

EMOTIONAL VOCABULARY WORDS

empowerment	overkill	standards	adaptability	guilt
vice	consideration	tameness	helpfulness	essence
sensibility	nurturing	harmfulness	virtue	calculation
stubbornness	outlook	effort	incentive	honesty
mischief	self-esteem	fragility	rage	altruism
gullibility	attitude	diplomacy	kindness	refinement
wantonness	demeanor	priority	enterprise	tenacity
deliberation	improvement	credibility	empathy	resiliency
disrespect	promotion	meandering	mandate	collaboration
overreaction	selectivity	egocentrism	sensibility	confidence
interpretation	appreciation	caring	opinion	intellect
indifference	guidelines	leadership	intention	strictness
greediness	discipline	practicality	frustration	dishonesty
meaningfulness	sense	oversight	concern	malice
toleration	redirection	mannerly	direction	fulfillment
self-centeredness	anxiety	adjustability	cooperation	discernment
objectivity	motivation	misjudgment	weariness	temperament
encouragement	atrocities	acceptance	harmony	slander
narrow mindedness	reciprocation	elation	gratitude	hate
purposefulness	resourcefulness	courage	resilience	pursuit
blamefulness	notion	temptation	conceit	enthusiasm
ingratitude	stimulation	requirement	loyalty	struggle
bizarreness	debate	devotion	negotiation	embitterment
susceptibility	congeniality	disappointment	fright	sadness
authority	conduct	craving	denial	embarrassment
hectic	cruelty	strained	cleverness	sarcasm
accountability	anticipation	patience	impatience	fairness
carefulness	helpfulness	kindliness	honesty	respectfulness
self-awareness	conscience	patience	caution	courage
depression	anxiety	phobia	habit	motivation
wisdom	realistic	discipline	priority	ethics
discretion	mindful	coach	initiate	genuine

VOCABULARY WORDS-PHRASES

Describing Negative-Positive Emotional Forces

POSITIVE

taking charge of the mind	fostering credibility	monitoring thoughts
applying extra effort	maintaining a healthy diet	applying healthy treatments
redirecting thoughts	ensuring educated opinions	reasoning carefully
drawing the line	having honorable intentions	sorting important details
instilling patience	being honest with oneself	working to correct behavior
practicing helpful techniques	being mannerly	prioritizing wisely
encouraging EQ work	being truthful	having a healthy reign on mind
building energy	promoting healthy ideals	spending time responsibly
being courageous	being respectful	accepting healthy disciplines
measuring value correctly	having high ethics	motivating oneself
reducing dysfunctions	being of service to others	trying to understand the mind
being on guard	being reserved	being realistic
having a healthy attitude		

NEGATIVE

wasting energy	surrendering to bad habits
over-indulging	pitying oneself
ignoring important considerations	feeding ill-will
pursuing unhealthy endeavors	disdaining healthy ideals
denying what's important	appeasing temptation
fooling around dangerously	being sloppy and careless
being indifferent to consequences	angering abrasively
sabotaging potential growth	accepting inappropriate conduct
following bad influences	being self-centered
being dishonest with oneself	accepting ill thoughts
being dishonest with others	consciously choosing poor judgment
	reasoning too casually
purposefully hurting or using others	purposefully doing damage
having an irrational, abnormal fixation/fetish	losing helpful interest
exaggerating information	spreading rumors
assuming too quickly or easily	under-valuing healthy choices
bringing on unnecessary problems	wandering aimlessly
doing what we want to when harmful	being complacent
being disgruntled	succumbing to temptation
being negligent	being abusive
ignoring annoying priorities	

Negative/Unhealthy

Unmonitored
Unbalanced
Pleasure Directed
Careless
Exaggerative
Irresponsible
Lethargic
Indulgent
Overbearing
Rule Rebellious
Rude
Devious
Impatient
Unaccountable
Overly Confident
Conversantly self -centered
Shy
Assumptive
Guarded
Unappreciative
Unhelpful
Greedy
Unkindly
Unfair
Disloyal
Tardy
Unorganized
Sloppy
Dishonest
Uncooperative

Positive/Healthy

Self-Aware
Balanced
EQ Directed
Cautious
Realistic
Responsible
Ambitious
Regulated
Subtly dignified
Rule Disciplined
Courteous
Respectful
Patient
Accountable
Measuredly Confident
Conversantly curious
Skilled Conversant
Investigative
Unguarded
Appreciative
Helpful
Generous
Kindly
Fair
Loyal
Punctual
Organized
Neat
Honest
Cooperative