

Live a limitLESS™ life!

Use this reference to identify how you feel before and after doing the *Relax and Reconnect* audio.

Consider your emotions after each sitting, but also assess if you're feeling more joyful month to month.

I FEEL...

Able	Defeated	Gaiety	Liking	Sentimentality
Adequate	Dejection	Glad	Loathing	Serene
Adoration	Delight	Glamorous	Lonely	Shame
Affection	Depressed	Glee	Longing	Shocked
Aggravation	Desire	Gloom	Love	Sorrow
Aggressive	Despair	Glorious	Lust/Sexual	Spite
Agitation	Destructive	Glumness	Desire	Stress
Agony	Determined	Good	Mad	Submission
Alarm	Disappointed	Graceful	Magnificent	Suffering
Alienation	Disapproval	Great	Manipulated	Surprised
Amazement	Disgusted	Greed	Melancholy	Suspense
Amusement	Dislike	Grief	Miserable	Sympathy
Anger	Dismay	Grouchy	Mortification	Tenderness
Anguish	Displeasure	Grumpy	Neglect	Tension
Annoyed	Distracted	Guilty	Nervousness	Terror
Anticipation	Distress	Happy	Obnoxious	Thrilled
Anxious	Doubt	Harassed	Optimism	Tired
Apathy	Dread	Hatred	Outrage	Torment
Apprehensive	Eager	Helplessness	Overwhelmed	Triumph
Arousal	Ecstasy	Hesitant	Panic	Trust
Assured	Elation	Homesickness	Passion	Uncomfortable
Astonishment	Embarrassment	Hopeful	Peaceful	Uneasy
Attraction	Empathy	Hopelessness	Pity	Unhappy
Awe	Energetic	Horror	Playfulness	Used
Bitter	Enjoyment	Hostile	Pleasant	Vengefulness
Bliss	Enthrallment	Humiliation	Pleasure	Wary
Bored	Enthusiastic	Humorous	Polite	Wasteful
Burdened	Envy	Hurt	Positive	Weary
Calm	Euphoria	Hysteria	Powerful	Woe
Capable	Exasperated	Ignored	Powerlessness	Worry
Caring	Excellent	Impatient	Pressured	Wrath
Cautious	Excited	Indifferent	Pride	Zeal
Certain	Exhausted	Infatuation	Rage	Zest
Charmed	Exhilarated	Insecurity	Rapture	
Cheerful	Expectant	Inspired	Regret	
Comfortable	Fascinated	Insult	Rejection	
Compassion	Fear	Interested	Relaxed	
Competitive	Ferocity	Intimidated	Relief	
Concerned	Fondness	Irritated	Remorse	
Confident	Friendliness	Isolated	Resentment	
Confused	Fright	Jealous	Revulsion	
Contempt	Frustrated	Jolliness	Sad	
Content	Fury	Joviality	Satisfied	
Courageous	Gaiety	Joyful	Scared	
Crosspatch		Jubilation	Scorn	
		Jumpy		