

Emotional States of Being

Week 2 of Anxiety Free Executive Program

State of Being of Acceptance	State of Being of Resistance
Happiness	Fear
Love	Anxiety
Excitement	Pressure
Success	Insecurity
Affection	Lack
Peace	Loneliness
Calm	Inadequacy
Relief	Sadness
Safety	Depression
Certainty	Isolation
Confidence	Resentment
Courage	Anger
Abundance	Jealousy
Wealth	Need
Euphoria	Rage
Satisfaction	Frustration
Appreciation	Agitation
Passion	Struggle
Inspiration	Confusion
Creativity	Overwhelm
Fulfillment	Poverty
Trust	Guilt
Bliss	Worry
Ease	Doubt
Opulence	Ego
Accomplishment	Boredom
Fun	Lethargy
Clarity	Resistance
Relaxation	Embarrassment
Friendship	Shyness
Enjoyment	Discomfort
Motivation	Stress