



POSITIVE AND NEGATIVE EMOTIONS

Either we control our emotions, or our emotions control us. Positive emotions can propel us to exceptional happiness and success. Negative emotions can and do stop us dead in our tracks.

LIMITING EMOTIONS

Judgmental	Anxiety	Disdain	Anger
Disrespect	Fear	Apathy	Guilt
Blaming	Grief	Insecure	Weak
Inadequacy	Threatened	Disdain	Isolated
Victimhood	Misery	Frustrated	Upset
Scornful	Depressed	Overwhelmed	Frustrated
Irritated	Manipulative	Greedy	Selfish
Suspicious	Cruelty	Cowardice	Bitterness
Jealousy	Prideful	Self-doubt	Vengeful
Thoughtless	Shame	Sadness	Unkind
Resentful	Arrogance	Deceitful	Negativity
Worthless	Self-Hatred	Hatred	Abusive

EMPOWERING EMOTIONS

Courageous	Peaceful	Forgiving	Joyful
Compassionate	Patient	Kindness	Trusting
Confidence	Generous	Faithful	Humility
Considerate	Humility	Humor	Loyalty
Optimism	Understanding	Gracious	Elation
Thoughtful	Determination	Satisfaction	Pleased
Energetic	Receptive	Hopeful	Self-worth
Sense of Adequacy	Calm	Balanced	Forgiving
Inspired	Unselfish	Grateful	Happy