

## SELF- JUDGEMENT EMOTIONS

Unloveable	Lovable, Loving
Unworthy	Worthy
Worthless	Self-Worth
Unacceptable	Acceptance
Unsupportable	Supported
Not Good Enough	Self-Esteem
Useless	Self-Love
Inadequate	Self-Confidence
Inferior	Self-Appreciation
Inappropriate	Appropriate
Bad	Good
Wicked	Discernment
Despicable	Self-Appreciation
Dumb	Smart, Smartness
Stupid	Intelligent, Astute
Incompetent	Competent
Incomplete	Complete, Family, Tribe
Insecure	Secure
Helpless	Courage, Self-Trust
Powerless	Powerful
Victim	Strength
Failure	Success, Reward, Applause
Untrustworthy	Trustworthy
Impossible	Relating, Communication
Depressed, Sad	Excitement, Anticipation, Adventure