Angry			bubbly	clammy	smooth	open	down
burning	explosive	impulsive	•	•		peaceful	empty
clenched	fiery	knotted	bursting	cold	sunny		empty
constricted	heated	prickly	buzzy	dark	tender	relaxed	heavy
energized	hot	red-hot	electric	frantic	touched	releasing	hollow
			energized	frozen	warm	shimmering	untethered
Anxious	disappearing	Depressed	expanding	jittery			
clammy	disconnected	alone	expansive	jumpy		smooth	weighted
clenched	empty	contracted	floating	icy	Hurt	spacious	
constricted	flushed	cut off	fluid	shaky	achy	still	
damp	frozen	dark	flushed	shivery	bruised	strong	Tender
dizzy	hiding imploding	deadened	itchy	spinning	cut		aglow
dry	invisible	dense	•		open	vital	
faint	numb	disappearing	nervy	sweaty	-	warm	bruised
floating	receding	disconnected drained	pounding	trembling	fragile		cozy
fluttery fuzzy	small	dull	pulsing		jagged		flaccid
guarded		empty	radiating	Guilty	pierced	Sad	
headachy		heavy	shimmery	Gunty	prickly		fragile
heart-pounding	Constricted	numb	streaming	buzzy	raw	blue	jagged
jumpy	armored	thick	tingling	constricted	searing	burdened	melting
knotted	blocked		twitchy	dropping	sensitive		8
queasy	clenched			jittery	sore		
spacey	closed	Disgusted		sinking	wobbly		
tingly	cold	acidic	Expansive	tense	wounded		
trembly	congested contracted	bilious	- aramina	terise	wounded		
twitchy	cool	clenched	growing			Manua	f Dady Consation
vibrating	dense	cringing	inflated	Happy/Joyful	Openhearted	ivienu o	f Body Sensation
tense	knotted	gagging grossed out	luminous		-	(From A	ppendix A of IT'S
shallow breath	numb	knotted	puffed up	aglow	airy	•	• •
spinning	paralyzed	nauseated	radiating	cozy	alive	ALWAYS	<b>DEPRESSION</b> boo
panicky tight	prickly	poisoned	shimmering	energized	awake		
tight	pulsing	queasy	strong	expanding	calm		
	stuck	sick	tall	expanded	connected		
Ashamed	suffocating	tense	tremulous	expansive	expanded	It's Not	It's Not
alone	tense	tight		floating	expansive		It's Not Always Depression Always Compression Depression Depression Depression
contracted	thick	_		full	flowing	Depression	Body   December Core   Berlinder Core
cut off	throbbing	Emples	Fearful	moved	fluid	A time Theory of Indiana Washington (Indiana)	MLAFF JACOBS HERSEL
dark	tight	Excited		moved	nuid	HILARY JACOBS HENDEL	

open

smiling

breathless

chaotic

wooden

dark

deadened

deflated

activated

breathless

n Words 'S NOT ook)



full

light







moved soft

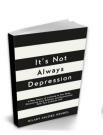
Vulnerable

brittle exposed fragile open quivery raw sensitive

throbbing touched warm

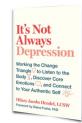
aggressive covetous critical disappointed	provoked resentful sarcastic selfish skeptical violated	Ashamed  alienated  devastated  disrespected  embarrassed
disapproving distant enraged frustrated furious hateful hostile hurt infuriated irate irritated jealous mad pissed	Anxious  agitated avoiding confused constricted hidden indifferent nervous tight tingly uptight withdrawn	empty inadequate inferior insecure insignificant isolated powerless ridiculed victimized vulnerable withdrawn worthless

## **ALWAYS DEPRESSION book)**









## Confident skeptical suspicious amazing appreciated creative Excited courageous activated discerning amazed important awed invincible courageous powerful eager proud ecstatic strong energized successful expansive valuable faithful worthwhile high interested Disgusted liberated surprised averse wondrous disapproving grossed out rejecting Fearful repulsed revolted turned off Distrustful

astonished

jealous judgmental

loathing

perplexed provocative

sarcastic

disillusioned

earful	daring	
afraid	energetic	
anxious	excited	
bewildered	fascinated	
confused	hopeful	
discouraged	joyous	
dismayed	optimistic	
frightened	playful	
helpless	sensual	
hesitant	sensuous	
inadequate	stimulated	
insignificant	wonderful	
overwhelmed		

rejected

scared

shocked

startled

terrified

worried

apologetic

avoiding

contrite

remorseful

meek

Happy/Joyful

amused

cheerful

creative

courageous

Guilty

submissive

Hurt

awful

exposed

ignored

insecure

pained

humiliated

raw	st
rejected	te
•	th
sensitive	th
submissive	u
threatened	
	Peace
Openhearted	ac
aware	Ca
brave	cl
calm	cc
clear	cc
compassionate	cc
confident	CI
connected	cı
courageous	gr
creative	re
curious	se
fulfilled	se
hopeful	
inquisitive	Sad
inspired	
loving	ab
-516	-1

nurturing

open	apathetic	
pensive	ashamed	
philosophical	bored	
playful	depressed	
respectful	despairing	
responsive	disappointed	
sensitive	droopy	
strong	empty	
tender	flat	
thankful	ignored	
thoughtful	indifferent	
	isolated	
	lonely	
aceful	remorseful	
accepted	sleepy	
calm	tired	
clear	withdrawn	
compassionate		
connected		
content	Vulnerable	
creative	defensive	

curious

grateful

relaxed

secure

serene

abandoned

alone

exposed

raw

scared

weak

skittish

withdrawn

protective

## Menu of Fmotion Words (From Appendix B of IT'S NOT

