



Step 1: Current Feelings about my Issue or Situation...

Angry	Embarrassed	Jealous	Sickened
Annoyed	Envious	Lazy	Stressed
Anxious	Exhausted	Lonely	Surprised
Ashamed	Fearful	Lost	Suspicious
Bewildered	Fed up	Miserable	Tense
Bored	Frustrated	Moody	Terrified
Bothered	Furious	Nervous	Tired
Concerned	Grumpy	Numb	Torn
Confused	Guilty	Overwhelmed	Uncertain
Depressed	Helpless	Pessimistic	Uncomfortable
Desperate	Hesitant	Regretful	Unhappy
Disappointed	Hopeless	Reluctant	Unsafe
Discouraged	Horrified	Resentful	Unsatisfied
Disgusted	Hostile	Sad	Unsure
Dismayed	Hurt	Scared	Upset
Disoriented	Impatient	Sensitive	Vulnerable
Distressed	Insecure	Shocked	Worried
Drained	Irritated	Shy	<i>turn for step 2 -></i>

Step 3: How I would like to feel instead, if this issue was gone...

Accomplished	Curious	Impressed	Proud
Adventurous	Delighted	Inspired	Relaxed
Affectionate	Driven	Intelligent	Relieved
Alive	Eager	Interested	Respected
Amazed	Encouraged	Intrigued	Safe
Appreciative	Energetic	Involved	Satisfied
Assured	Engaged	Joyful	Strong
Bold	Enthusiastic	Lively	Surprised
Brave	Excited	Marvelous	Talented
Calm	Fascinated	Motivated	Thankful
Capable	Free	Moved	Thrilled
Centered	Fulfilled	Optimistic	Touched
Comfortable	Glad	Peaceful	Trusting
Compassionate	Grateful	Playful	Understood
Confident	Happy	Pleased	
Content	Hopeful	Positive	

Step 2: Unmet Needs / Beliefs underneath those Feelings...

Acceptance	Dignity	Learning	Safety
Achievement	Ease	Leisure	Self-acceptance
Acknowledgement	Emotional safety	Love	Self-determination
Adventure	Empathy	Meaning	Self-esteem
Affection	Empowerment	Mourning	Self-expression
Appreciation	Equality	Mutuality	Sexual expression
Authenticity	Exercise	Nurturance	Shared reality
Autonomy	Fairness	Nutrition	Solitude
Balance	Freedom	Order	Space
Beauty	Friendship	Participation	Stability
Celebration	Fun	Patience	Success
Choice	Growth	Peace	Support
Clarity	Harmony	Physical security	To belong
Closure	Health	Play	To be heard
Comfort	Help	Power in our world	To have my intentions understood
Communication	Honesty	Presence	To matter
Community	Hope	Privacy	To be seen for who I am
Compassion	Humor	Progress	Trust
Confidence	Independence	Purpose	Understanding
Connection	Inspiration	Reassurance	Well-being
Consideration	Integrity	Recreation	
Contribution	Intimacy	Reliability	
Cooperation	Justice	Respect	
Creativity	Knowledge	Rest/sleep	

Step 2 (continued) Beliefs – This issue makes me believe I am...

Alone	In Danger	Ugly	Unsure (always wrong)
Bad	Not good enough	Unable to express myself	Worthless
Defective	Not seen	Unlovable	
Different	Out of Control	Unsafe	
Helpless	Powerless	Unwanted	
Hopeless	Stupid		

