

Undesired Feelings

Doubt

To feel uncertainty, lack of conviction.

Impatient

To feel irritated or provoked.

Reactive

To feel impulsive.

Closed

To feel unwilling.

Uncertain

To feel unclear.

Incapable

To feel unable to do or achieve.

Confused

To feel puzzled or perplexed.

Afraid

To feel frightened or anxiety.

Overwhelmed

To feel defeated or disempowered.

Insecure

To feel unsafe/unstable.

Stuck

To feel limited.

Anxious

To feel worry, unease or nervousness.

Intimidated

To feel frightened/coerced.

Judged

To feel criticized/belittled.

Controlled

To feel limits, prohibitions, no free will.

Powerless

To feel without ability or influence.

Inferior

To feel lower in rank, status or position.

Hesitant

To feel tentative or unsure.

Alienated

To feel isolated, estranged or friendless.

Disheartened

To feel dispirited or discouraged.

Embarrassed

To feel awkward, or self-conscious.

Rebellious

To feel able to question the status-quo.

Alone

To feel abandoned or without aide.

Blocked

To feel obstructed, unable to move.

Defensive

To feel unwanted challenge or blame.

Disconnected

To feel cut-off or alone.

Unwelcome

To feel uncomfortable.

Diminished

To feel less impressive or less valuable.

Guarded

To feel cautious or reserved.

Restless

To feel unable to settle or rest.

INSTRUCTIONS: CIRCLE the emotions that are IMPORTANT for you NOT to feel at work (but you might). UNDERLINE the emotions that you **absolutely don't want to feel**, leave the rest untouched.

Undesired Feelings

Insulted

To feel disrespected or scorned.

Neglect

To feel uncared for.

Uncaring

To feel disinterested, lack of concern.

Other Feeling

(Please add more feelings as needed and continue with the Instructions at the bottom of this page).

Intolerant

To feel unaccepting or prejudiced.

Paralyzed

To feel unable to think or act.

Uncomfortable

To feel uneasy, awkward or nervous.

Other Feeling

(Please add more feelings as needed and continue with the Instructions at the bottom of this page).

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