

Chapter 14 – Checklist of Negative Emotions and Feelings

While you are thinking of a particular event in your life, read through this list and put a check by any emotions that resonate with you.

- Angry
- Annoyed
- Anxiety
- Betrayal
- Bitterness
- Blame
- Conflict
- Critical
- Defeated
- Depression
- Despair
- Disgust
- Failure
- Fear
- Frustration
- Greedy
- Hatred
- Heartache
- Helpless
- Hopeless
- Horror
- Humiliation
- Irritation
- Jealousy
- Judgment
- Mad
- Panic
- Rejection
- Revenge
- Sad
- Self-hatred
- Self-pity
- Shame
- Sorrow
- Terror
- Victim
- Vulnerable
- Worthless

