

Aspects of the Self

Descriptor Words

Body

Expansive

strong	mellow
active	calm
ready	tentative
light	grateful
healing	expressive
ok	bold
alive	determined
fragile	powerful
loose	heroic
good	exhilarated
questionable	frustrated
squishy	mighty
motivated	ambitious
lively	adventurous
peppy	persistent
bouncy	intense
delicate	playful
graceful	invigorated
dancing	fluid
quiet	recovering
sensitive	
peaceful	

Contractive

ill	fearful
tired	nervous
stiff	anxious
shaky	frightful
bad	uneasy
tight	jerky
tense	woozy
agitated	wonky
aggressive	creaky
abused	heavy
restless	injured
uncertain	

Spirit

Expansive

expanded	delicate	pleading
aligned	lyrical	yearning
flowing	elegant	seeking
open	fleeting	passionate
inspired	refined	expressive
motivated	blissful	intimate
awesome	rejoicing	sensitive
present	laughing	sacred
attuned	mischievous	reverent
bumpy	dreamy	angelic
focused	sentimental	reflective
crunchy	serene	dramatic
energetic	soothing	bold
clumpy	tender	determined
intuitive	tranquil	brilliant
knowing	quiet	monumental
instinctual	peaceful	powerful
bright	shy	heroic
merry	trancelike	exalted
playful	mellow	exhilarated
sparkling	calm	mighty
humorous	romantic	ambitious
lively	simple	strong
uplifting	pondering	adventurous
festive	safe	persistent
pleasant	secure	mysterious
bouncy	tentative	suspenseful
celebrating	curious	
optimistic	grateful	
light	longing	
quaint		

Contractive

frantic	gloomy	stormy
chaotic	mournful	frustrated
upset	sad	uncertain
uneasy	sober	fearful
scattered	solemn	restless
blocked	dejected	nervous
restricted	dreary	anxious
lonely	heavy	intense
grieving	brooding	shocked
depressed	agitated	
reminiscent	conflicted	

Emotion

Expansive

happy	festive	curious
joyous	pleasant	grateful
rejoicing	bouncy	longing
open	celebrating	yearning pas-
confident	optimistic	sionate expres-
fragile	light	sive intimate
relieved	quaint	sensitive
bashful	whimsical	reminiscent
shy	delicate	reflective
healing	refined	emphatic
radiant	blissful	triumphant
loving	dancing	bold
clear	rejoicing	determined
attuned	laughing	powerful
secure	dreamy	heroic
awesome	sentimental	exalted
calm	serene	excited
grounded	soothed	exhilarated
centered	tender	energetic
vulnerable	tranquil	ambitious
resolve	quiet	strong
stable	peaceful	adventurous
cheerful	blank	persistent
merry	mellow	victorious
playful	calm	restless
simple	romantic	uncertain
sparkling	simple	fearful
humorous	pondering	climactic
lively	spontaneous	detached
flirtatious	safe	pathetic
uplifted	secure	
peppy	tentative	

Contractive

mysterious	dependent	dramatic
nervous	shaky	weighted
anxious	pleading	agitated
turbulent	depressed	frustrated
shocked	lonely	conflicted
upset	grieving	unruly
troubled	gloomy	aggressive
uneasy	mournful	restless
confused	sad	uncertain
hurt	solemn	fearful
angry	tragic	climactic
sore	dejected	detached
fearful	heavy	pathetic
attached	despair	
clingy	brooding	

Mind

Expansive

focused	calm	quiet
creative	grounded	peaceful
imaginative	stable	blank
inspired	playful	calm
ready	simple	simple
clear	sparkling	pondering
open	humorous	spontaneous
present	lively	safe
determined	uplifted	secure
linear	peppy	tentative
holographic	festive	curious
out there	pleasant	grateful
slow	bouncy	expressive
aware	celebrating	sensitive
squishy	optimistic	reminiscent
thoughtful	light	reflective
contemplative	quaint	dramatic
relaxed	whimsical	emphatic
soft	delicate	triumphant
confident	refined	bold
fragile	blissful	determined
relieved	dancing	powerful
sore	rejoicing	heroic
healing	amused	exalted
radiant	dreamy	excited
loving	sentimental	exhilarated
attuned	serene	energetic
secure	soothed	
awesome	tender	

Contractive

unruly	shocked	fearful
aggressive	upset	attached
ambitious	troubled	detached
strong	uneasy	clingy
adventurous	confused	dependent
persistent	scattered	shaky
victorious	confused	gloomy
climactic	doubtful	dejected
restless	tight	heavy
uncertain	fuzzy	weighted
fearful	unsure	agitated
mysterious	unaware	frustrated
nervous	foggy	conflicted
anxious	edgy	bored
turbulent	hurt	depressed