



- Abandoned
- Accused
- Agony
- Alienated
- Alone
- Angry
- Anxious
- Ashamed
- Attacked
- Battered
- Belittled
- Bereaved
- Betrayed
- Bitter
- Boxed in
- Busy
- Can't breathe
- Chained
- Cheated
- Claustrophobic
- Confused
- Controlled
- Crazy
- Criticized
- Damned
- Deceived
- Degraded
- Demeaned
- Demoralized
- Depressed
- Deprived
- Despair
- Different
- Dirty
- Disappointed
- Disgraced
- Disgusted
- Dominated
- Don't belong
- Don't exist
- Don't fit
- Embarrassed
- Empty
- Enraged
- Failure
- Fearful
- Filthy
- Foolish
- Forgotten
- Frightened
- Frustrated
- Garbage
- Guilty
- Helpless
- Hopeless
- Humiliated
- Hurt
- Ignorant
- Inadequate
- Incompetent
- Insecure
- Insignificant
- Insulted
- Introvert
- Invisible
- Irresponsible
- Jealous
- Lazy
- Left out
- Lonely
- Losing control
- Losing my mind
- Lost
- Manipulated
- Mental
- Misunderstood
- Mistaken
- Nasty
- Neglected
- Not approved
- Not cared for
- Not comforted
- Not needed
- Not nurtured
- Numb
- Offended
- Out of control
- Outcast
- Over exposed
- Overwhelmed
- Panicky
- People pleaser
- Powerless
- Pressured
- Proudful
- Put-down
- Rejected
- Repulsed
- Resentful
- Ridiculed
- Ruined
- Scorned
- Screwed
- Seduced
- Selfish
- Shattered
- Sickened
- Small
- Smothered
- Stupid
- Suffocated
- Tainted
- Terrified
- Timid
- Thrown away
- Tormented
- Trash
- Two-faced
- Unaccepted

Complete your rating (intensity) for each emotion on your list. Rate from 1-10 with 1 representing minor and 10 being major. Do not overthink the ratings. The best method is to note down what **first** comes to mind. Your subconscious mind (what first comes to mind) will typically give you the most honest/accurate response.

Once you have your list, please select the **highest scoring** four emotions and list them below (with their rating). Highest to lowest. If you have more than four sitting at a score of 10, choose the one's that draw your attention the most.

- 1. I feel .....
- 2. I feel .....
- 3. I feel .....
- 4. I feel .....

Please refer to your video resource material for further instructions on the process to complete using the above four feelings.

Brief notes are also included below for your convenience.

Phase 1:

Speak all four statements out loud focusing on what the statement (in particular the feeling) means to you.

Repeat the set (of four statements) five times in total.

Rest:

Take a deep breath and notice how you feel (such as sensations in the body). Take a note of what you notice if you feel the need to.

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Phase 2:

Repeat the set (of four statements) five times each with the following changes:

- Say "I feel" in your mind (not out loud) as you breathe in
- As you breathe out, say the feeling out loud (breathing the energy of that feeling out)

Focus again on what the statement means to you.

Break:

As above.

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Phase 3:

Repeat the set (of four statements) five times each with the following changes:

- All statements said out loud with an empowering statement ADDED to the end of the sentence
- Focus this time on what the empowering statement means to you (not so much the emotion)

My empowering statement is:

.....  
.....

Break:

As above.

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