

ANTI VALUES

(Your Name) Looking at your life as a whole, what are the feeling or emotions that you would do almost anything to AVOID having to experience?

And for the last 3-4 months

ANTI VALUES	ANTI VALUES	ANTI VALUES	RANK	TOP ANTI-VALUES
Abandoned	Hopeless	Sad	1	
Abused	Humiliated	Scared	2	
Addicted	Hurt	Skeptical	3	
Anger	Ignored	selfish	4	
Anxiety	Insecurity	Sensitive (too)	5	
Ashamed	Inferior	Serious	6	
Betrayed	Irritated	Shamed	7	
Blamed		Stressed	8	
Cheated	Isolated	Stubborn	9	
Conflict	Jealousy	Sympathetic	10	
Controlled	Lectured to	Tense		
Criticism	Loneliness	Terrified		
Deception	Lied to			
Defeated	Lost	Threatened		
	Manipulated	Unfair		
Defensive	Meaninglessness	Unhappy		
Depression	Miserable	Unheard		
Disappointment	Morbid	Uninspired		
Discouraged	Out of control	Unloved		
Dishonesty	Outraged	Unsafe		
Disrespected	powerless			
Dominated	Overwhelmed	Unwanted		
Embarrassed	Panic stricken	Unworthy		
Exhausted	Pathetic	Useless		
Falsely accused	Poor			
Failure	Powerless	violent		
Fear	Pressured	weak		
Frustrated	rejected	withdrawn		
guilty	revengeful	worried		
Humiliated	risk			