

EMOTIONAL IDENTIFICATION (Categorical)

Read each word out loud slowly to your clients or have them read them to themselves. Rate each emotion with which they identify using the “0 to 10” intensity rating. You may pre- and post-rate the intensity of each emotion before and after the lie is replaced with truth. Numbers preceding emotion match categories on the next page.

	PRE	POST		PRE	POST		PRE	POST		PRE	POST
1 Abandoned			2 Regretful			4 Constricted			6 Disgraced		
1 Confused			2 Repugnant			4 Cornered			6 Disposed		
1 Deserted			2 Repulsive			4 Defenseless			6 Drained		
1 Discarded			2 Rubbish			4 Depressed			6 I Don't Matter		
1 Displaced			2 Sabotaged			4 Deprived			6 In the way		
1 Forgotten			2 Shameful			4 Disarranged			6 Inferior		
1 Forsaken			2 Sickening			4 Disjointed			6 Insignificant		
1 Friendless			2 Sinful			4 Disordered			6 Insufficient		
1 Homeless			2 Sleazy			4 Distressed			6 Loser		
1 Left out			2 Slut / Whorish			4 Entangled			6 Mistake (a)		
1 Lost			2 Smutty			4 Frail			6 Mistreated		
1 Outsider			2 Stupid			4 Frustrated			6 Misunderstood		
2 Ashamed			2 Trashy			4 Helpless			6 Not Wanted		
2 Awful			2 Ugly			4 Impaired			6 Numb		
2 Bad			2 Unclean			4 Impotent			6 Outcast		
2 Betraying			2 Unfit			4 Intimidated			6 Petty		
2 Blamed			2 Unrighteous			4 Jittery			6 Rejected		
2 Cheap			2 Unworthy			4 Little			6 Revengeful		
2 Condemned			2 Valueless			4 Oppressed			6 Second Class		
2 Corrupt			2 Vulgar			4 Out of Control			6 Unacceptable		
2 Criminal			2 Whore			4 Overpowered			6 Unappreciated		
2 Deceitful			2 Wrong			4 Overwhelmed			6 Unloved		
2 Depraved			2 Yucky			4 Pressured			6 Unsuitable		
2 Disloyal			3 Agitated			4 Squashed			6 Worthless		
2 Dumb			3 Anxious			4 Stretched			7 Defeated		
2 Embarrassed			3 Cowardly			4 Torn			7 Fatigued		
2 Evil			3 Desperate			4 Trapped			7 Hopeless		
2 Exposed			3 Doomed			4 Weak			7 Indifferent		
2 Failure			3 Dreadful			4 Weepy			7 Suicidal		
2 Fake			3 Dying			5 Annihilated			8 Bewildered		
2 Fault			3 Excited			5 Crazy			8 Confused		
2 Filthy			3 Fearful			5 Cureless			8 Dizzy		
2 Foolish			3 Hysterical			5 Cursed			8 Dumbfounded		
2 Foul			3 Impending Doom			5 Damaged			8 Indecisive		
2 Gross			3 Jealous			5 Damned			8 Manic (2)		
2 Guilt			3 Manic (1)			5 Defiled			R Angry		
2 Gullible			3 Nervous			5 Flawed			R Belligerent		
2 Homosexual			3 Panic			5 Ruined			R Bitterness		
2 Humiliated			3 Paranoid			5 Screwed Up			R Confronting		
2 Ignorant			3 Scared			5 Tarnished			R Critical		
2 Improper			3 Suspicious			5 Wasted			R Defiant		
2 Incompetent			3 Tense			6 Belittled			R Depressed ®		
2 Indecent			3 Tentative			6 Betrayed			R Hate		
2 Inept			3 Terror			6 Broken			R Judgmental		
2 Lazy			3 Tormented			6 Cold			R Murderous		
2 Lewd			3 Undecided			6 Deceived			R Offensive		
2 Loathsome			3 Untrusting			6 Denied			R Strife		
2 Nasty			3 Worried			6 Depleted			R Sullen		
2 Obnoxious			4 Browbeat			6 Despised			R Violent		
2 Pathetic			4 Childish			6 Devalued					
2 Perverted			4 Choking			6 Devastated					
2 Phony			4 Confined			6 Disapproved					