

## HOW DO WE SHOW UP?

anguished  
ashamed  
broken-hearted  
depressed  
disappointed/discouraged  
disheartened  
fragile  
helpless/despairing  
lonely  
miserable/numb  
troubled/hurt  
vulnerable  
burned out  
distracted  
exhausted/frazzled  
fatigued/depleted  
fragile  
helpless  
indifferent  
lethargic  
overwhelmed  
restless  
off center  
weary  
absorbed/alive  
amazed/dazzled  
blissful/awed  
calm/relaxed  
comfortable  
confident  
content/satisfied  
fulfilled  
loving  
relaxed  
secure  
serene/groovy  
confident/thrilled  
delighted

encouraged  
excited  
grateful  
happy/ecstatic  
hopeful/eager  
inspired/elated  
optimistic  
proud  
relieved/secure  
satisfied  
alarmed  
anxious/numb  
guarded  
horrified/terrified  
jealous  
lonely  
nervous/suspicious  
overwhelmed/guilty  
panicky  
shocked/tense  
wary/worried  
disturbed  
affectionate/warm  
alive  
appreciative  
aroused  
content  
electrified  
fulfilled  
moved  
nurtured/nurturing  
sensitive  
tender/enchanted  
trusting  
agitated  
angry  
annoyed/irritated  
impatient

jealous  
pessimistic  
resentful  
restless/numb  
upset  
bitter/hostile  
disgusted  
furious/outraged  
hatred  
bewildered  
doubtful  
frustrated/conflicted  
hesitant/cautious  
hurt  
puzzled/rattled  
reluctant/unclear  
skeptical  
torn/unsure  
troubled/unsettled  
uncomfortable  
uneasy/disturbed  
creative  
curious/intrigued  
eager/interested  
energetic  
exhilarated  
exuberant  
fascinated  
free/adventurous  
inspired/elated  
invigorated/refreshed  
passionate  
stimulated