

ADVENTURES IN CONSCIOUSNESS™

Name _____

My Feelings Hit List

List 10 things that make me angry (impatient, frustrated, irritated):

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

List 10 things that make me afraid (nervous, anxious, fearful, stressed):

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

List 5 things that I don't like about other people:

- 1.
- 2.
- 3.
- 4.
- 5.

List 5 things that I don't like about myself :

- 1.
- 2.
- 3.
- 4.
- 5.

List 5 things I want or desire the most in my life:

- 1.
- 2.
- 3.
- 4.
- 5.

List 5 things I want to avoid most in my life:

- 1.
- 2.
- 3.
- 4.
- 5.