

# EMOTIONAL ASSESSMENT WORK SHEET

Which of these **POSITIVE** feelings do you frequently experience?

accepted ..... <input type="checkbox"/>	excited ..... <input type="checkbox"/>	loving ..... <input type="checkbox"/>	seductive ..... <input type="checkbox"/>
accepting ..... <input type="checkbox"/>	expressive ..... <input type="checkbox"/>	lucky ..... <input type="checkbox"/>	self-sufficient ..... <input type="checkbox"/>
adequate ..... <input type="checkbox"/>			sensitive ..... <input type="checkbox"/>
admired ..... <input type="checkbox"/>	feminine ..... <input type="checkbox"/>	masculine ..... <input type="checkbox"/>	sensuous ..... <input type="checkbox"/>
affectionate ..... <input type="checkbox"/>	flexible ..... <input type="checkbox"/>	masterful ..... <input type="checkbox"/>	sentimental ..... <input type="checkbox"/>
alert ..... <input type="checkbox"/>	flowing ..... <input type="checkbox"/>	merciful ..... <input type="checkbox"/>	serene ..... <input type="checkbox"/>
alive ..... <input type="checkbox"/>	forgiven ..... <input type="checkbox"/>		sincere ..... <input type="checkbox"/>
animated ..... <input type="checkbox"/>	forgiving ..... <input type="checkbox"/>	needed ..... <input type="checkbox"/>	sociable ..... <input type="checkbox"/>
appreciated ..... <input type="checkbox"/>	fortunate ..... <input type="checkbox"/>	nurtured ..... <input type="checkbox"/>	spiritual ..... <input type="checkbox"/>
assertive ..... <input type="checkbox"/>	free ..... <input type="checkbox"/>	nurturing ..... <input type="checkbox"/>	stimulated ..... <input type="checkbox"/>
attentive ..... <input type="checkbox"/>	friendly ..... <input type="checkbox"/>		successful ..... <input type="checkbox"/>
attractive ..... <input type="checkbox"/>	fulfilled ..... <input type="checkbox"/>	open ..... <input type="checkbox"/>	supported ..... <input type="checkbox"/>
autonomous ..... <input type="checkbox"/>		optimistic ..... <input type="checkbox"/>	supportive ..... <input type="checkbox"/>
	generous ..... <input type="checkbox"/>	outgoing ..... <input type="checkbox"/>	sympathetic ..... <input type="checkbox"/>
balanced ..... <input type="checkbox"/>	glowing ..... <input type="checkbox"/>		
beautiful ..... <input type="checkbox"/>	good ..... <input type="checkbox"/>	passionate ..... <input type="checkbox"/>	tactful ..... <input type="checkbox"/>
blissful ..... <input type="checkbox"/>	graceful ..... <input type="checkbox"/>	patient ..... <input type="checkbox"/>	talented ..... <input type="checkbox"/>
	gracious ..... <input type="checkbox"/>	peaceful ..... <input type="checkbox"/>	tender ..... <input type="checkbox"/>
calm ..... <input type="checkbox"/>	grateful ..... <input type="checkbox"/>	perceptive ..... <input type="checkbox"/>	thankful ..... <input type="checkbox"/>
capable ..... <input type="checkbox"/>	gratified ..... <input type="checkbox"/>	pleased ..... <input type="checkbox"/>	thoughtful ..... <input type="checkbox"/>
challenged ..... <input type="checkbox"/>		poised ..... <input type="checkbox"/>	thrilled ..... <input type="checkbox"/>
cheerful ..... <input type="checkbox"/>	handsome ..... <input type="checkbox"/>	positive ..... <input type="checkbox"/>	together ..... <input type="checkbox"/>
clean ..... <input type="checkbox"/>	happy ..... <input type="checkbox"/>	powerful ..... <input type="checkbox"/>	tranquil ..... <input type="checkbox"/>
clear ..... <input type="checkbox"/>	healthy ..... <input type="checkbox"/>	productive ..... <input type="checkbox"/>	transcendent ..... <input type="checkbox"/>
comfortable ..... <input type="checkbox"/>	hopeful ..... <input type="checkbox"/>	prosperous ..... <input type="checkbox"/>	transformed ..... <input type="checkbox"/>
compassionate ..... <input type="checkbox"/>	hospitable ..... <input type="checkbox"/>	protected ..... <input type="checkbox"/>	transported ..... <input type="checkbox"/>
competent ..... <input type="checkbox"/>		protective ..... <input type="checkbox"/>	triumphant ..... <input type="checkbox"/>
composed ..... <input type="checkbox"/>	imaginative ..... <input type="checkbox"/>	proud ..... <input type="checkbox"/>	trusted ..... <input type="checkbox"/>
confident ..... <input type="checkbox"/>	important ..... <input type="checkbox"/>	purposeful ..... <input type="checkbox"/>	trusting ..... <input type="checkbox"/>
connected ..... <input type="checkbox"/>	impressive ..... <input type="checkbox"/>		tuned-in ..... <input type="checkbox"/>
considerate ..... <input type="checkbox"/>	included ..... <input type="checkbox"/>	quiet ..... <input type="checkbox"/>	
contented ..... <input type="checkbox"/>	independent ..... <input type="checkbox"/>		unafraid ..... <input type="checkbox"/>
cordial ..... <input type="checkbox"/>	insightful ..... <input type="checkbox"/>	receptive ..... <input type="checkbox"/>	understanding ..... <input type="checkbox"/>
creative ..... <input type="checkbox"/>	inspired ..... <input type="checkbox"/>	reconciled ..... <input type="checkbox"/>	understood ..... <input type="checkbox"/>
curious ..... <input type="checkbox"/>	integrated ..... <input type="checkbox"/>	refreshed ..... <input type="checkbox"/>	unencumbered ..... <input type="checkbox"/>
	intelligent ..... <input type="checkbox"/>	rejuvenated ..... <input type="checkbox"/>	uplifted ..... <input type="checkbox"/>
delighted ..... <input type="checkbox"/>	intense ..... <input type="checkbox"/>	relaxed ..... <input type="checkbox"/>	
deserving ..... <input type="checkbox"/>	interested ..... <input type="checkbox"/>	resolved ..... <input type="checkbox"/>	vibrant ..... <input type="checkbox"/>
desirable ..... <input type="checkbox"/>	intimate ..... <input type="checkbox"/>	respected ..... <input type="checkbox"/>	victorious ..... <input type="checkbox"/>
	intuitive ..... <input type="checkbox"/>	responsive ..... <input type="checkbox"/>	vivacious ..... <input type="checkbox"/>
eager ..... <input type="checkbox"/>	invigorated ..... <input type="checkbox"/>	rested ..... <input type="checkbox"/>	
ecstatic ..... <input type="checkbox"/>		revitalized ..... <input type="checkbox"/>	wanted ..... <input type="checkbox"/>
elated ..... <input type="checkbox"/>	joyful ..... <input type="checkbox"/>	rewarded ..... <input type="checkbox"/>	warm ..... <input type="checkbox"/>
empathic ..... <input type="checkbox"/>		rich ..... <input type="checkbox"/>	well ..... <input type="checkbox"/>
encouraged ..... <input type="checkbox"/>	kindly ..... <input type="checkbox"/>	romantic ..... <input type="checkbox"/>	worthy ..... <input type="checkbox"/>
energetic ..... <input type="checkbox"/>		rhythmical ..... <input type="checkbox"/>	
enlightened ..... <input type="checkbox"/>	light ..... <input type="checkbox"/>		youthful ..... <input type="checkbox"/>
enriched ..... <input type="checkbox"/>	lively ..... <input type="checkbox"/>	safe ..... <input type="checkbox"/>	
enthusiastic ..... <input type="checkbox"/>	loved ..... <input type="checkbox"/>	satisfied ..... <input type="checkbox"/>	OTHER ..... <input type="checkbox"/>
euphoric ..... <input type="checkbox"/>	lovely ..... <input type="checkbox"/>	secure ..... <input type="checkbox"/>	_____ <input type="checkbox"/>

Are you aware of how the feelings you have checked are expressed in your body? Yes  No

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**Which of these NEGATIVE feelings do you frequently experience?**

abandoned . . . . . <input type="checkbox"/>	enraged . . . . . <input type="checkbox"/>	overworked . . . . . <input type="checkbox"/>	uneasy . . . . . <input type="checkbox"/>
abused . . . . . <input type="checkbox"/>	envious . . . . . <input type="checkbox"/>	panicky . . . . . <input type="checkbox"/>	unemotional . . . . . <input type="checkbox"/>
afraid . . . . . <input type="checkbox"/>	evil . . . . . <input type="checkbox"/>	paralyzed . . . . . <input type="checkbox"/>	unfeeling . . . . . <input type="checkbox"/>
alone . . . . . <input type="checkbox"/>	exhausted . . . . . <input type="checkbox"/>	persecuted . . . . . <input type="checkbox"/>	unfeminine . . . . . <input type="checkbox"/>
angry . . . . . <input type="checkbox"/>	fearful . . . . . <input type="checkbox"/>	pessimistic . . . . . <input type="checkbox"/>	unhappy . . . . . <input type="checkbox"/>
anxious . . . . . <input type="checkbox"/>	frantic . . . . . <input type="checkbox"/>	picked on . . . . . <input type="checkbox"/>	unheard . . . . . <input type="checkbox"/>
apart . . . . . <input type="checkbox"/>	frightened . . . . . <input type="checkbox"/>	possessed . . . . . <input type="checkbox"/>	unloved . . . . . <input type="checkbox"/>
apathetic . . . . . <input type="checkbox"/>	frigid . . . . . <input type="checkbox"/>	pressured . . . . . <input type="checkbox"/>	unmasculine . . . . . <input type="checkbox"/>
ashamed . . . . . <input type="checkbox"/>	frustrated . . . . . <input type="checkbox"/>	put down . . . . . <input type="checkbox"/>	unwanted . . . . . <input type="checkbox"/>
awkward . . . . . <input type="checkbox"/>	furious . . . . . <input type="checkbox"/>	put upon . . . . . <input type="checkbox"/>	unworthy . . . . . <input type="checkbox"/>
bad . . . . . <input type="checkbox"/>	guilty . . . . . <input type="checkbox"/>	regretful . . . . . <input type="checkbox"/>	used . . . . . <input type="checkbox"/>
bereaved . . . . . <input type="checkbox"/>	hateful . . . . . <input type="checkbox"/>	rejected . . . . . <input type="checkbox"/>	useless . . . . . <input type="checkbox"/>
bewildered . . . . . <input type="checkbox"/>	hostile . . . . . <input type="checkbox"/>	repulsive . . . . . <input type="checkbox"/>	victimized . . . . . <input type="checkbox"/>
bitter . . . . . <input type="checkbox"/>	hurt . . . . . <input type="checkbox"/>	resentful . . . . . <input type="checkbox"/>	vulnerable . . . . . <input type="checkbox"/>
blocked . . . . . <input type="checkbox"/>	hysterical . . . . . <input type="checkbox"/>	resigned . . . . . <input type="checkbox"/>	weak . . . . . <input type="checkbox"/>
bored . . . . . <input type="checkbox"/>	ignored . . . . . <input type="checkbox"/>	restless . . . . . <input type="checkbox"/>	weary . . . . . <input type="checkbox"/>
bothered . . . . . <input type="checkbox"/>	immobilized . . . . . <input type="checkbox"/>	restricted . . . . . <input type="checkbox"/>	worried . . . . . <input type="checkbox"/>
burdened . . . . . <input type="checkbox"/>	immoral . . . . . <input type="checkbox"/>	rigid . . . . . <input type="checkbox"/>	worthless . . . . . <input type="checkbox"/>
caged . . . . . <input type="checkbox"/>	impatient . . . . . <input type="checkbox"/>	sad . . . . . <input type="checkbox"/>	OTHER
censored . . . . . <input type="checkbox"/>	in the way . . . . . <input type="checkbox"/>	sarcastic . . . . . <input type="checkbox"/>	_____
clumsy . . . . . <input type="checkbox"/>	inadequate . . . . . <input type="checkbox"/>	scared . . . . . <input type="checkbox"/>	_____
cold . . . . . <input type="checkbox"/>	incompetent . . . . . <input type="checkbox"/>	self-conscious . . . . . <input type="checkbox"/>	
compulsive . . . . . <input type="checkbox"/>	indifferent . . . . . <input type="checkbox"/>	shaken . . . . . <input type="checkbox"/>	<b>Anger often</b>
condemned . . . . . <input type="checkbox"/>	inferior . . . . . <input type="checkbox"/>	shut down . . . . . <input type="checkbox"/>	<b>masquerades as:</b>
conflicted . . . . . <input type="checkbox"/>	insecure . . . . . <input type="checkbox"/>	shy . . . . . <input type="checkbox"/>	
confused . . . . . <input type="checkbox"/>	irritable . . . . . <input type="checkbox"/>	sick . . . . . <input type="checkbox"/>	anxiety
contemptible . . . . . <input type="checkbox"/>	isolated . . . . . <input type="checkbox"/>	sinful . . . . . <input type="checkbox"/>	apathy
controlled . . . . . <input type="checkbox"/>	jealous . . . . . <input type="checkbox"/>	split-off . . . . . <input type="checkbox"/>	contempt
cornered . . . . . <input type="checkbox"/>	left out . . . . . <input type="checkbox"/>	stifled . . . . . <input type="checkbox"/>	cynicism
cynical . . . . . <input type="checkbox"/>	let down . . . . . <input type="checkbox"/>	stupid . . . . . <input type="checkbox"/>	depression
dead . . . . . <input type="checkbox"/>	lethargic . . . . . <input type="checkbox"/>	suicidal . . . . . <input type="checkbox"/>	discontent
defeated . . . . . <input type="checkbox"/>	listless . . . . . <input type="checkbox"/>	suspicious . . . . . <input type="checkbox"/>	distrust
deformed . . . . . <input type="checkbox"/>	lonely . . . . . <input type="checkbox"/>	tense . . . . . <input type="checkbox"/>	envy
dejected . . . . . <input type="checkbox"/>	managed . . . . . <input type="checkbox"/>	terrified . . . . . <input type="checkbox"/>	hatred
depressed . . . . . <input type="checkbox"/>	maneuvered . . . . . <input type="checkbox"/>	threatened . . . . . <input type="checkbox"/>	intolerance
dirty . . . . . <input type="checkbox"/>	manipulated . . . . . <input type="checkbox"/>	thwarted . . . . . <input type="checkbox"/>	jealousy
disappointed . . . . . <input type="checkbox"/>	misunderstood . . . . . <input type="checkbox"/>	tired . . . . . <input type="checkbox"/>	malice
discontented . . . . . <input type="checkbox"/>	mixed up . . . . . <input type="checkbox"/>	tormented . . . . . <input type="checkbox"/>	martyrdom
discouraged . . . . . <input type="checkbox"/>	morbid . . . . . <input type="checkbox"/>	tortured . . . . . <input type="checkbox"/>	paranoia
disgusted . . . . . <input type="checkbox"/>	nervous . . . . . <input type="checkbox"/>	trapped . . . . . <input type="checkbox"/>	rigidity
disgusting . . . . . <input type="checkbox"/>	numb . . . . . <input type="checkbox"/>	troubled . . . . . <input type="checkbox"/>	sarcasm
disinterested . . . . . <input type="checkbox"/>	obsessed . . . . . <input type="checkbox"/>	ugly . . . . . <input type="checkbox"/>	self-pity
disoriented . . . . . <input type="checkbox"/>	old . . . . . <input type="checkbox"/>	unaccepted . . . . . <input type="checkbox"/>	snobbishness
distressed . . . . . <input type="checkbox"/>	out of control . . . . . <input type="checkbox"/>	unappreciated . . . . . <input type="checkbox"/>	suspicion
distrustful . . . . . <input type="checkbox"/>	overwhelmed . . . . . <input type="checkbox"/>	unattractive . . . . . <input type="checkbox"/>	tension
disturbed . . . . . <input type="checkbox"/>		uncomfortable . . . . . <input type="checkbox"/>	
dominated . . . . . <input type="checkbox"/>		undecided . . . . . <input type="checkbox"/>	
dull . . . . . <input type="checkbox"/>		undeserving . . . . . <input type="checkbox"/>	
dumb . . . . . <input type="checkbox"/>			
empty . . . . . <input type="checkbox"/>			

**Are you aware of how the feelings you have checked are expressed in your body? Yes  No**

**Would you like to find out how you can improve the quality of your life? Help is available through confidential, professional, Anxiety Care Coaching & Alternative Counseling with Dianne Ruth, Ph.D..**