

Laura Gardner  
MFT Intern #52187  
510.594.4300  
<http://www.holisticgardner.com>

abandoned  
abashed  
abominable  
abraded  
abrupt  
absent-minded  
absolute  
absorbed  
abused  
abusive  
accepted  
accepting  
aching  
active  
acute  
adamant  
adaptable  
adequate  
admiration  
admiring  
adoration  
adoring  
adrift  
adventurous  
affected  
affection  
affectionate  
afflicted  
afraid  
after my own heart  
ageless  
aggravated  
aggravation  
aggressive  
aggrieved  
aghost  
agitated  
agonized  
agony  
agreeable  
airless  
airy  
alarm  
alarmed  
alienated  
alienation  
alive  
alone  
aloof  
amazed

ambitious  
ambivalent  
ambushed  
amenable  
amiable  
amicable  
amused  
amusement  
analytical  
anger  
angry  
angst  
anguish  
animated  
annoyance  
annoyed  
antagonized  
anxiety  
anxious  
apathetic  
appalled  
appealing  
appreciated  
appreciative  
apprehensive  
approachable  
approving  
argumentative  
armed  
arousal  
aroused  
ashamed  
asleep  
assertive  
astonished  
astounded  
at ease  
at heart  
attached  
attacked  
attracted  
attraction  
attractive  
authentic  
authoritative  
autonomous  
avoided  
awake  
aware  
awful

awkward  
bad  
balanced  
bashful  
beaten  
beautiful  
befuddled  
belittled  
bellicose  
belligerent  
beloved  
benevolent  
bent  
bereft  
besotted  
betrayed  
bewildered  
biased  
big heart  
bitten  
bitter  
bitterness  
blah  
blame  
bland  
bleeding heart  
blessed  
bloated  
blocked  
bloodcurdling  
blooming  
blue  
boastful  
boiling  
bold  
bored  
bothered  
bottom of my heart  
boyish  
brash  
brave  
brave heart  
breathless  
bright  
brilliant  
broken  
bubbly  
bugged  
bullied  
bummed

Laura Gardner  
MFT Intern #52187  
510.594.4300  
<http://www.holisticgardner.com>

burdened	confident	dejection
burned out	conflicted	delight
bushed	confused	delighted
bushwhacked	connected	delightful
caged	considerate	demanding
calm	consistent	demeaned
can-do	constipated	denying
cantankerous	consuming	dependent
carefree	contempt	depressed
careful	contemptuous	depression
caring	content	deprived
cautious	contentment	deranged
certain	contrary	desire
challenged	contrition	desolate
change of heart	controlled	despair
charmed	controlling	desperate
charming	converted	despicable
chatty	cool	destructiveness
cheerful	cooperative	detached
cheerfulness	cornered	determined
chilly	courageous	detestable
chipper	cowardly	devastated
choked	creative	devoted
chronic	critical	dictatorial
clean	criticized	diffident
clear	cross	dignified
clever	cruelty	diminished
close	crushed	diplomatic
clumsy	cuddly	disabled
cockles of the heart	culpability	disagreeable
co-dependent	curious	disappointed
cold	curt	disappointment
cold heart	cynical	discerning
cold-blooded	daring	discomposure
comfortable	daunted	disconcerted
comforted	dazed	disconnected
committed	dead-eyed	discouraged
communicative	debauched	discredited
companionless	decayed	disgraced
compassion	decisive	disgust
compassionate	dedicated	disgusted
competent	deep	disgusting
competitive	defeat	dishearten
complete	defeated	disheartened
compliant	defective	dishonest
composed	defensive	dishonor
compulsive	deferential	disillusioned
concern	defiant	disinterested
concerned	degraded	disliked
condescending	dejected	dismal

Laura Gardner  
MFT Intern #52187  
510.594.4300  
<http://www.holisticgardner.com>

dismay  
dismayed  
disorganized  
displeasure  
disruptive  
dissatisfied  
dissociated  
distant  
distracted  
distraught  
distress  
distressed  
distressing  
distrustful  
disturbed  
dithering  
dizzy  
do my heart good  
dominant  
dominated  
domineering  
doubtful  
doubting  
down in the dumps  
down in the mouth  
drained  
drawn toward  
dread  
dreary  
droll  
drowsy  
drunk  
dry  
dull  
dumb  
dutiful  
dynamic  
eager  
earnest  
easy  
ebullient  
eccentric  
economical  
ecstasy  
ecstatic  
edgy  
effective  
effervescent  
egoless

elated  
embarrassed  
embarrassment  
embryonic  
emergent  
emotional  
empathetic  
empathic  
empowered  
empty  
empty heart  
enchantment  
encouraged  
energetic  
energized  
engrossed  
enjoyable  
enjoyment  
enmeshed  
enraged  
enraptured  
enthusiasm  
enthusiastic  
envious  
envy  
esteemed  
estranged  
euphoria  
evasive  
exasperated  
excited  
exhausted  
exhilaration  
exposed  
extravagant  
extroverted  
exuberant  
facetious  
faint heart  
fair  
faithful  
faithless  
false heart  
fanciful  
fancy  
fantastic  
fascinated  
fast  
fateful  
fatigued

fault  
fear  
fearful  
fearless  
feckless  
feeling  
feral  
fertile  
festive  
finicky  
fixated  
fixed  
flagrant  
flat  
flighty  
floating  
flourishing  
fondness  
foolish  
forced  
forceful  
forgivable  
forgiven  
forgiving  
fortunate  
foul  
free  
frenetic  
fretful  
friendless  
friendly  
friendship  
fright  
frightened  
frigid  
frisky  
frowning  
frustrated  
frustration  
fulfilled  
full heart  
full of life  
fulsome  
fuming  
funky  
funny  
furious  
fury  
fussy  
gaga

Laura Gardner  
MFT Intern #52187  
510.594.4300  
<http://www.holisticgardner.com>

gallant  
game  
gasping  
gay  
generous  
generous heart  
genial  
gentle  
giddy  
giggly  
girlish  
giving heart  
glad  
gladness  
gleeful  
glib  
gloom  
gloomy  
glowering  
glum  
gnawing  
goalless  
good  
grace-filled  
gracious  
grateful  
grave  
great  
greedy  
green-eyed  
grief  
grief-stricken  
grieved  
grim  
groovy  
gruesome  
gruff  
grumpiness  
grumpy  
guarded  
guilt  
guilty  
gutless  
gut-wrenching  
half-hearted  
happiness  
happy  
hard  
hard heart  
hardy

harmonious  
hate  
hateful  
hatred  
have a heart  
have my heart set on  
heart and soul  
heart attack  
heart break  
heart burn  
heart in my mouth  
heart of the matter  
heart on my sleeve  
heart song  
heart stopping  
heart stricken  
heart throb  
heart wounded  
heart wrenching  
heartache  
heartbreaking  
heartbroken  
heartfelt  
heartless  
heartrending  
heartsick  
heart-to-heart  
heartwarming  
heavenly  
heavy  
hedonistic  
helpful  
helpless  
hermit-like  
heroic  
hesitant  
high  
high and mighty  
high heart  
high strung  
hilarious  
hollow  
honest  
hope  
hopeful  
hopeless  
hopelessness  
horrified  
horror  
hostile

hostility  
hot  
humane  
humble  
humiliated  
humiliation  
humorous  
hung up  
hurt  
hysteria  
icky  
idle  
ill  
ill-natured  
ill-tempered  
imitation  
immature  
immobilized  
immoral  
immortal  
impassive  
impatient  
imperious  
impersonal  
important  
impoverished  
improvident  
impudent  
impulsive  
in a bind  
in a rut  
in a stew  
inactive  
inadequate  
incapable  
incensed  
incontinent  
indecisive  
indelicate  
independent  
indifferent  
indignant  
indignity  
individual  
indomitable  
inebriated  
infantile  
infatuated  
inferior  
inflamed

Laura Gardner  
MFT Intern #52187  
510.594.4300  
<http://www.holisticgardner.com>

infuriated  
ingenious  
injured  
innocent  
inquisitive  
insecure  
insecurity  
insensitive  
inspired  
insulted  
insulting  
intelligent  
intense  
intent  
interested  
intimate  
intractable  
intrepid  
intrigued  
introverted  
intuitive  
invalidated  
inventive  
involved  
irate  
iron heart  
ironic  
irritable  
irritated  
irritating  
isolated  
isolation  
itchy  
jazzy  
jealous  
jealousy  
jerky  
jittery  
jolliness  
jolly  
joy  
joyful  
joyous  
jubilant  
jubilation  
judged  
judging  
judgmental  
jumpiness  
jumpy

keen  
kind  
kindness  
laid back  
languid  
lawful  
lawless  
lazy  
left out  
lewd  
liberated  
licentious  
licked  
lifeless  
light  
liking  
limitless  
limp  
lion heart  
listening  
listless  
lively  
livid  
loathing  
loneliness  
lonely  
lonely heart  
longing  
long-suffering  
lose my heart  
loss  
lost  
loud  
lousy  
love  
loved  
loveless  
lovely  
love-struck  
loving  
low  
low-spirited  
loyal  
lucky  
lustful  
mad  
magnanimous  
malevolent  
manic  
manipulative

manly  
martyred  
matter-of-fact  
maudlin  
mean  
mean-spirited  
meditative  
menace  
menacing  
mend my heart  
merry  
mettlesome  
miffed  
mindful  
miserable  
misery  
misfortunate  
misgiving  
mistrustful  
misunderstood  
mixed-up  
monotonous  
moody  
mooning  
moping  
moral  
morbid  
morose  
mortal  
mortified  
motionless  
mournful  
moved  
mutilated  
mysterious  
mystified  
naive  
narcissistic  
narrow  
nasty  
naughty  
nauseated  
negative  
neglect  
neglectful  
nervous  
nervousness  
neutral  
nice  
nit picking

Laura Gardner  
MFT Intern #52187  
510.594.4300  
<http://www.holisticgardner.com>

nonchalant  
nostalgic  
nosy  
numb  
nurturing  
obedient  
objective  
observant  
obsessed  
obstinate  
offended  
offensive  
officious  
on a limb  
on tenterhooks  
on the spot  
open  
optimism  
optimistic  
ornery  
out of touch  
outgoing  
outspoken  
over used  
over-bearing  
overjoyed  
overwhelmed  
pain  
pained  
panic  
panicked  
panicky  
paralyzed  
parasitic  
particular  
passionate  
passive  
pathetic  
patient  
patronized  
peaceful  
pedantic  
peeved  
pensive  
peppery  
perfectionistic  
perky  
perplexed  
persuasive  
perverse

pessimistic  
petrified  
petty  
petulant  
phlegmatic  
pissed off  
pitiful  
pity  
pitying  
played-out  
playful  
pleased  
pleasure  
plucky  
pooped  
poor  
positive  
powerful  
powerless  
prayerful  
precise  
preoccupied  
pressured  
pride  
private  
privileged  
projecting  
protective  
proud  
provocative  
provoked  
prudent  
punished  
pure  
pure heart  
purple heart  
purposeful  
put on  
put out  
puzzled  
quaking  
queer  
quick  
quiet  
quirky  
quivery  
rabid  
rage  
raped  
rapture

rapturous  
rash  
realistic  
reassured  
rebellious  
receptive  
reckless  
reclusive  
red-blooded  
re-enforced  
reflective  
refreshed  
regret  
rejected  
rejecting  
rejection  
rejuvenated  
relapsed  
relaxed  
release  
reliable  
relief  
relieved  
reluctant  
remorse  
repressed  
repugnant  
repulsive  
resentful  
resentment  
reserved  
resigned  
resilient  
resolute  
respected  
responsibility  
responsible  
responsive  
restless  
restrained  
retarded  
retiring  
revengeful  
revulsion  
ribald  
rich  
righteous  
risk taker  
romantic  
rotten

Laura Gardner  
MFT Intern #52187  
510.594.4300  
<http://www.holisticgardner.com>

rough  
sabotaged  
sad  
sadness  
safe  
sappy  
sarcastic  
sassy  
satiated  
satisfaction  
satisfied  
savvy  
scared  
scorn  
search my heart  
secretive  
secure  
seductive  
seething  
self-assured  
self-doubting  
selfish  
self-possessed  
self-righteous  
self-sufficient  
sensitive  
sentimental  
serene  
serious  
set my heart against  
severe  
sexual  
sexy  
shabby  
shaken  
shaken up  
shaky  
shame  
shamed  
shameful  
sharp  
sheepish  
shocked  
shut-out  
shy  
silly  
simpering  
skeptical  
sleepy  
sloppy

slow  
sluggish  
smarmy  
smart  
smiley  
smug  
sneering  
snobbish  
snoopy  
social  
soft  
soft heart  
solitary  
somber  
sore  
sorrow  
sorrowful  
sorry  
sotted  
sour  
spaced out  
spastic  
speculative  
spineless  
spirited  
spiritless  
spiteful  
spleenful  
spontaneous  
squeezed  
stabbing  
stable  
stagnated  
starry-eyed  
sterile  
still  
stilted  
stir-crazy  
stirred  
stolid  
stout heart  
strangled  
stressed out  
stretched  
strong  
stubborn  
stuck  
stupefied  
stupid  
suave

subjective  
submissive  
suffering  
sulky  
sunny  
sunshiny  
superior  
supernatural  
supportive  
sure  
surly  
surprised  
suspicious  
sweaty  
sweet  
sweetheart  
sybaritic  
sympathetic  
sympathy  
tactless  
take heart  
take to heart  
talkative  
tame  
tattered  
taut  
tearful  
teed off  
temperate  
tenacious  
tender  
tenseness  
tentative  
terrible  
terrified  
terror  
terrorizing  
testy  
thankful  
theatrical  
thick-skinned  
thin-skinned  
thorough  
thoughtful  
thoughtless  
thrashed  
threatened  
thrifty  
thrill  
thrilled

Laura Gardner  
MFT Intern #52187  
510.594.4300  
<http://www.holisticgardner.com>

thriving  
ticked off  
tickled  
tickled pink  
tickled-to-death  
timid  
tired  
to my heart's content  
tolerable  
tolerant  
tongue-tied  
tormented  
torpid  
torrid  
tortured  
touched  
touchy  
tough  
tragic  
tranquil  
transcendent  
trapped  
trepidation  
tricky  
trustful  
trusting  
turned off  
turned on  
two-faced  
ugly  
unafraid  
unassuming  
unbelieving  
uncaring  
uncertain  
unchanging  
unclean  
unclear  
uncomfortable  
unconcerned  
unconquerable  
unconscious  
unctuous  
undaunted  
understand  
understanding  
undeserving  
uneasiness  
uneasy  
unfeeling

unflinching  
unforgiving  
unglued  
unguarded  
unhappiness  
unhappy  
unimportant  
uninterested  
unique  
unmanned  
unmoved  
unnatural  
unnerved  
unpleasant  
unreasonable  
unresponsive  
unsettled  
unshrinking  
unsure  
unsympathetic  
unwholesome  
unwilling  
upset  
uptight  
urgent  
used  
useless  
vacant  
vain  
valiant  
vengeful  
vengefulness  
venturesome  
vibrant  
victimized  
vigorous  
vile  
vindicated  
violent  
virginal  
virile  
virtuous  
visionary  
vivacious  
vulnerable  
wakeful  
wanted  
wanton  
warm  
warm heart

warmth  
wary  
wasteful  
watchful  
weak  
weakening  
weary  
weepy  
weighty  
weird  
whacked  
whimsical  
whiny  
wholesome  
whole-souled  
wicked  
wild  
wilted  
wimpy  
wincing  
window to the heart  
wired  
wise  
wishy-washy  
withdrawn  
withholding  
woeful  
womanly  
wonderful  
worked up  
worn  
worn out  
worried  
worrisome  
worry  
worshipful  
worthless  
worthy  
wounded  
wracked  
wrathful  
wretched  
wronged  
wry  
zealous  
zestful  
zingy  
zippy