

EQ Method

Emotions Guide

- Abandoned
- Accident
- Accused
- Agony
- Alienated
- Alone
- Angry
- Anxious
- Ashamed
- Attacked
- Battered
- Belittled
- Bereaved
- Betrayed
- Bitter
- Boxed in
- Busy
- Can't breath
- Chained
- Cheated
- Claustrophobic
- Confused
- Controlled
- Crazy
- Criticized
- Damned
- Deceived
- Degraded
- Demeaned
- Demoralized
- Depressed
- Deprived
- Despair
- Different
- Dirty
- Disappointed
- Disgraced
- Disgusted
- Dominated
- Don't belong
- Don't exist
- Don't fit
- Embarrassed
- Empty
- Enraged
- Evil
- Extrovert
- Failure
- Fearful
- Filthy
- Foolish
- Forgotten
- Freakish
- Frightened
- Frustrated
- Garbage
- Guilty
- Helpless
- Hopeless
- Humiliated
- Hurt
- Ignorant
- Inadequate
- Incompetent
- Insecure
- Insignificant
- Insulted
- Introvert
- Invisible
- Irresponsible
- Jealous
- Lazy
- Left out
- Lonely
- Losing control
- Losing my mind
- Lost
- Lustful
- Manipulated
- Mental
- Misunderstood
- Mistake
- Nasty
- Neglected
- Not approved
- Not cared for

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Emotions Guide

- Not comforted
- Not needed
- Not nurtured
- Numb
- Offended
- Out of control
- Outcast
- Over exposed
- Overwhelmed
- Panicky
- People pleaser
- Powerless
- Pressured
- Prideful
- Put-down
- Raped
- Rejected
- Repulsed
- Resentful
- Ridiculed
- Ruined
- Scorned
- Screwed
- Seduced
- Selfish
- Shattered
- Sickened
- Small
- Smothered
- Stupid
- Suffocated
- Tainted
- Terrified
- Timid
- Thrown away
- Tormented
- Trash
- Two-faced
- Unaccepted
- Unfeeling
- Un-feminine
- Unloved
- Un-masculine
- Unprotected
- Unsafe
- Unwanted
- Vengeful
- Violated
- Vulnerable
- Who am I?
- Withdrawn