

Active Rational Transformation  
Bonus File

# The Emotional Competence

Learn to name your emotions  
in order to be able to embrace them,  
and communicate how you feel.

### Negative Irrational Feelings

hateful  
spiteful  
malicious  
helpless  
hopeless  
incompetent  
frightened  
small  
controlled  
ridiculous  
jealous  
inferior  
misunderstood  
useless  
powerless  
resigned  
ashamed  
shy  
shocked  
guilty  
weak  
sad (if not by a truly sad event)  
superior  
insignificant  
unwanted  
unfairly treated  
disliked  
unhappy  
innocent

### Negative Irrational Feelings

put down  
rejected  
devalued  
dependent  
alone  
attacked  
anxious  
timid  
furious  
laughed at  
exploited  
excluded  
worn-out  
hard-pressed  
exhausted  
pitied  
taken advantage of  
criticized  
dumb  
stupid  
foolish  
degraded  
joyless  
dismal  
bored  
detached  
tortured  
stressed  
forced  
grumpy

### Negative Irrational Feelings

unimportant  
ignorant  
unworthy  
undignified  
inadequate  
insufficient  
annoyed (if on regular bases)  
abandoned  
hurt  
mocked  
lost  
condemned  
desperate  
defenseless  
angry  
bitter  
discriminated  
discouraged  
shame

## Negative Rational Feelings

These emotions are not feelings of inferiority yet. However, they are helpful indicators that there is something going on, which doesn't feel right. With these negative emotions we still act rationally.

unwell

challenged

disappointed

irritated

frustrated

tense

upset

disturbed

annoyed

confused

surprised

uncomfortable

unsure

## Positive Feelings

Accepted, approved, balanced, significant, important, enthusiastic, at ease, composed, lively, determined, energetic, relaxed, delighted, recognized, content, released, encouraged, fair, joyous, glad, cheerful, calm, loved, praised, appreciated, strengthened, happy, hopeful, competent, loving, powerful, courageous, longing, confident, trusted, dreamy, precious, well, dignified, affiliated, optimistic, thankful, pleased, fortunate, connected, thankful, well, appreciated, taken seriously, wanted, mature, strong, harmonious, light, satisfied, clear, secure, glad, peaceful, taken care of, thrilled, active, animated, dynamic, lucky, just, to belong.