

Emotions checklist

I take full responsibility for my own health, happiness and wellbeing.

Are you feeling...

Abandoned	Agitated	Alienated	Angry
Anxious	Betrayed	Bitter	Blamed
Confused	Contempt	Dejected	Depressed
Desperate	Disappointed	Distain	Disgust
Disillusioned	Despair	Embarrassed	Emptiness
Envy	Fear	Frustration	Grief
Guilt	Helplessness	Horror	Humiliated
Hurt	Ignored	Insecure	Insignificant
Jealous	Jittery	Lonely	Longing
Nervous	Oppressed	Overwhelm	Panic
Regret	Rejected	Remorse	Repressed
Resentment	Shame	Submissive	Suppressed
Traumatised	Tyrannised	Weak	Worthless

I release this at a cellular level, all the way back through my past.

I would love to feel...

Assured	Astonished	Astounded	Authentic
Awe	Certain	Comforted	Confident
Delighted	Ease	Engaged	Excellent
Free	Fulfilled	Gratitude	Genuine
Happy	Honoured	Hope	Inspired
Joy	Love	Optimism	Peaceful
Privileged	Proud	Relaxed	Reliable
Responsible	Secure	Self-sufficient	Serenity
Solid	Stable	Supportive	Supported
Sure	Trusting	Trusted	Worthy

I allow highest possible healing take place to the deepest possible cellular level of my being.

Copyright © 2019 Robyn E Gibson
All rights reserved.

