



## EXERCISE- MEDITATION TO ANCHOR POSITIVE EMOTIONS (Episode #98)

1) Identify the 3 principle emotions you experience the most. These can be positive or negative emotions. Jot down your 3 most common emotions. (See a list of emotions on page 3 if you need help identifying your emotions.)

**EMOTION 1:** \_\_\_\_\_

**EMOTION 2:** \_\_\_\_\_

**EMOTION 3:** \_\_\_\_\_

2) Now go thru each principle emotion individually and ask yourself: When I'm experiencing this emotion, what is my internal chatter? What am I focusing on? What are the affirmations tied to this emotion? What do I tell myself repeatedly?

**EMOTION 1:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



**OLD EMOTION:** \_\_\_\_\_

**NEW POSITIVE EMOTION:** \_\_\_\_\_

**OLD EMOTION:** \_\_\_\_\_


**NEW POSITIVE EMOTION:** \_\_\_\_\_

You are ready for the meditation on episode #98 (minute 22:35)

**LIST OF EMOTIONS:**

Accepting	Bliss	Curious
Adventurous	Bored	Cynical
Affectionate	Brave	Daring
Afraid	Burned out	Delighted
Aggravated	Calm	Delighted
Agitated	Calm	Depleted
Aliveness	Capable	Depressed
Aloof	Caring	Despair
Amazed	Caring	Despondent
Angry	Centered	Determined
Anguish	Compassion	Disappointed
Annoyed	Concerned	Disconnected
Anxious	Confident	Discouraged
Appreciative	Confused	Disdain
Apprehensive	Connected	Disgruntled
Ashamed	Contempt	Dissatisfied
Awe	Content	Distant
Bitter	Courageous	Disturbed
Blessed	Cranky	Doubt

Eager	Humbled	Playful
Ecstatic	Humiliated	Powerful
Edgy	Impatient	Powerless
Edgy	Impotent	Present
Embarrassed	Incapable	Present
Empathy	Indifferent	Proud
Empty	Inhibited	Questioning
Enchanted	Inspired	Radiant
Encouraged	Interested	Rattled
Energized	Intrigued	Reflective
Engaged	Invigorated	Refreshed
Enthusiastic	Involved	Regret
Exasperated	Irate	Rejecting
Excited	Irritated	Rejecting
Exhausted	Isolated	Rejuvenated
Expectant	Joy	Relaxed
Exploring	Lethargic	Reluctant
Fascinated	Listless	Remorseful
Fear	Lively	Removed
Forlorn	Lonely	Renewed
Fortunate	Longing	Resentful
Fragile	Loving	Resigned
Frazzled	Loving	Resistant
Free	Lucky	Restless
Frightened	Melancholy	Sad
Frustrated	Moody	Safe
Fulfilled	Mortified	Satisfied
Furious	Moved	Scared
Gloomy	Nervous	Self-conscious
Grace	Numb	Self-loving
Grateful	On edge	Sensitive
Grief	Open	Serene
Grouchy	Optimistic	Serene
Grouchy	Outraged	Shaken
Grounded	Overwhelm	Shame
Guilt	Panic	Shocked
Happy	Paralyzed	Shut Down
Heartbroken	Passionate	Skeptical
Helpless	Patient	Sorrow
Hesitant	Peaceful	Sorry Hopeful
Hopeless	Perplexed	Stimulated
Hostile	Pissed	Stressed



**Strong**  
**Suspicious**  
**Teary**  
**Tender**  
**Tense**  
**Terrified**  
**Thankful**  
**Thrilled**  
**Tight**  
**Touched**  
**Trapped**  
**Trusting**  
**Uneasy**  
**Ungrounded**  
**Unhappy**  
**Unsettled**  
**Unsure**  
**Upset**  
**Useless**  
**Valiant**  
**Vibrant**  
**Victim**  
**Vindictive**  
**Vulnerable**  
**Warm**  
**Weak**  
**Weary**  
**Withdrawn**  
**Worn out**  
**Worried**  
**Worthless**  
**Worthy**  
**Yearning**