

MOMENTUM

When I Feel...

- Abandoned
- Afraid, Fearful, Scared
- Alone
- Anxious
- Betrayed or Lied to
- Competent
- Controlled
- Defective
- Disconnected
- Discouraged
- Disrespected
- Helpless
- Hopeless
- (Like) I'm Not Enough
- (Like) I'm Not Measuring Up
- Inadequate
- Insecure
- Insignificant
- Less Than
- Lonely
- Overwhelmed
- Powerless
- Rejected or excluded
- Sad
- Stressed
- Surprised
- 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 Pessimistic
- Become More Task-Focused
- 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
- Panic
- Push People Away
- Put Others Before Myself
- Procrastinate
- Roll My Eyes
- Run Away
- Self-punish
- Self-protect
- Sleep
- Try to be Perfect
- Use People for My Benefit
- Withdraw or Isolate

How I want to respond

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