

Emotions List							
Victim	Interpreter			Observer	Partner		Creator
Anger	Admiration	Devotion	Longing	Amazement	Acceptance	Gratitude	Authenticity
Anguish	Ambition	Disappointment	Lust	Ambivalence	Affection	Harmony	Awe
Anxiety	Annoyance	Discomfort	Nervousness	Amusement	Affinity	Hilarity	Bliss
Avarice	Antipathy	Disdain	Pique	Astonishment	Anticipation	Hope	Delight
Contempt	Apathy	Disgust	Possessiveness	Awareness	Appreciation	Humility	Eagerness
Despair	Apprehension	Distraction	Pride	Calm	Assurance	Joviality	Ecstasy
Distress	Ardor	Distrust	Regret	Consciousness	Attention	Kindness	Enjoyment
Fear	Asperity	Doubt	Remorse	Contentment	Attraction	Kinship	Enthusiasm
Fury	Aspiration	Dread	Satisfaction	Curiosity	Audacity	Liveliness	Exuberance
Grief	Aversion	Edginess	Scarcity	Endurance	Cheerfulness	Merriment	Exultation
Guilt	Bewilderment	Embarrassment	Scorn	Detachment	Compassion	Mirth	Gladness
Hate	Bitterness	Envy	Self-doubt	Fancy	Confidence	Modesty	Happiness
Ire	Boredom	Frustration	Self-pity	Humor	Conviviality	Openness	Joy
Jealousy	Certainty	Gloating	Shyness	Indifference	Cooperation	Pleasure	Jubilance
Loneliness	Chagrin	Greed	Smugness	Modesty	Courage	Recognition	Love
Malevolence	Cheerlessness	Hostility	Spite	Patience	Empathy	Respect	Optimism
Malice	Compliance	Humiliation	Suspicion	Pragmatism	Excitement	Reverence	Peace
Misery	Concern	Hunger	Trepidation	Quiet	Exhilaration	Strength	Serenity
Mortification	Confusion	Impatience	Triumph	Relief	Flexibility	Surrender	Tranquility
Outrage	Consternation	Indignation	Uneasiness	Resilience	Fondness	Sympathy	
Panic	Defensiveness	Infatuation	Validation	Sadness	Friendliness	Tenacity	
Rage	Dejection	Insecurity	Vexation	Satisfaction	Fun	Trust	
Resentment	Depression	Irritation	Willfulness	Simplicity	Gentleness	Willingness	
Revulsion	Desire	Loathing	Worry	Surprise	Glee	Vivacity	
Shame				Tolerance			
Submission				Vigilance			
Terror				Warmth			
Wrath				Wonder			

Actions List

Victim	Interpreter			Observer	Partner		Creator
Abase	Abet	Fight	Reject	Abide	Affirm	Minister	Build
Abash	Accumulate	Flinch	Penalize	Accept	Aid	Negotiate	Calm
Become addicted	Acquiesce	Follow	Preen	Acknowledge	Allay	Practice	Craft
Blame	Approve	Forbid	Procrastinate	Allow	Alleviate	Pray	Create
Brutalize	Argue	Frustrate	Protect	Assert	Appreciate	Produce	Declare
Destroy	Assume	Fume	Protest	Attend	Bond	Rally	Dedicate
Fight	Avoid	Gloat	Punish	Brain-storm	Care	Reassure	Disperse
Force	Bully	Grovel	Quarrel	Comfort	Celebrate	Recognize	Enjoy
Hate	Capitulate	Grumble	Rant	Compromise	Cheer	Relax	Excel
Murder	Cause Trouble	Guarantee	Reprove	Confirm	Complete	Relieve	Exult
Oppress	Chastise	Hide	Rescue	Connect	Cooperate	Resolve	Give
Rage	Collect	Hinder	Resist	Detach	Discipline self	Respect	Heal
Rape	Compete	Hoard	Scoff	Endure	Ease	Rest	Impart
Retaliate	Complain	Hurt	Seek pleasure	Experiment	Empathize	Share	Invent
Sabotage	Comply	Ignore	Seethe	Gather	Exercise	Simplify	Love
Submit	Conform	Impose	Segregate	Imagine	Facilitate	Strengthen	Make
Suffer	Confront	Inconvenience	Shout	Join	Help	Study	Manifest
Suicide	Contend	Infringe	Shun	Manage	Honor	Support	Master
Terrorize	Control	Interfere	Snicker	Marvel	Imagine	Sustain	Offer
Torment	Crave	Interrupt	Speculate	Notice	Laugh	Sympathize	Plan
Avenge	Criticize	Intimidate	Steal	Observe	Lead	Trust	Play
War	Defer	Intrude	Stew	Offer	Learn	Unite	Pledge
Withdraw	Delay	Invalidate	Stick to routine	Participate	Meditate	Visualize	Produce
	Disagree	Isolate	Substitute	Perceive			Provide
	Disapprove	Lament	Swear	Preserve			Rejoice
	Discipline	List	Validate	Remember			Serve
	Dislike	Meddle	Wallow	Shelter			Shine
	Disregard	Nag	Waste	Suggest			Transcend
	Distrust	Obey	Weigh-down	Tolerate			
	Disturb	Obstruct	Whine	Understand			
	Embarrass	Procrastinate	Work	Venerate			
	Endorse	Quit	Worry	Verify			
	Ensure	Rebuke	Yearn	Watch			
	Exhaust	Repeat		Witness			
				Wonder			

Story Questions				
Victim	Interpreter	Observer	Partner	Creator
Why me?	How Come?	What if?	What next?	Why not?
How can I get away?	Why did he do that (to me)?	Am I in my integrity	What can I contribute?	What is true for me?
Where can I hide?	What did she say that (to me)?	What's my purpose?	How can I befriend her?	Do I trust best good?
How can I fight back?	What did I do to bring this on?	What do I feel?	How can I ally with him?	Am I connected to the divine?
How can I conquer?	Who's right and who's wrong?	What do I have to live for?	How can I add value?	Am I open to wisdom?
Where is my safety?	What gave him the right?	What can I learn here?	What am I thankful for?	What are my values?
Why do these things always happen to me?	What's wrong with this picture?	What kind of person do I want to be?	Do my beliefs support what I want?	Am I totally unified with what I want?
Should I fight? Flea? Endure?	What will it take to make this right?	What do their choices say about them?	Have I become detached from outcome?	Do I see happiness as the way?
What weapons do I have?	Why am I so vulnerable?	What is the key to this situation?	Do my behaviors support what I want?	Do I love unconditionally?
How can I become less of a target?	What do people think of me?	What do my choices say about me?	Do my attitudes support what I want?	Can I feel the ease of this?
How can I protect myself?	Why did my parents do that?	What is my part?	What would I do differently next time?	Can I see what I want as a done deal?
How can I get even?	What if I'm unloveable?	How can I let others own their part?	Am I in tune with my personal power?	What are my talents?
Where did I go wrong?	What if this is just my fate?	Where are my boundaries?	What I can be grateful for in this situation?	Who and how can I serve?
How can I get even?	Am I sufficiently recognized?	What do my values say about this?	Who loves me and who do I love?	How does what I want serve others?
	Whose fault is it?	When I forgive, do I forget?	What can I find to love about him?	What does what I want look like?
	What caused what's wrong?	What do I like and dislike?	Am I willing to see the perfection in all things?	What if I believed in my best good?
	Am I getting my fair share?	What is the strength in my perceived flaws?	How can I become more congruent?	What in this situation supports my best good?
	Why do I feel so bad?	What beliefs do I hold in this situation?	What value can I find in the attitudes and behaviors of others?	Am I willing to choose what I want?
	Why do I feel so good?	What are the flaws in my perceived strengths?	What do my results say about my congruence?	
	Why am I so inept?			