

Emotions List

THE WORK OF BYRON KATIE 

Question 3: How do you react, what happens, when you believe that thought?

ANGRY		DEPRESSED		CONFUSED	HELPLESS	INDIFFERENT	AFRAID	HURT	SAD	JUDGMENTAL	
enraged	mad	suicidal	pessimistic	lost	paralyzed	cold	terrified	insecure	tormented	anguished	stony
malicious	cross	directionless	dejected	disoriented	distraught	lifeless	petrified	wary	pained	desolate	hurtful
infuriated	retaliating	empty	glum	off-kilter	doomed	uncaring	panicked	menaced	tortured	devastated	brutal
violent	overbearing	desperate	cheerless	frenzied	distressed	uninterested	frozen	uptight	agonized	grieved	combative
vindictive	incensed	despairing	rotten	indecisive	pathetic	unresponsive	threatened	apprehensive	crushed	tearful	attacked
furious	upset	in hell	crabby	doubtful	overwhelmed	insensitive	hateful	defensive	deprived	sorrowful	tactless
repulsed	irritated	alienated	resistant	uncertain	shut down	numb	agoraphobic	guarded	rejected	unhappy	glaring
seething	controlling	miserable	punishing	distrustful	incompetent	dull	fearful	troubled	humiliated	lonely	disgusted
scornful	agitated	masochistic	morose	misgiving	incapable	reserved	suspicious	self-	insulted	mournful	ranting
hitting	antagonistic	despicable	cranky	unsure	alone	weary	rigid	absorbed	injured	dismayed	scolding
yelling	reprimanding	self-hating	grumpy	uneasy	fatigued	bored	phobic	intolerant	offended	downhearted	obsessive
revengeful	envious	self-critical	burdened	tense	useless	preoccupied	disturbed	avoiding	afflicted	oversensitive	serious
hostile	reactive	self-	negative	stressed	inferior	robotic	disrupted	unwelcoming	aching	remorseful	stern
insulting	abrupt	deprecating	closed	argumentative	vulnerable	slow	anxious	unbending	victimized	sullen	frowning
swearing	quarrelsome	stuck	contracted	authoritative	inept	sluggish	alarmed	paranoid	heartbroken	sour	recoiling
condemning	stubborn	ashamed	tight	condescending	incapacitated	blasé	dreading	inhibited	appalled	self-	unfair
offensive	rebellious	exhausted	blocked	embarrassed	cut off	blank	attacking	immobile	wronged	castigating	bossy
aggressive	exasperated	lousy	moody	hesitant	trapped		intimidated	attached	withdrawn	unworthy	stilted
bitter	impatient	tired	out of	shy	weak		nervous	prejudiced	miffed	fragile	stiff
loud	contrary	despondent	sorts	disillusioned	sick		scared	self-	indignant	disconnected	pushy
sarcastic	disrespectful	disheartened	no energy	uncomfortable	nauseated		worried	conscious	suffering	blindsided	neglectful
frustrated	unpleasant	down	touchy	comparing	fidgety		frightened		distant	discontented	stonewalling
resentful	annoyed	disappointed	haggard	dishonest	trembling		timid		invaded	crying	rude
critical	dictatorial	discouraged	drawn	demanding	craving		shaky		bulldozed	groaning	shrill
mean	sharp	powerless	slumped	distracted	squirming		restless		bullied	moaning	hard
sadistic	snapping	hopeless	slouching	blushing	jittery		cowardly		secretive	forlorn	fake
spiteful		grouchy	achy	awkward	woozy				slighted		phony
jealous		guilty	self-	conflicted	compulsive				smothered		shallow
short-		dissatisfied	loathing						belittled		territorial
tempered		sulky	crummy								complaining
		low	wretched								blunt
		bad									arrogant
		bummed out									superior
											faultfinding

Question 4: Who would you be without the thought?

OPEN	LOVING	HAPPY	INTERESTED	ALIVE	POSITIVE	PEACEFUL	STRONG	RELAXED
free	devoted	blissful	fascinated	playful	inspired	calm	hardy	glowing
interested	passionate	joyous	intrigued	courageous	enthusiastic	content	secure	radiant
receptive	considerate	delighted	absorbed	energetic	bold	quiet	stable	beaming
accepting	affectionate	overjoyed	amazed	liberated	brave	certain	honest	reflective
kind	sensitive	gleeful	engrossed	exhilarated	daring	relaxed	reliable	smiling
harmonious	tender	elated	inquisitive	optimistic	hopeful	serene	sure	grounded
empathetic	attracted	jubilant	curious	frisky	exuberant	good	certain	unhurried
tolerant	admiring	euphoric	involved	animated	in the zone	at ease	dynamic	open-minded
understanding	warm	thankful	attentive	spirited	eager	comfortable	tenacious	efficient
easy	touched	festive	observant	thrilled	keen	pleased	composed	non-controlling
connected	close	ecstatic	amused	wonderful	earnest	encouraged	self-affirming	unassuming
sympathetic	loved	satisfied	thoughtful	funny	upbeat	surprised	truthful	trusting
friendly	sweet	glad	courteous	great	creative	bright	supportive	supported
approachable	gentle	cheerful	intent	giving	constructive	blessed	excellent	light
outgoing	compassionate	sunny	focused	sharing	helpful	assured	perseverant	spontaneous
flowing	caring	joyful		intelligent	resourceful	clear	responsible	aware
flexible	allowing	fun-loving		equal	motivated	balanced	energized	healthy
present	nonjudgmental	lighthearted		excited	cooperative	fine	sane	meditative
listening	appreciative	easygoing		enjoying	productive	okay	complete	still
welcoming	respectful	mellow		communicative	responsive	carefree	mature	rested
embracing	humble	happy-go-lucky		active	conscientious	adequate	solid	waiting
	gracious	glorious		spunky	approving	fulfilled	confident	laughing
	patient	innocent		youthful	honored	genuine		graceful
	honoring	child-like		vigorous	privileged	authentic		natural
	expansive	gratified		tickled	adaptable	beautiful		steady
	kindly	rapturous		engaged		forgiving		centered
	grateful	in good humor				sincere		placid
		in heaven				uplifted		
		on top of the world				unburdened		
						self-sufficient		

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