

Feelings

Accepting

Calm
Centred
Content
Fulfilled
Patient
Peaceful
Present
Relaxed
Serene
Trusting

Joyful

Amazed
Blissful
Delighted
Eager
Ecstatic
Enchanted
Energised
Engaged
Enthusiastic
Excited
Free
Happy
Inspired
Invigorated
Lively
Passionate
Playful
Radiant
Refreshed
Rejuvenated
Renewed
Satisfied
Thrilled
Vibrant

Angry

Annoyed
Agitated
Aggravated
Bitter
Cynical
Disdainful
Disgruntled
Edgy
Exasperated
Frustrated
Furious
Grouchy
Hostile
Impatient
Irritated
Irate
Martyrish
Moody
On edge
Outraged
Resentful
Stressed
Upset
Vindictive

Courageous

Adventurous
Brave
Capable
Confident
Daring
Determined
Free
Grounded
Proud
Strong
Worthy
Valiant

Connected

Accepting
Affectionate
Caring
Compassionate
Curious
Empathic
Engaged
Exploring
Fascinated
Fulfilled
Interested
Intrigued
Involved
Loving
Present
Safe
Stimulated
Warm
Worthy

Sad

Anguished
Depressed
Despairing
Despondent
Disappointed
Discouraged
Forlorn
Gloomy
Grieving
Heartbroken
Hopeless
Lonely
Longing
Melancholy
Rejected
Sorrowful
Teary
Unhappy
Upset
Weary

Disconnected

Aloof
Bored
Confused
Distant
Empty
Indifferent
Isolated
Lethargic
Listless
Numb
Removed
Resistant
Shut down
Uneasy
Withdrawn

Shame

Ashamed
Embarrassed
Humiliated
Inhibited
Mortified
Self-conscious
Useless
Weak
Worthless

Fear

Afraid
Anxious
Apprehensive
Frightened
Hesitant
Nervous
Panicked
Paralysed
Scared
Terrified
Worried

Fragile

Helpless
Sensitive

Grateful

Appreciative
Blessed
Delighted
Fortunate
Humbled
Lucky
Moved
Thankful
Touched

Hopeful

Encouraged
Expectant
Optimistic
Trusting

Powerless

Impotent
Incapable
Resigned
Trapped
Victim

Tender

Caring
Loving
Reflective
Self-loving
Vulnerable
Warm

Guilty

Regretful
Remorseful
Sorry

Stressed

Anxious
Burned out
Cranky
Depleted
Disconnected
Edgy
Exhausted
Frazzled
Overwhelmed
Rattled
Rejecting
Restless
Shaken
Tense
Tight
Worn out

Unsettled

Apprehensive
Concerned
Dissatisfied
Disturbed
Doubtful
Hesitant
Inhibited
Perplexed
Questioning
Reluctant
Shocked
Skeptical
Suspicious
Ungrounded
Unsure
Worried

Body sensations

Achy
Airy
Blocked
Breathless
Bruised
Burning
Buzzy
Clammy
Clenched
Cold
Constricted
Contained

Contracted
Dizzy
Drained
Dull
Electric
Empty
Expanded
Flowing
Fluid
Fluttery
Frozen
Full

Gentle
Hard
Heavy
Hollow
Hot
Icy
Itchy
Jumpy
Knotted
Light
Loose
Nauseous

Numb
Painful
Pounding
Prickly
Pulsing
Queasy
Radiating
Relaxed
Releasing
Rigid
Sensitive
Settled

Shaky
Shivery
Slow
Smooth
Soft
Sore
Spacey
Spacious
Sparkly
Stiff
Still
Suffocated

Sweaty
Tender
Tense
Throbbing
Tight
Tingling
Trembly
Twitchy
Vibrating
Warm
Wobbly
Wooden

What is a Pattern?

• **LEARNED** • **COMPULSIVE** • **AUTOMATIC** • **REACTIVE**

WAY OF BEING

Closed, withdrawn, nice

WAY OF ACTING

Criticising, interrupting

BELIEFS AND ADMONITIONS

'There's not enough to go around'

'Be quiet!'

COMPULSIVE FEELING STATES OR MOODS

Resentful, numb, alone, anxious

How Patterns live in us

ADOPTION

Do it to myself

Do it to others

Attract others who do this

Set up others to do it to me

REACTION

I compensate or protect myself and create a reactive pattern

REBELLION

I rebel to be different from...