

accepted  
affirmed  
appreciated  
available  
calm  
caring  
carefree  
centered  
cherished  
confident  
connected  
content  
curious  
courageous  
encouraged  
enthusiastic  
excited  
fantastic  
focused  
free  
flexible  
ecstatic  
happy  
healed  
important  
independent  
joyous  
justified  
love  
nurturing  
open  
optimistic  
peaceful  
pleased  
positive  
powerful  
precious  
protective  
proud  
qualified  
relaxed

relief  
satisfied  
secure  
safe  
sexy  
special  
strong  
sure  
sympathetic  
tender  
turned-on  
uplifted  
validated  
valuable  
valued  
whole  
willing  
great  
alive  
alert  
smart  
resourceful  
unique

abused  
afraid  
aggravated  
aggressive  
angry  
anxious  
betrayed  
blamed  
bored  
cautious  
concerned  
confused  
dangerous  
deceived  
defensive  
dependent  
disappointed  
depressed  
cowardly  
drained  
embarrassed  
empty  
frightened  
frustrated  
grief-stricken  
hate  
hostile  
hurt  
insecure  
irritated  
isolated  
jealous  
justified  
left-out  
lonely  
mad  
mean  
mischievous  
miserable  
misunderstood  
naughty

negative  
needed  
nervous  
numb  
nurturing  
out of control  
possessive  
pressured  
protective  
rage  
sad  
scared  
scattered  
self-doubt  
sick  
shocked  
shut-out  
shy  
sick  
stuck  
surprised  
tempted  
trapped  
tuned-out  
turned-off  
ugly  
unattractive  
un-connected  
unimportant  
unsure  
unstable  
volatile  
violent  
violated  
wounded  
worried  
unappreciated  
hysterical  
unloved  
worthless  
uncontrollable

abandoned  
alone  
broken  
cursed  
dead  
deserted  
dirty  
diseased  
evil  
flawed  
forgotten  
guilty  
hated  
helpless  
hopeless  
inadequate  
insignificant  
invisible  
lost  
mutated  
needy  
overwhelmed  
overwhelming  
powerless  
rejected  
repulsive  
scary  
shameful  
terrified  
vulnerable  
weak  
unworthy  
wrong  
unsafe  
worthless  
unlovable  
damaged  
incapable  
too little  
out of control  
too weak

