input type="checkbox"/> Gratitude</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Appreciating</li> <li><input type="checkbox"/> Inspired</li> <li><input type="checkbox"/> Loving</li> <li><input type="checkbox"/> Moved</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Thankful</li> <li><input type="checkbox"/> Touched</li> <li><input type="checkbox"/> Validating</li> <li><input type="checkbox"/> Valuing</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> "Thank you!"</li> <li><input type="checkbox"/> "I love you"</li> <li><input type="checkbox"/> "I appreciate you"</li> <li><input type="checkbox"/> "I'm so glad"</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> "I'm honored"</li> <li><input type="checkbox"/> "I acknowledge you"</li> <li><input type="checkbox"/> "Thank you for being"</li> <li><input type="checkbox"/> "I trust you"</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> "I'm listening"</li> </ul>
<p><b><input type="checkbox"/> Forgiving</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Accepting</li> <li><input type="checkbox"/> Flowing</li> <li><input type="checkbox"/> Understanding</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> "This is not the end of the world"</li> <li><input type="checkbox"/> "I can't change others"</li> <li><input type="checkbox"/> "You can find your way through this"</li> <li><input type="checkbox"/> "I can't change the world"</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> "I can choose peace instead of this"</li> <li><input type="checkbox"/> "You've got your own lessons"</li> <li><input type="checkbox"/> "I understand"</li> <li><input type="checkbox"/> "Maybe I don't understand "</li> <li><input type="checkbox"/> "Maybe I can help you"</li> <li><input type="checkbox"/> "Thank you for your point of view"</li> <li><input type="checkbox"/> "I can see we have a difference here"</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> "I can flow with this"</li> <li><input type="checkbox"/> "I'll give this to God"</li> <li><input type="checkbox"/> "That's valid"</li> <li><input type="checkbox"/> "That's reasonable"</li> </ul>	
<p><b><input type="checkbox"/> Committed</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Determined</li> <li><input type="checkbox"/> Heartfelt</li> <li><input type="checkbox"/> Indomitable</li> <li><input type="checkbox"/> Unwavering</li> <li><input type="checkbox"/> Firm</li> <li><input type="checkbox"/> Resolved</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> "I don't agree with it"</li> <li><input type="checkbox"/> "I won't be a part of that"</li> <li><input type="checkbox"/> "You will have to work that out yourself"</li> <li><input type="checkbox"/> "We have a difference here."</li> <li><input type="checkbox"/> "I respect your point of view"</li> <li><input type="checkbox"/> "I respect your way of doing things"</li> <li><input type="checkbox"/> "us"</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> "I feel strongly about this"</li> <li><input type="checkbox"/> "I still love you"</li> <li><input type="checkbox"/> "I have to let this go"</li> <li><input type="checkbox"/> "I won't try to change you"</li> <li><input type="checkbox"/> "I must at least say this"</li> <li><input type="checkbox"/> "We have our own paths"</li> <li><input type="checkbox"/> "I can lighten up about it"</li> <li><input type="checkbox"/> "I don't have to take it so seriously"</li> <li><input type="checkbox"/> "I can trust"</li> <li><input type="checkbox"/> "I'll trust this"</li> <li><input type="checkbox"/> "It is not my way"</li> <li><input type="checkbox"/> "I'm committed to..."</li> <li><input type="checkbox"/> "You have a point there"</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> "I'm here for you"</li> <li><input type="checkbox"/> "I'm committed to you"</li> <li><input type="checkbox"/> "You made a mistake"</li> <li><input type="checkbox"/> "Is there any way I can help"</li> <li><input type="checkbox"/> "You can count on me"</li> <li><input type="checkbox"/> "I'm here"</li> <li><input type="checkbox"/> "You are my highest priority"</li> </ul>	
<p><b><input type="checkbox"/> Joy</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Aroused</li> <li><input type="checkbox"/> Attracted</li> <li><input type="checkbox"/> Awe</li> <li><input type="checkbox"/> Carefree</li> <li><input type="checkbox"/> Celebrating</li> <li><input type="checkbox"/> Daring</li> <li><input type="checkbox"/> Delighted</li> <li><input type="checkbox"/> Cheerful</li> <li><input type="checkbox"/> Ecstatic</li> <li><input type="checkbox"/> Enthusiastic</li> <li><input type="checkbox"/> Expectant</li> <li><input type="checkbox"/> Excited</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Fascinated</li> <li><input type="checkbox"/> Glad</li> <li><input type="checkbox"/> In good spirits</li> <li><input type="checkbox"/> Jovial</li> <li><input type="checkbox"/> Lighthearted</li> <li><input type="checkbox"/> Playful</li> <li><input type="checkbox"/> Overjoyed</li> <li><input type="checkbox"/> Positive</li> <li><input type="checkbox"/> Sexual</li> <li><input type="checkbox"/> Silly</li> <li><input type="checkbox"/> Thrilled</li> <li><input type="checkbox"/> Wonder</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> "Wow!"</li> <li><input type="checkbox"/> "Cool!"</li> <li><input type="checkbox"/> "All right!"</li> <li><input type="checkbox"/> "Yessss!"</li> <li><input type="checkbox"/> "Whoopee!"</li> <li><input type="checkbox"/> "Yippee!"</li> <li><input type="checkbox"/> "Yahoo!"</li> <li><input type="checkbox"/> "WooHoo"</li> <li><input type="checkbox"/> "Can't wait!"</li> <li><input type="checkbox"/> "This is great!"</li> <li><input type="checkbox"/> "Look at that!"</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> "Look at you!"</li> <li><input type="checkbox"/> "You are something!"</li> <li><input type="checkbox"/> "Man o' man!"</li> <li><input type="checkbox"/> "I can't believe it!"</li> <li><input type="checkbox"/> "Let's go!"</li> <li><input type="checkbox"/> "I'm breathless!"</li> <li><input type="checkbox"/> "I'm beside myself!"</li> <li><input type="checkbox"/> "Let's dance all night!"</li> <li><input type="checkbox"/> "You're the one!"</li> <li><input type="checkbox"/> "Take it to the limit!"</li> <li><input type="checkbox"/> "Excuse me while I kiss the sky!"</li> <li><input type="checkbox"/> "Serious is not in my vocabulary"</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> "That's the way it is by golly!"</li> <li><input type="checkbox"/> "This moment is perfect"</li> </ul>