



# TURNING INSIGHT INTO ACTION



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# QUESTIONNAIRE

Reflecting and integrating after therapy sessions bridges the gap between insight and action, fostering lasting personal growth and improved mental and emotional well-being. It's a valuable practice for anyone committed to their own development and healing

Please answer based on your true feelings and experiences, not how you think you should feel or what others expect. Be honest.

1. What is a takeaway or insight from this session?

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.....  
.....

2. What is an intention you'd like to set for yourself based on this insight?

.....  
.....  
.....

3. What way of being would you like to implement moving forward? (Ex. kindness, patience, wisdom, etc)

.....  
.....  
.....

4. What is an action step you'd like to commit to?

.....  
.....  
.....

5. What is a point of resistance or block that you are aware of?

.....  
.....  
.....

6. Write a statement of compassion to support you in this integration

.....  
.....  
.....

# EMOTION LIST

## PLEASANT EMOTIONS

### OPEN

Accepting  
Approachable  
Confident  
Connected  
Easy  
Embracing  
Empathetic  
Flexible  
Flowing  
Free  
Friendly  
Harmonious  
Interested  
Kind  
Listening  
Outgoing  
Present  
Receptive  
Satisfied  
Sympathetic  
Tolerant  
Understanding  
Welcoming

### HAPPY

Blissful  
Cheerful  
Child-like  
Delighted  
Easygoing  
Ecstatic  
Elated  
Euphoric  
Festive  
Fun-loving  
Glad  
Gleeful  
Glorious  
Gratified  
Happy-go-lucky  
In good humor  
In heaven  
Innocent  
Jovial  
Joyous  
Jubilant  
Lighthearted  
Mellow  
On top of the world  
Overjoyed  
Rapturous  
Satisfied  
Sunny  
Thankful

### POSITIVE

Adaptable  
Approving  
Beautiful  
Bold  
Brave  
Conscientious  
Constructive  
Cooperative  
Creative  
Daring  
Eager  
Earnest  
Enthusiastic  
Exuberant  
Helpful  
Honored  
Hopeful  
In the zone  
Inspired  
Keen  
Motivated  
Privileged  
Productive  
Resourceful  
Responsive  
Upbeat

### LOVING

Admiring  
Affectionate  
Allowing  
Appreciative  
Attracted  
Caring  
Close  
Compassionate  
Considerate  
Devoted  
Expansive  
Gentle  
Gracious  
Grateful  
Honoring  
Humble  
Kindly  
Loved  
Nonjudgmental  
Passionate  
Patient  
Respectful  
Sensitive  
Sweet  
Tender  
Touched  
Warm

### STRONG

Complete  
Composed  
Dynamic  
Energized  
Excellent  
Hardy  
Honest  
Mature  
Perseverant  
Reliable  
Responsible  
Sane  
Secure  
Self-affirming  
Solid stable  
Supportive  
Sure  
Tenacious  
Truthful  
Unique

### PEACEFUL

Adequate  
Assured  
At ease  
Authentic  
Balanced  
Blessed  
Bright  
Calm  
Carefree  
Certain  
Clear  
Comfortable  
Confident  
Content  
Encouraged  
Fine  
Forgiving  
Fulfilled  
Genuine  
Good  
Grateful  
Okay  
Pleased  
Quiet  
Relaxed  
Self-sufficient  
Serene  
Sincere  
Surprised  
Unburdened  
Uplifted

### RELAXED

Aware  
Beaming  
Centered  
Efficient  
Fluid  
Glowing  
Graceful  
Grounded  
Healthy  
Laughing  
Light  
Meditative  
Natural  
Non-controlling  
Open-minded  
Placid  
Radiant  
Reflective  
Rested  
Smiling  
Spontaneous  
Steady  
Still  
Supported  
Trusting  
Unassuming  
Unhurried  
Waiting

### INTERESTED

Absorbed  
Amazed  
Amused  
Attentive  
Courteous  
Curious  
Engrossed  
Fascinated  
Focused  
Inquisitive  
Intent  
Intrigued  
Involved  
Observant  
Thoughtful

### ALIVE

Active  
Animated  
Communicative  
Courageous  
Energetic  
Enjoying  
Equal  
Excited  
Exhilarated  
Frisky  
Funny  
Giving  
Great  
Intelligent  
Liberated  
Optimistic  
Playful  
Sharing  
Spirited  
Spunky  
Thrilled  
Tickled  
Vigorous  
Wonderful  
Youthful

# EMOTION LIST

## UNPLEASANT EMOTIONS

### SAD

Anguished  
Blindsided  
Crying  
Desolate  
Devastated  
Dirty  
Disconnected  
Discontented  
Dismayed  
Downhearted  
Fragile  
Grieved  
Groaning  
Lonely  
Moaning  
Mournful  
Oversensitive  
Remorseful  
Self-castigating  
Sorrowful  
Sour  
Sullen  
Tearful  
Unhappy  
Unworthy

### DEPRESSED

Achy	Guilty
Alienated	Haggard
Ashamed	Hopeless in hell
Bad	Lousy
Blocked	Low
Bummed out	Masochistic
Burdened	Miserable
Cheerless	Moody
Closed	Morose
Contracted	Negative
Crabby	No energy
Cranky	Off
Dejected	Out of sorts
Despairing	Pessimistic
Desperate	Powerless
Despicable	Punishing
Despondent	Resistant
Diminished	Rotten
Disappointed	Self-critical
Discouraged	Self-denigrating
Disheartened	Self-deprecating
Dissatisfied	Self-hating
Down	Slouching
Faultfinding	Slumped
Gloomy	Stuck
Glum	Sulky
Grouchy	Terrible
Grumpy	Tight
	Touchy

### HELPLESS

Alone  
Compulsive  
Craving  
Cut off  
Distraught  
Distressed  
Doomed  
Empty  
Fatigued  
Fidgety  
Hungry  
Incapable  
Incapacitated  
Incompetent  
Inept  
Inferior  
Jittery  
Nauseated  
Overwhelmed  
Paralyzed  
Pathetic  
Shut Down  
Sick  
Squirming  
Trapped  
Trembling  
Twitching  
Useless  
Vulnerable  
Weak  
Woozy

### AFRAID

Agoraphobic	Dreadful
Panicked	Suspicious
Alarmed	Fearful
Paranoid	Terrified
Anxious	Frightened
Petrified	Threatened
Apprehensive	Guarded
Phobic	Timid
Attached	Immobile
Prejudiced	Troubled
Attacking	Inhibited
Restless	Unbending
Avoiding	Insecure
Rigid	Unwelcoming
Cowardly	Intimidated
Scared	Uptight
Defensive	Intolerant
Self-absorbed	Wary
Disrupted	Menaced
Self-conscious	Worried
Disturbed	Nervous

### ANGRY

Abrupt	Malicious
Aggressive	Mean
Agitated	Mean-spirited
Annoyed	Offensive
Antagonistic	Overbearing
Bitter	Poisonous
Condemning	Quarrelsome
Contrary	Reactive
Controlling	Rebellious
Critical	Reprimanding
Cross	Repulsed
Disrespectful	Resentful
Enraged	Retaliating
Envious	Revengeful
Exasperated	Sadistic
Frustrated	Sarcastic
Furious	Scornful
Hateful	Screaming
Hitting	Seething
Hostile	Sharp
Hotheaded	Short-tempered
Impatient	Spiteful
Incensed	Stubborn
Infuriated	Swearing
Insulting	Ticked off
Irate	Unpleasant
Irritated	Upset
Jealous	Venomous
Loud	Vindictive
Mad	Violent
	Yelling

### HURT

Aching  
Afflicted  
Agonized  
Appalled  
Belittled  
Bulldozed  
Bullied  
Crushed  
Deprived  
Distant  
Heartbroken  
Humiliated  
Idignant  
Injured  
Insulted  
Invaded  
Miffed  
Offended  
Pained  
Rejected  
Secretive  
Slighted  
Smothered  
Suffering  
Tormented  
Tortured  
Victimized  
Withdrawn  
Wronged

### JUDGEMENTAL

Attacked  
Blunt  
Bossy  
Brutal  
Combative  
Complaining  
Disgusted  
Fake  
Frowning  
Glaring  
Hard  
Hurtful  
Neglectful  
Obsessive  
Phony  
Pushy  
Ranting  
Recoiling  
Rude  
Scolding  
Serious  
Shallow  
Shrill  
Stem  
Stiff  
Stilted  
Stonewalling  
Stony  
Tactless  
Taut  
Territorial  
Unfair

### CONFUSED

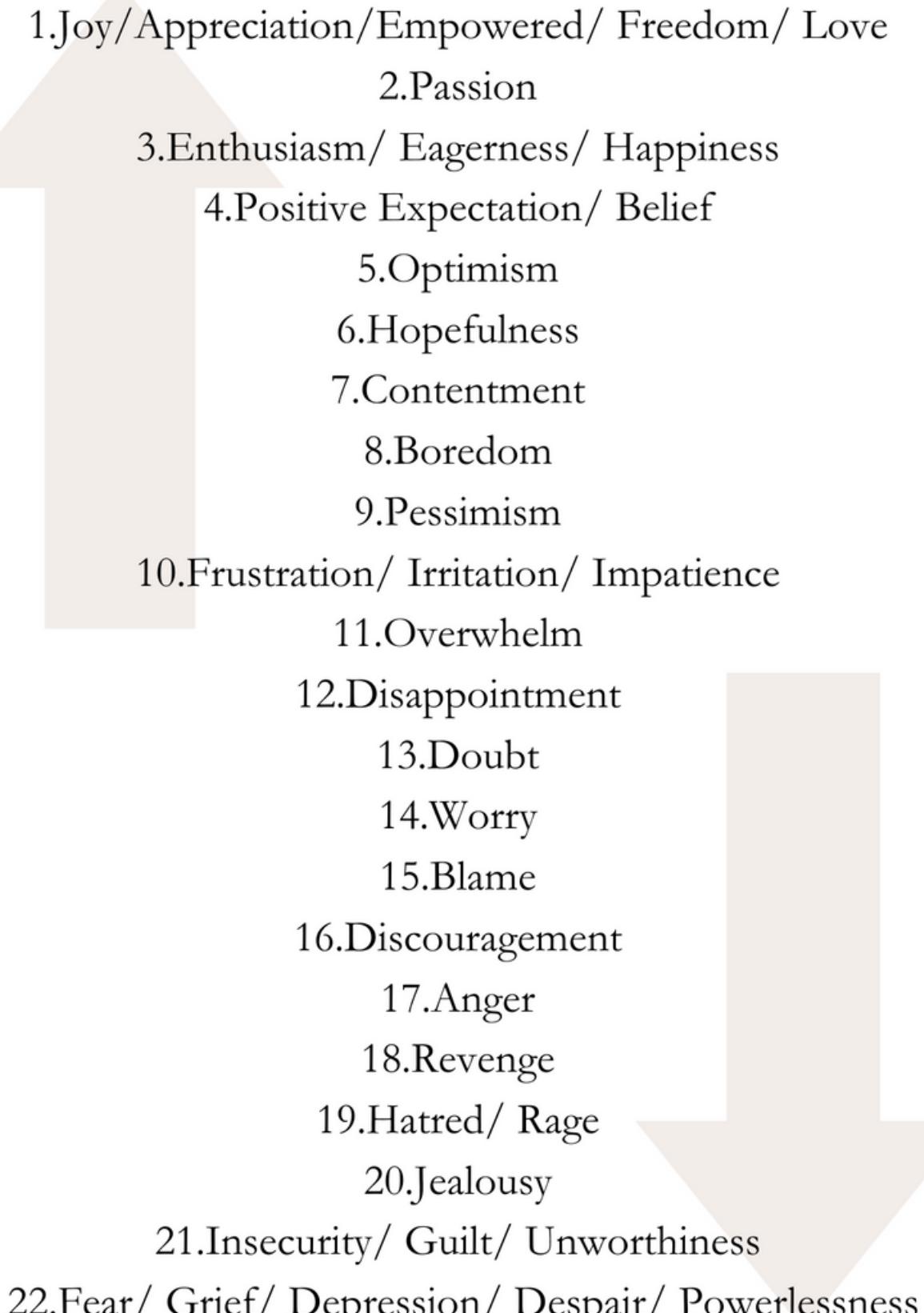
Argumentative  
Authoritative  
Awkward  
Blushing  
Comparing  
Condescending  
Confounded  
Demanding  
Disdainful  
Dishonest  
Disillusioned  
Disoriented  
Distracted  
Distrustful  
Doubtful  
Embarrassed  
Frenzied  
Hesitant  
Indecisive  
Judgmental  
Lost  
Manipulative  
Misgiving  
Off-kilter  
Perplexed  
Shy  
Stressed  
Superior  
Tense  
Uncertain  
Uncomfortable  
Uneasy  
Unsure

### INDIFFERENT

Insensitive  
Dull  
Reserved  
Weary  
Bored  
Preoccupied  
Cold  
Lifeless  
Uncaring  
Uninterested  
Unresponsive  
Tired  
Robotic  
Slow  
Sluggish

# Emotional Guidance Scale

by: Abraham Hicks

- 
1. Joy/ Appreciation/ Empowered/ Freedom/ Love
  2. Passion
  3. Enthusiasm/ Eagerness/ Happiness
  4. Positive Expectation/ Belief
  5. Optimism
  6. Hopefulness
  7. Contentment
  8. Boredom
  9. Pessimism
  10. Frustration/ Irritation/ Impatience
  11. Overwhelm
  12. Disappointment
  13. Doubt
  14. Worry
  15. Blame
  16. Discouragement
  17. Anger
  18. Revenge
  19. Hatred/ Rage
  20. Jealousy
  21. Insecurity/ Guilt/ Unworthiness
  22. Fear/ Grief/ Depression/ Despair/ Powerlessness