

Intensity of Feeling Chart

	Happy	Sad	Angry	Confused	Afraid	Weak	Strong	GUILTY
High	Elated Excited Overjoyed Thrilled Exuberant Ecstatic Fired up Delighted	Depressed Disappointed Alone Hurt Left Out Dejected Hopeless Sorrowful	Furious Enraged Outraged Aggravated Irate Seething	Bewildered Trapped Troubled Desperate Lost	Terrified Horified Scared stiff Petified Fearful Panicky	Helpless Hopeless Beat Overwhelmed Impotent Small Exhausted Drained	Powerful Aggressive Gung Ho Potent Super Forceful Proud Determined	Sorrowful Remorseful Ashamed Unworthy Worthless
Medium	Cheerful Up Good Relieved Satisfied Contented	Heartbroken Down Upset Distressed Regret Hot Disgusted	Upset Mad Annoyed Frustrated Agitated Hot Disgusted	Disorganized Foggy Misplaced Disoriented Mixed up	Scared Frightened Threatened Insecure Uneasy Shocked	Dependant Incapable Lifeless Tired Rundown Lazy Insecure Shy	Energetic Capable Confident Persuasive Sure	Sorry Lowdown Sneaky
Mild	Glad Content Satisfied Pleasant Fine Mellow Pleased	Unhappy Moody Blue Sorry Lost Bad Disappointed	Perturbed Updight Dismayed Put out Irritated Touchy	Unsure Puzzled Bothered Uncomfortable Undecided Baffled Perplexed	Apprehensive Nervous Worried Timid Unsure Anxious	Unsatisfied Under par Shaky Unsure Soft Lethargic Inadequate	Secure Durable Adequate Able Capable	Embarrassed

Adult Core Belief Clusters Developmental Plateaus

NEGATIVE/IRRATIONAL

ADAPTIVE/PREFERRED

Guilt

*I'm bad.
I'm not good enough.
I'm a failure.
I should have done something.*

*I can accept myself.
I am good enough.
I did the best I could.
I did what I could.*

Worthlessness/Lovability

*I'm unlovable.
I'm worthless.
I'm inadequate.*

*I'm okay as I am.
I'm okay as I am.
I can accept myself.*

Responsibility Instinct

I'm responsible (for everything).

I can recognize appropriate responsibility.

Control Instinct

*I should have done something.
I have to be in control.*

*I did what I could.
I can safely let go of some control.
I can recognize what I can and cannot control.
I can control what I can even when.....
I can control what I can.
I can control what I can.*

I'm powerless.

*I'm helpless.
I'm trapped.*

Survival Instinct

I'm discarded.

*I'm defective.
I'm abandoned.*

I'm alone.

It's not safe to feel.

*I'm unimportant.
I'm invisible.*

*I can survive / exist / get my needs met.
I'm okay as I am.
I can survive / exist / get my needs met.
I can survive / exist / get my needs met.
I can begin to learn when and how to...
I have value regardless.
I can get my needs met.*