

MOMENTUM

WHEN I FEEL...

- Abandoned
- Afraid, Fearful, Scared
- Alone
- Anxious
- Betrayed or lied to
- Competent
- Confident
- Controlled
- Defective
- Disconnected
- Discouraged
- Disrespected
- Energized
- Excited
- Happy
- Helpless
- Hopeless
- (Like) I'm not enough
- (Like) I'm not measuring up
- Inadequate
- Included
- Insecure
- Insignificant
- Less Than
- Listened to
- Lonely
- Overwhelmed
- Peaceful
- Powerless
- Rejected or excluded
- Relaxed
- Sad
- Stressed
- Surprised
- Supported
- Unaccepted
- Unheard or unknown
- Unloved
- Unsafe
- Unwanted
- Worthless

I TEND TO CHOOSE TO...

- Act arrogantly
- Act as if I don't care
- Act disrespectfully
- Act silly
- Become mean with my words
- Become more optimistic
- Become more pessimistic
- Become more task-focused
- Become confident
- Be more approachable
- Be more playful
- Blame
- Buy things
- Control others
- Crack jokes
- Criticize
- Defend
- Demand
- Disconnect
- Eat
- Get angry
- Give the silent treatment
- Give up
- Hide
- Hit or become aggressive
- Judge
- Lead
- Listen
- Panic
- Push people away
- Put others before myself
- Procrastinate
- Relax
- Roll my eyes
- Runaway
- Self-punish
- Self-protect
- Serve others
- Sleep
- Try to be perfect
- Use people for my benefit
- Withdraw or isolate