

EMOTION											EMOTION	
	SELF	OTHERS	SKILLS	GOALS	TRUST	CONSCIOUSNESS	NEEDS & WANTS	UNDERSTANDING	COMMUNICATION	FUTURE		
EUPHORIA	I would not want to be anyone else than who I	I love everyone	I can do anything at anytime if I want to	I've completely succeeded at everything	I have total trust in everything I want to trust	I am aware of everything	There is nothing that I need or want anymore.	I am at one with the universe	It's intuitive, communication isn't needed anymore	The future is perfect	SELF ACTUALIZATION	10
ECSTASY	I'm ecstatic about being me	I'm so happy with everyone	I am so happy at being able to do anything	All my goals have been achieved	I love trusting and being trusted	I'm aware and it's wonderful	I've everything I want	I understand everything	I understand everyone	The future is going to be amazing	EUPHORIA & ECSTASY	9
HARMONY	I'm completely at one with myself	I'm in total harmony with you and/ or others	My skills are perfected	I'm achieving as I want and need to	I have harmonious trust	I am able to be aware of everything	I can have anything I need or want	We understand each other fully	I'm in communication with everyone	The future is going to be full of harmony	HARMONY	8
JOY	I'm overjoyed to be me	You are a joy to be with	I love doing everything	I just loved doing that!	I enjoy trust and belief	I am insightful	I'm overjoyed with what I've got	I'm overjoyed with my level of understanding	I'm overjoyed to be communicating with you	I'm overjoyed that it's going to happen	JOY	7
JUBILATION	I congratulate myself	Well done!	I'm amazed at what I can do	I'm celebrating the fact I've done it	I celebrate my beliefs	I'm delighted to have awareness	Look what I have!	I'm excited with what I know	I'm delighted with my communication skills	I celebrate the future that will happen	JUBILATION	6
HAPPINESS	I'm very happy with myself	I'm very happy with you and everyone	I'm so happy with my skills	I'm happy with what I've done	I am happy to be trusted and to trust	I'm happy with my perception of things	I'm happy with my lot	I love understanding things	I love talking to people	I'm looking forward to it	HAPPINESS	5
ZEAL	I'm excited with myself	People are amazing	There's so much more I can do	I love setting and achieving goals	I believe in everyone	I love looking at things	I want everything	I want to understand everything	Isn't talking to people great?	The future is bright	ZEAL	4
ENTHUSIASM	I'm very pleased with myself	I'm passionate about everyone	I'm very skilled	I'm passionate about doing things	I'm a passionate believer	I want to look at everything	There are many things I want and I will have	I like it that we understand each other	I'm passionate about good communication	It's going to happen	ENTHUSIASM	3
CHEERFUL	I'm feeling pretty good about myself	I like people	I'm pretty skilled and learning more	I'm pleased with my achievements so far	I'm quite happy to believe and trust in you	I like looking at things to get better awareness	I'm pleased that there are things I want	It's good to know things	Let's talk	It'll probably happen.	CHEERFUL	2
CONTENTMENT	I'm OK	People are OK	I am able	I'm content with what I've achieved	I have some things that I trust and believe in	I'm fine with it all	I have what I need	I understand	Talking is OK	I don't mind if it happens	CONTENTMENT	1
UNWORRIED	I'm not really worried about myself	People don't worry me	I can learn new skills if I need to	I've done Ok so far, I'm sure I can do more	I can trust if I want to	Everything is OK	If I need it, I'll get it	I think I'll be able to understand	I don't mind talking to you	If it happens, it happens	UNWORRIED	0
UNSURE/ CAUTIOUS	I'm not sure about myself	People make me feel uneasy	I might be able to learn new skills	I'm not sure if I am going to succeed	I might be able to trust some people	I'm not sure that I can see this	I might need some things	I'm not sure that I understand	OK, we can talk a little	Might it happen?	UNSURE/ CAUTIOUS	-1
INSECURE/ WORRIED	I'm a bit worried about who I am really	People worry me	I think I need new skills	I'm worried I might fail	I'm not sure I believe	I'm worried you don't see where I'm coming from	Maybe I won't get it	I think I don't get it	Maybe I shouldn't say anything	What if it happens?	INSECURE/ WORRIED	-2
IRRITATION & ANNOYANCE	I'm often a bit irritated & annoyed at how I act	People irritate me	I don't think I can do it yet	I don't like being pressured with goals	Not everyone can be trusted	Don't you see it?	I still don't have it.	Come on! Out with it. What are you trying to say?	I just can't get my point across	I know it's going to happen again	IRRITATION & ANNOYANCE	-3
ANTAGONISM	I often wind myself up	I like winding people up	Do you even know how to do it?	You can't succeed, can you?	Why don't you trust me?	Why can't you see it?	Just let me have what I want	You don't get it do you?	What do you want?	It better not happen!	ANTAGONISM	-4
RAGE & ANGER	I'm angry with myself	I'm angry with you and everyone	I'm angry that I am unable	I don't like being judged on your achievement	I don't trust you!	You are SO unaware of what's going on	What don't I have what I need?	I don't understand you	Do not even try talking to me.	It MUST not happen.	RAGE & ANGER	-5
BITTERNESS	I'm very bitter towards myself	I hate you	I've never been good enough	I've always failed	I've never found anyone to trust in	I never see things coming until they are too	I still don't have what I need	Why don't I understand?	I'm not interested in talking anymore	It's going to be like all the other times	BITTERNESS	-6
HIDDEN AGGRESSION	I don't like to look at myself	I don't like to think about how I feel about you	If you find out I can't, you'll laugh at me	I don't like to think about goals and failure	I don't talk about my beliefs	You mustn't see that I don't get it	I can't let you now what I need	I'm not interested in understanding	I can't tell you what I want to say	It'll happen mark my word on it	HIDDEN AGGRESSION	-7
FEAR & ANXIETY	I'm scared to look at myself too closely	People really scare me	I'm too scared to try	I'm scared that I will fail again	I am scared to believe anything	I'm scared to look at it	I won't get it	I can't bear understanding it	I mustn't speak	I'm scared about what will happen	FEAR & ANXIETY	-8
SORROW	I'm very depressed about who I've become	People make me very sad and depressed	I cannot do it	I have failed	It's sad but there's nothing worth	I wish I hadn't looked at it	I can't have what I need	I don't think I can understand anymore	Talking makes me sad	The future is bleak	SORROW	-9
APATHY	I don't care about myself	I don't care about anyone	I can't even think of something I could do	What's the point of even trying?	I don't believe or trust anything or	I have no awareness	I don't want anything anymore	I don't care about understanding	What's the point of talking?	I have no future	APATHY	-10