

Colleen's Magic Charts

Negative emotions

	A	B	C
1	Anger	Frustration	Unworthy
2	Not Good Enough	Embarrassment/Shame	Despair
3	Resentment	Disempowered	Loneliness
4	Unsupported	Anxious	Depressed
5	Fear	Threatened	Instinct Unacknowledged
6	Betrayal	Persecution	Desperation
7	Abandonment	Rage	Jealousy
8	Superiority	Doubtful	Distrustful
9	Dishonor	Impatience	Unloved/Unlovable
10	Not Valued	Silenced	Guilt
11	Feel Like a Fraud	Heartache/Heartbreak	Disconnected/Separated
12	Vulnerable	Failure	Confusion
13	Grief	Disrespected	Shock
14	Discouragement	Rejection	Dread
15	Overwhelm	Regret	Bitterness
16	Conflicted	Critical/Disgust	Unsupported
17	Invaded/violated	Taken Advantage Of	Deceived
18	Trapped	Foolish/Dumb	Hatred