

# Your Top Emotions

Reflect in detail on a typical day. What are your three most common feelings?

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Why do you think you have those feelings on a daily basis?

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What are the top three emotions you would like to feel every day?

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Why?

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What would change in your life if you were operating from those three emotions now?

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What are some thoughts that create those emotions for you?

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# Buffering

What are ways in which you buffer?

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What emotions are you attempting to avoid when you buffer?

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In what way are you still experiencing those emotions anyway?

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What are the thoughts that create each of these emotions

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To stop buffering, you'll need to be willing to feel unpleasant emotions and give up the false pleasure of the buffer. Are you willing to do this?

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What are the negative consequences of buffering in your life?

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How will you manage your urges to give in to buffering?

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Are you willing to make hundreds of mistakes to get rid of your buffer?

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## Emotional Vocabulary

Able	Dissatisfied	Insecure	Scared
Adequate	Distressed	Irate	Stiff
Aggravated	Down	Irritated	Secure
Aggressive	Drained	Joyful	Seething
Agitated	Durable	Lazy	Shaky
Alone	Ecstatic	Left Out	Shocked
Annoyed	Elated	Lethargic	Shy
Anxious	Embarrassed	Lifeless	Small
Apprehensive	Energetic	Lost	Sneaky
Ashamed	Enraged	Mad	Soft
Bad	Excited	Mellow	Sorrowful
Baffled	Exhausted	Misplaced	Sorry
Beat	Exuberant	Mixed Up	Super
Bewildered	Fearful	Moody	Sure
Blue	Fine	Nervous	Terrified
Bothered	Fired Up	Outraged	Threatened
Capable	Foggy	Overjoyed	Thrilled
Certain	Forceful	Overwhelmed	Timid
Cheerful	Frightened	Panicky	Tired
Compassionate	Frustrated	Perplexed	Touchy
Confident	Furious	Persuasive	Trapped
Content	Glad	Perturbed	Troubled
Crushed	Good	Petrified	Uncomfortable
Dejected	Grateful	Pleasant	Undecided
Delighted	Gung Ho	Pleased	Uneasy
Dependent	Heartbroken	Potent	Unhappy
Depressed	Helpless	Powerful	Unsatisfied
Desperate	Hopeful	Proud	Unsure
Determined	Hopeless	Put Out	Unworthy
Disappointed	Horried	Puzzled	Upset
Disgusted	Hot	Regret	Uptight
Dismayed	Hurt	Relieved	Worried
Disorganized	Impotent	Remorseful	Worthy
Disoriented	Inadequate	Rundown	Worthless
	Incapable	Satisfied	

