

# 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 cold-hearted

**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 excited is depressed

**Yearning** – the opposite of yearning is stagnant

**Zestful** – the opposite of zestful is apathetic

