

DIRECTORY OF NEGATIVE EMOTIONS

You can use this list to help you identify what you feel or felt. But remember to **not** get caught up in trying to define it. Infinite Healing™ is very personal and works best when you are unfiltered, when you don't spend too much time trying to figure it out, and when you use your own description of your situation when you transform all Sources.

As you read through the list, make a quick assessment of the words that resonate with you. When you come across a word that fits, do any memories come to Mind? If so, that experience was an opportunity to HEAL that you have missed, so make sure you HONOR it now, activate all lessons and HEAL everything that was felt at that time (and that you may still feel).

**“I activate all lessons that everyone is to learn from this (that) experience.  
I transform all Sources of *(insert emotions here)* and everything else I am feeling (or felt) to  
Unconditional Love & Unconditional Gratitude™.**

[-A-](#) [-B-](#) [-C-](#) [-D-](#) [-E-](#) [-F-](#) [-G-](#) [-H-](#) [-I-](#) [-J-](#) [-K-](#) [-L-](#) [-M-](#) [-N-](#)  
[-O-](#) [-P-](#) [-Q-](#) [-R-](#) [-S-](#) [-T-](#) [-U-](#) [-V-](#) [-W-](#) [Additional HEALING](#)

-A-	Alienated	At risk
	All of this	Atrocious
Aaaahhhhhh!	Alone	Attacked
Abandoned	Annoyed	Awful
Abused	Anxious	Awkward
Accused	Apathetic	
Addicted	Apprehensive	-B-
Afraid	Arrogant	
Aggravated	Ashamed	Bad
Agitated	At a loss	Baffled
Alarmed	At fault	Banned

## DIRECTORY OF NEGATIVE EMOTIONS

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Banished	Bullied	Conceited
Bashful	Bummed	Concerned
Beat	Bummed out	Compromised
Beaten down	Burdened	Cast-off
Bewildered	Burdensome	Censored
Belittled	Burned	Chastised
Berated	Burned-out	Cheap
Betrayed		Childish
Bitterness	-C- <a href="#">(return to top)</a>	Condemned
Bizarre		Confined
Blacklisted	Captive	Contradictory
Blackmailed	Careless	Conflicted
Blamed	Chaotic	Confronted
Bleak	Cheated	Confused
Blown away	Choked	Conned
Blue	Claustrophobic	Constricted
Bored	Clingy	Consumed
Bossed-around	Closed	Contentious
Bothered	Clueless	Controlled by others
Bothersome	Clumsy	Convicted
Boxed-in	Coaxed	Cornered
Broken	Coerced	Corralled
Broken down	Cold	Cowardly
Broken-hearted	Cold-hearted	Crabby
Bruised	Combative	Cramped
Brushed-off	Competitive	Cranky
Bugged	Compulsive	Crappy

**DIRECTORY OF NEGATIVE EMOTIONS**

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Crazy	Dehumanized	Dictated to
Creeped out	Dejected	Diminished
Criticized	Demeaned	Dirty
Cross	Demented	Disabled
Crippled	Demoralized	Disagreeable
Cursed	Demotivated	Disappointed in/by
Crowded	Dependent	Disappointing
Crummy	Depleted	Disapproved of
Crushed	Depraved	Disbelieved
Cut-down	Depreciated	Discarded
Cut-off	Depressed	Disconnected
	Deprived	Discontent
-D- <a href="#">(return to top)</a>	Desecrated	Disconcerted
	Deserted	Discouraged
Damaged	Deserving of <i>(lower-level things like pain, punishment, betrayal, etc.)</i>	Discredited
Damned		Discriminated
Dazed	Desperate	Disempowered
Deceived	Despicable	Disenchanted
Defamed	Despised	Disengaged
Defeated	Destitute	Disgraced
Defective	Destroyed	Disgruntled
Defenseless	Detached	Disgusted
Defiant	Detestable	Disheartened
Deficient	Devalued	Dishonest
Deflated	Devastated	Dishonorable
Degenerate	Devoid	Disillusioned Disliked
Degraded		Dismal

**DIRECTORY OF NEGATIVE EMOTIONS**

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Dismayed	Downtrodden	Evaded
Disorganized	Drained	Evasive
Disoriented	Dramatic	Evicted
Disowned	Dread	Exasperated
Displeased	Dreary	Exhausted
Disposable	Dry	Exploited
Disregarded	Dumb	Exposed
Disrespected	Dumped	
Dissatisfied	Dumped on	-F- <a href="#">(return to top)</a>
Distant	Duped	
Distorted		Failure
Distracted	-E- <a href="#">(return to top)</a>	Fake
Distrustful		Fatigued
Distraught	Edgy	Fear
Distressed	Egotistical	Fearful
Disturbed	Elusive	Fed up
Dizzy	Embarrassed	Filthy
Dominated	Emotional	Finished
Done	Emotionless	Flawed
Doomed	Empty	Flustered
Double-crossed	Endangered	Forced
Doubted	Enraged	Forgetful
Down	Enslaved	Forgettable
Down and out	Envious	Forgotten
Down in the dumps	Excluded	Fragile
Downcast	Estranged	Fragmented
Downhearted	Entangled	Frantic

**DIRECTORY OF NEGATIVE EMOTIONS**

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Freaked out	Hard-hearted	
Frightened	Hassled	-I- <a href="#">(return to top)</a>
Frigid	Hate	
Frustrated	Hateful	Idiotic
Furious	Hatred	Ignorant
	Haunted	Ignored
-G- <a href="#">(return to top)</a>	Heartbroken	Imbalanced
	Heartless	Immature
Gloomy	Heavy-hearted	Impatient
Glum	Helpless	Imposed-upon
Greedy	Hesitant	Impotent
Grey	Hideous	Impoverished
Grief	Hindered	Imprisoned
Gross	Holding a grudge	In the dumps
Grossed-out	Hopelessness	In the way
Grouchy	Horrible	Inadequate
Grumpy	Horrified	Incapable
Guarded	Hostile	Incompetent
Guilt-tripped	Humiliated	Incompatible
Guilty	Hung up	Incomplete
Gullible	Hurried	Inconsiderate
	Hurt	Incorrect
-H- <a href="#">(return to top)</a>	Hushed	Indecisive
	Hypocritical	Indifferent
Had enough	Hysterical	Indignant
Harassed		Ineffective
Hard		Inefficient

**DIRECTORY OF NEGATIVE EMOTIONS**

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Inept	Judgmental	Lonely
Inferior	Jumpy	Lonesome
Inflexible	Just going through the	Longing
Infuriated	motions	Lost
Inhibited		Lousy
Insane	-K- <a href="#">(return to top)</a>	Loveless
Insecure		Low
Insensitive	Kept	
Insignificant	Kept apart	-M- <a href="#">(return to top)</a>
Insincere	Kept away	
Insufficient	Kept out	Mad
Insulted	Kept quiet	Made fun of
Intimidated		Man handled
Invalidated	-L- <a href="#">(return to top)</a>	Manipulated
Invisible		Materialistic
Irrational	Lacking	Mean
Irresponsible	Lacking worthiness	Melancholy
Irritable	Laughed at	Messed with
Irritated	Lazy	Messy
	Lectured to	Miffed
-J- <a href="#">(return to top)</a>	Left out	Minimized
	Let down	Miserable
Jaded	Lied about	Misled
Jealous	Lied to	Mistaken
Jerked around	Like it's easier to avoid life	Mistreated
Jittery	Limited	Mistrusted
Judged	Livid	Misunderstood

## DIRECTORY OF NEGATIVE EMOTIONS

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Misused	Offended	Phony
Mixed-up	On display	Picked on
Mocked	On edge	Pissed
Molested	Opinionated	Pissed off
Mortified	Opposed	Pitiful
	Out of control	Played with
-N- <a href="#">(return to top)</a>	Out of place	Pooped
	Out of touch	Poor
Nagged	Outraged	Powerless
Naughty	Over-controlled	Preached to
Naive	Over-protected	Preoccupied
Needing to avoid conflict	Overlooked	Prejudiced
Needy	Overwhelmed	Pressured
Negative	Overworked	Prosecuted
Neglected		Protected
Nervous	-P- <a href="#">(return to top)</a>	Provoked
Neurotic		Psychopathic
Never good enough	Pained	Psychotic
Not good enough	Panicked	Pulled apart
Numb	Paralyzed	Pulled back
	Paranoid	Punished
-O- <a href="#">(return to top)</a>	Pathetic	Puny
	Perplexed	Pushed
Obligated	Persecuted	Pushed away
Obnoxious	Perturbed	Put down
Obsessed	Pessimistic	Puzzled
Obstinate	Petrified	

**DIRECTORY OF NEGATIVE EMOTIONS**

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	Rotten	Shot down
-Q- <a href="#">(return to top)</a>	Ruined	Shunned
	Rushed	Shy
Questioned		Sick
	-S- <a href="#">(return to top)</a>	Singled-out
-R- <a href="#">(return to top)</a>		Slammed
	Sad	Slandered
Rage	Sadistic	Slighted
Raped	Safer to hide away	Slow
Rattled	Sarcastic	Small
Regret	Scared	Smothered
Rejected	Scarred	Sorrow
Remorse	Scattered	Snapped at
Repulsive	Scorned	Spiteful
Resented	Screwed	Stagnant
Resentful	Screwed over	Stereotyped
Resentment	Screwed up	Stifled
Resistant	Seething	Stressed
Responsible	Self-centered	Stretched
Restless	Self-conscious	Stubborn
Restrained	Self-destructive	Stuck
Restricted	Self-hatred	Stuffy
Retarded	Selfish	Stumped
Revengeful	Shaky	Stupid
Ridiculed	Shallow	Submissive
Ridiculous	Shame	Sucked dry
Robbed	Shocked	Suffocated



**DIRECTORY OF NEGATIVE EMOTIONS**

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Suicidal	Undecided	
Superficial	Under nurtured	-W- <a href="#">(return to top)</a>
Superior	Underappreciated	
Suppressed	Undesirable	Wasted
Suspicious	Undisciplined	Washed up
	Uneasy	Weak
-T- <a href="#">(return to top)</a>	Unfulfilled	Withdrawn
	Unhappy	Worried
Taken advantage of	Unimportant	Worthless
Tense	Unloved	Wounded
Terrible	Unorganized	Wrong
Terrified	Unprotected	
Thoughtless	Unsettled	
Threatened	Unsure	
Timid	Untrusting	
Tired	Unwanted	
Tortured	Upset	
Trapped	Uptight	
Troubled	Used	
Tuned out	Useless	
Turned off		
	-V- <a href="#">(return to top)</a>	
-U- <a href="#">(return to top)</a>		
	Victimized	
Unappreciated	Violated	
Uncertain	Vulnerable	
Uncomfortable	Vengeful	

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**Additional HEALING:**

Think of a situation that you would like to HEAL. List the emotions that you feel/felt here:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

What are you afraid of / what do you fear?

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**“I activate all lessons that everyone is to learn from all situations in which I feel or have felt fear. I transform all Sources of fear of *(insert what you’re afraid of here)* and everything else I feel or felt to Unconditional Love & Unconditional Gratitude™.”**