

USM Emotions Guide

PULLING ALL OF OUR ENERGY CENTERS TOGETHER



Root	Sacral	Solar	Heart	Throat	3rd Eye	Crown
<p>encouraged grounded hopeful nurtured prepared safe secure sense of belonging stable supported</p>	<p>aroused attractive crafty creative desirable euphoric fulfilled passionate playful pleasurable satisfied sensual thrilled sexy worthy</p>	<p>ambitious brave confident courageous determined eager empowered enthusiastic excited exuberant gleeful motivated powerful proud resilient resolved strong valuable</p>	<p>adored affectionate appreciative calm compassionate concerned connected empathetic equal forgiving happy kind loved loyal merciful merry peaceful sweet sympathetic trusting warm</p>	<p>appreciated breathless bubbly cheerful emotional giddy goofy gratified heard jubilant lively needed seen sensitive sincere spirited understood valued</p>	<p>acceptance alert amazed amused astonished in awe collected creative curious enchanted enthralled enigmatic enthralled fascinated focused hopeful imaginative impressed innovative inquisitive inspired interested optimistic tolerant</p>	<p>abundant blissful comfortable content delighted enlightened ecstatic free grateful innocent joyful liberated mellow optimistic peaceful pleased ready still tranquil</p>
<p>abandon aggressive angry apprehensive anxious cautious despair empty fearful hateful insecure instable jealous nervous overwhelmed petty paranoid prejudice resentful scared tense terrified threatened uncertain uneasy victimized</p>	<p>ashamed bored depressed deprived dreary envious frustrated gloomy guilty infatuated longing lustful melancholy obscene obsessed possessive punished shameful suffering somber underserved worthless yearnful</p> <p>violent worried</p>	<p>aggressive agitated annoyed arrogant boastful cocky cowardly dangerous dejected discouraged egotistical exploitative furious greedy hopeless hostile hyper intimidated irritated lazy limited manipulative needy pathetic selfish vengeful</p>	<p>betrayed bitter cold cruel crushed devastated distressed disheartened grudgeful heartbroken hurt jaded left out lonely lovesick mean mournful remorseful sad shy sorrowful unhappy vicious</p>	<p>delirious embarrassed foolish humiliated humored hysterical pacified submissive temperamental tormented</p>	<p>bewildered cheated condescending confused crazy cynical disappointed disgusted flabbergasted indignant intolerant in denial offended patronizing pessimistic puzzled regretful resigned scornful shocked solemn superior troubled uninvolved weary</p>	<p>alone lonely pointless skeptical</p>