

EMOTIONAL ASSESSMENT WORKSHEET

Which of these **POSITIVE** feelings do you frequently experience?

- | | | | |
|---|---|--|--|
| accepted . . . <input type="checkbox"/> | cordial <input type="checkbox"/> | glowing. <input type="checkbox"/> | light <input type="checkbox"/> |
| accepting . . . <input type="checkbox"/> | creative <input type="checkbox"/> | good. <input type="checkbox"/> | lively. <input type="checkbox"/> |
| adequate . . . <input type="checkbox"/> | curious. <input type="checkbox"/> | graceful <input type="checkbox"/> | loved <input type="checkbox"/> |
| admired <input type="checkbox"/> | | gracious <input type="checkbox"/> | lovely <input type="checkbox"/> |
| affectionate . <input type="checkbox"/> | delighted . . . <input type="checkbox"/> | grateful. <input type="checkbox"/> | loving <input type="checkbox"/> |
| alert <input type="checkbox"/> | deserving . . . <input type="checkbox"/> | gratified <input type="checkbox"/> | lucky <input type="checkbox"/> |
| alive <input type="checkbox"/> | desirable . . . <input type="checkbox"/> | | |
| animated . . . <input type="checkbox"/> | | handsome . . <input type="checkbox"/> | masculine. . . <input type="checkbox"/> |
| appreciated . <input type="checkbox"/> | eager <input type="checkbox"/> | happy. <input type="checkbox"/> | masterful . . . <input type="checkbox"/> |
| assertive . . . <input type="checkbox"/> | ecstatic <input type="checkbox"/> | healthy. <input type="checkbox"/> | merciful <input type="checkbox"/> |
| attentive . . . <input type="checkbox"/> | elated. <input type="checkbox"/> | hopeful. <input type="checkbox"/> | |
| attractive . . . <input type="checkbox"/> | empathic . . . <input type="checkbox"/> | hospitable . . <input type="checkbox"/> | needed. <input type="checkbox"/> |
| autonomous. <input type="checkbox"/> | encouraged . <input type="checkbox"/> | | nurtured <input type="checkbox"/> |
| | energetic . . . <input type="checkbox"/> | imaginative. . <input type="checkbox"/> | nurturing. . . . <input type="checkbox"/> |
| balanced . . . <input type="checkbox"/> | enlightened . <input type="checkbox"/> | important . . . <input type="checkbox"/> | |
| beautiful. . . . <input type="checkbox"/> | enriched. . . . <input type="checkbox"/> | impressive . . <input type="checkbox"/> | open. <input type="checkbox"/> |
| blissful <input type="checkbox"/> | enthusiastic . <input type="checkbox"/> | included <input type="checkbox"/> | optimistic . . . <input type="checkbox"/> |
| | euphoric. . . . <input type="checkbox"/> | independent. <input type="checkbox"/> | outgoing. . . . <input type="checkbox"/> |
| calm. <input type="checkbox"/> | excited <input type="checkbox"/> | insightful . . . <input type="checkbox"/> | |
| capable <input type="checkbox"/> | expressive . . <input type="checkbox"/> | inspired <input type="checkbox"/> | passionate . . <input type="checkbox"/> |
| challenged . . <input type="checkbox"/> | | integrated. . . <input type="checkbox"/> | patient <input type="checkbox"/> |
| cheerful <input type="checkbox"/> | feminine. . . . <input type="checkbox"/> | intelligent . . . <input type="checkbox"/> | peaceful <input type="checkbox"/> |
| clean <input type="checkbox"/> | flexible <input type="checkbox"/> | intense <input type="checkbox"/> | perceptive . . <input type="checkbox"/> |
| clear. <input type="checkbox"/> | flowing <input type="checkbox"/> | interested. . . <input type="checkbox"/> | pleased <input type="checkbox"/> |
| comfortable . <input type="checkbox"/> | forgiven <input type="checkbox"/> | intimate <input type="checkbox"/> | poised <input type="checkbox"/> |
| compassionate <input type="checkbox"/> | forgiving. . . . <input type="checkbox"/> | intuitive. . . . <input type="checkbox"/> | positive. <input type="checkbox"/> |
| competent . . <input type="checkbox"/> | fortunate . . . <input type="checkbox"/> | invigorated . . <input type="checkbox"/> | powerful <input type="checkbox"/> |
| composed . . . <input type="checkbox"/> | free <input type="checkbox"/> | | productive . . <input type="checkbox"/> |
| confident . . . <input type="checkbox"/> | friendly. <input type="checkbox"/> | joyful <input type="checkbox"/> | prosperous. . <input type="checkbox"/> |
| connected . . . <input type="checkbox"/> | fulfilled <input type="checkbox"/> | | protected . . . <input type="checkbox"/> |
| considerate . <input type="checkbox"/> | | kindly <input type="checkbox"/> | |
| contented. . . <input type="checkbox"/> | generous . . . <input type="checkbox"/> | | |

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DR. DIANNE RUTH

PhD in Psychology • Anxiety Care Coach & Alternative/Holistic Counselor

Email: DrRuth@AnxietyCareCoach.com • Website: AnxietyCareCoach.com • DynamicResources.net

Call/Text (619) 961-7500 • Sessions in Person or by Phone ... that really work!

- | | | | |
|--|--|---|---|
| protective . . . <input type="checkbox"/> | safe <input type="checkbox"/> | tender <input type="checkbox"/> | uplifted <input type="checkbox"/> |
| proud <input type="checkbox"/> | satisfied <input type="checkbox"/> | thankful <input type="checkbox"/> | |
| purposeful . . <input type="checkbox"/> | secure <input type="checkbox"/> | thoughtful . . . <input type="checkbox"/> | vibrant <input type="checkbox"/> |
| | seductive . . . <input type="checkbox"/> | thrilled <input type="checkbox"/> | victorious . . . <input type="checkbox"/> |
| quiet <input type="checkbox"/> | self-sufficient <input type="checkbox"/> | together <input type="checkbox"/> | vivacious . . . <input type="checkbox"/> |
| | sensitive <input type="checkbox"/> | tranquil <input type="checkbox"/> | |
| receptive . . . <input type="checkbox"/> | sensuous <input type="checkbox"/> | transcendent <input type="checkbox"/> | wanted <input type="checkbox"/> |
| reconciled . . <input type="checkbox"/> | sentimental . . <input type="checkbox"/> | transformed . . <input type="checkbox"/> | warm <input type="checkbox"/> |
| refreshed . . . <input type="checkbox"/> | serene <input type="checkbox"/> | transported . . <input type="checkbox"/> | well <input type="checkbox"/> |
| rejuvenated . . <input type="checkbox"/> | sincere <input type="checkbox"/> | triumphant . . <input type="checkbox"/> | worthy <input type="checkbox"/> |
| relaxed <input type="checkbox"/> | sociable <input type="checkbox"/> | trusted <input type="checkbox"/> | |
| resolved <input type="checkbox"/> | spiritual <input type="checkbox"/> | trusting <input type="checkbox"/> | youthful <input type="checkbox"/> |
| respected . . . <input type="checkbox"/> | stimulated . . <input type="checkbox"/> | tuned-in <input type="checkbox"/> | |
| responsive . . <input type="checkbox"/> | successful . . <input type="checkbox"/> | | OTHER <input type="checkbox"/> |
| rested <input type="checkbox"/> | supported . . . <input type="checkbox"/> | unafraid <input type="checkbox"/> | _____ <input type="checkbox"/> |
| revitalized . . <input type="checkbox"/> | supportive . . <input type="checkbox"/> | understanding <input type="checkbox"/> | _____ <input type="checkbox"/> |
| rewarded . . . <input type="checkbox"/> | sympathetic . <input type="checkbox"/> | understood . . <input type="checkbox"/> | _____ <input type="checkbox"/> |
| rich <input type="checkbox"/> | tactful <input type="checkbox"/> | un- | _____ <input type="checkbox"/> |
| romantic . . . <input type="checkbox"/> | talented <input type="checkbox"/> | encumbered . <input type="checkbox"/> | _____ <input type="checkbox"/> |
| rhythmical . . <input type="checkbox"/> | | | |

Are you aware of how the feelings you have checked are expressed in your body? Yes No

Which of these **NEGATIVE feelings do you frequently experience?**

- | | | | |
|---|---|--|---|
| abandoned . . <input type="checkbox"/> | bereaved . . . <input type="checkbox"/> | compulsive . . <input type="checkbox"/> | dejected <input type="checkbox"/> |
| abused <input type="checkbox"/> | bewildered . . <input type="checkbox"/> | condemned . . <input type="checkbox"/> | depressed . . . <input type="checkbox"/> |
| afraid <input type="checkbox"/> | bitter <input type="checkbox"/> | conflicted . . . <input type="checkbox"/> | dirty <input type="checkbox"/> |
| alone <input type="checkbox"/> | blocked <input type="checkbox"/> | confused <input type="checkbox"/> | disappointed <input type="checkbox"/> |
| angry <input type="checkbox"/> | bored <input type="checkbox"/> | contemptible <input type="checkbox"/> | discontented <input type="checkbox"/> |
| anxious <input type="checkbox"/> | bothered . . . <input type="checkbox"/> | controlled . . . <input type="checkbox"/> | discouraged . <input type="checkbox"/> |
| apart <input type="checkbox"/> | burdened . . . <input type="checkbox"/> | cornered <input type="checkbox"/> | disgusted . . . <input type="checkbox"/> |
| apathetic . . . <input type="checkbox"/> | | cynical <input type="checkbox"/> | disgusting . . . <input type="checkbox"/> |
| ashamed <input type="checkbox"/> | caged <input type="checkbox"/> | | disinterested <input type="checkbox"/> |
| awkward <input type="checkbox"/> | censored <input type="checkbox"/> | dead <input type="checkbox"/> | disoriented . . <input type="checkbox"/> |
| | clumsy <input type="checkbox"/> | defeated <input type="checkbox"/> | |
| bad <input type="checkbox"/> | cold <input type="checkbox"/> | deformed <input type="checkbox"/> | |

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- | | | | |
|--|--|---|--|
| distressed . . . <input type="checkbox"/> | jealous <input type="checkbox"/> | resigned <input type="checkbox"/> | undeserving . <input type="checkbox"/> |
| distrustful . . . <input type="checkbox"/> | left out <input type="checkbox"/> | restless <input type="checkbox"/> | uneasy <input type="checkbox"/> |
| disturbed . . . <input type="checkbox"/> | let down <input type="checkbox"/> | restricted . . . <input type="checkbox"/> | unemotional . <input type="checkbox"/> |
| dominated . . . <input type="checkbox"/> | lethargic <input type="checkbox"/> | rigid <input type="checkbox"/> | unfeeling . . . <input type="checkbox"/> |
| dull <input type="checkbox"/> | listless <input type="checkbox"/> | | unfeminine . . <input type="checkbox"/> |
| dumb <input type="checkbox"/> | lonely <input type="checkbox"/> | sad <input type="checkbox"/> | unhappy <input type="checkbox"/> |
| | | sarcastic . . . <input type="checkbox"/> | unheard <input type="checkbox"/> |
| empty <input type="checkbox"/> | managed <input type="checkbox"/> | scared <input type="checkbox"/> | unloved <input type="checkbox"/> |
| enraged <input type="checkbox"/> | maneuvred . <input type="checkbox"/> | self- | unmasculine. <input type="checkbox"/> |
| envious <input type="checkbox"/> | manipulated . <input type="checkbox"/> | conscious . . . <input type="checkbox"/> | unwanted . . . <input type="checkbox"/> |
| evil <input type="checkbox"/> | mis- | shaken <input type="checkbox"/> | unworthy . . . <input type="checkbox"/> |
| exhausted . . . <input type="checkbox"/> | understood . . <input type="checkbox"/> | shut down . . . <input type="checkbox"/> | used <input type="checkbox"/> |
| | mixed up . . . <input type="checkbox"/> | shy <input type="checkbox"/> | useless <input type="checkbox"/> |
| fearful <input type="checkbox"/> | morbid <input type="checkbox"/> | sick <input type="checkbox"/> | |
| frantic <input type="checkbox"/> | | sinful <input type="checkbox"/> | victimized . . . <input type="checkbox"/> |
| frightened . . . <input type="checkbox"/> | nervous <input type="checkbox"/> | split-off <input type="checkbox"/> | vulnerable . . . <input type="checkbox"/> |
| frigid <input type="checkbox"/> | numb <input type="checkbox"/> | stifled <input type="checkbox"/> | |
| frustrated . . . <input type="checkbox"/> | | stupid <input type="checkbox"/> | weak <input type="checkbox"/> |
| furious <input type="checkbox"/> | obsessed <input type="checkbox"/> | suicidal <input type="checkbox"/> | weary <input type="checkbox"/> |
| | old <input type="checkbox"/> | suspicious . . . <input type="checkbox"/> | worried <input type="checkbox"/> |
| guilty <input type="checkbox"/> | out of | | worthless . . . <input type="checkbox"/> |
| | control <input type="checkbox"/> | tense <input type="checkbox"/> | |
| hateful <input type="checkbox"/> | over- | terrified <input type="checkbox"/> | |
| hostile <input type="checkbox"/> | whelmed <input type="checkbox"/> | threatened . . . <input type="checkbox"/> | OTHER |
| hurt <input type="checkbox"/> | overworked . . <input type="checkbox"/> | thwarted <input type="checkbox"/> | _____ |
| hysterical . . . <input type="checkbox"/> | | tired <input type="checkbox"/> | _____ |
| | panicky <input type="checkbox"/> | tolerated <input type="checkbox"/> | _____ |
| ignored <input type="checkbox"/> | paralyzed . . . <input type="checkbox"/> | tormented <input type="checkbox"/> | _____ |
| immobilized . . <input type="checkbox"/> | persecuted . . . <input type="checkbox"/> | tortured <input type="checkbox"/> | _____ |
| immoral <input type="checkbox"/> | pessimistic . . <input type="checkbox"/> | trapped <input type="checkbox"/> | _____ |
| impatient <input type="checkbox"/> | picked on <input type="checkbox"/> | troubled <input type="checkbox"/> | _____ |
| in the way . . . <input type="checkbox"/> | possessed . . . <input type="checkbox"/> | | _____ |
| inadequate . . . <input type="checkbox"/> | pressured . . . <input type="checkbox"/> | ugly <input type="checkbox"/> | _____ |
| incompetent . . <input type="checkbox"/> | put down <input type="checkbox"/> | unaccepted . . . <input type="checkbox"/> | _____ |
| indifferent . . . <input type="checkbox"/> | put upon <input type="checkbox"/> | un- | _____ |
| inferior <input type="checkbox"/> | | appreciated . . . <input type="checkbox"/> | |
| insecure <input type="checkbox"/> | regretful <input type="checkbox"/> | unattractive . . <input type="checkbox"/> | |
| irritable <input type="checkbox"/> | rejected <input type="checkbox"/> | un- | |
| isolated <input type="checkbox"/> | repulsive <input type="checkbox"/> | comfortable . . . <input type="checkbox"/> | |
| | resentful <input type="checkbox"/> | undecided <input type="checkbox"/> | |

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Anger often masquerades as ...

- | | | | |
|--------------|---------------|-------------|----------------|
| ■ anxiety | ■ discontent | ■ jealousy | ■ sarcasm |
| ■ apathy | ■ distrust | ■ malice | ■ self-pity |
| ■ contempt | ■ envy | ■ martyrdom | ■ snobbishness |
| ■ cynicism | ■ hatred | ■ paranoia | ■ suspicion |
| ■ depression | ■ intolerance | ■ rigidity | ■ tension |

... and anger is the result of pain!

Are you aware of how the feelings you have checked are expressed in your body? Yes No

If you have any questions or requests, please contact Dr. Ruth to schedule a **Free Personal, Confidential, No Strings, No Commitment, No Obligation Consultation**, so I can hear your story, discover more about your goals, answer your questions and together we can create a plan of action.



Dianne Ruth, CCH, PhD

- Doctor of Clinical & Counseling Psychology
- Anxiety/Depression Care Coach
- Alternative/Holistic Short-Term Counselor
- American Society of Clinical Hypnosis (ASCH)
Board Certified Master Clinical/Medical Hypnotherapist

Dr. Ruth works with clients in person in her San Diego office and by phone ... that really work. **She specializes in short-term, drug-free recovery.** She has a 97% success rate and 37+ years experience.

Referrals are appreciated...