

The A-Z of Positive Emotions Exercise

The purpose of this exercise is to empower positive emotions. As we empower these positive emotions, they empower us. Go to each one from A-Z and make a list of how you were the opposite of the positive emotion. Then make a plan as to how you can or could have transformed this into the positive emotion. Take your time with this exercise as it really works.

I FEEL

Aware – the opposite of aware is asleep

Bold – the opposite of bold is cowardly

Compassionate – the opposite of compassionate is coldhearted

Determined – the opposite of determined is uncommitted

Energetic – the opposite of energetic is lethargic

Forgiving – the opposite of forgiving is resentful

Gentle – the opposite of gentle is harsh

Harmonious – the opposite of harmonious is contrary

Integral – the opposite of integral is deceptive

Joyful – the opposite of sad

Kind – the opposite of kind is cruel

Loving – the opposite of loving is hateful

Magical – the opposite of magical is limited

Nurturing – the opposite of nurturing is self-indulgent

Optimistic – the opposite of optimistic is pessimistic

Pure – the opposite of pure is corrupt

Quickened – the opposite of quickened is uninspired

Respectful – the opposite of respectful is humiliating

Sensitive – the opposite of sensitive is insensitive

Truthful – the opposite of truthful is dishonest

Understanding – the opposite of understanding is judgmental

Victorious – the opposite of victorious is defeated

Willing – the opposite of willing is controlling

eXcited – the opposite of xcited is depressed

Yearning – the opposite of yearning is stagnant

Zestful – the opposite of zestful is apathetic

My List and Plan
