

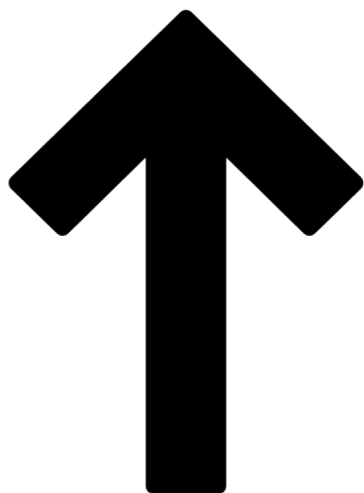


# *Stepping Stone Retreat* *for Enhanced Living*

## Self-Defeating Negative Emotions List

I am feeling...

Increasing  
Intensity



Wrathful  
Aggressive  
Livid  
Hostile  
Enraged  
Furious  
Irate  
Provoked  
Resentful  
Pissed-off  
Disgusted  
Exasperated  
Miffed

Angry  
Agitated  
Irritated  
Cranky  
Unhappy  
Impatient  
Frustrated  
Discontented  
Annoyed  
Troubled  
Displeased  
Dissatisfied  
Disappointed  
Bothered  
Uncomfortable  
Uneasy

Decreasing  
Intensity

