

"DESCRIBE THAT PART" CHEAT SHEET

Emotional States 😊

- Angry
- Sad
- Anxious
- Fearful
- Hopeless
- Joyful
- Playful
- Lonely
- Ashamed
- Guilty
- Numb
- Confused

Roles 🎭

- Critic
- Caretaker
- Pleaser
- Perfectionist
- Achiever
- Avoider
- Controller
- Rebel
- Judge
- Saboteur
- Fixer

Physical Sensations ⚡

- Tense
- Heavy
- Tight
- Restless
- Energetic
- Frozen
- Light
- Warm
- Empty

Behavior 🧑

- Demanding
- Quiet
- Pushy
- Withdrawn
- Defensive
- Encouraging
- Dismissive
- Critical
- Nurturing
- Protective
- Skeptical
- Caring
- Cautious
- Bold

Ages or Qualities 🧒

- Young
- Childlike
- Teenaged
- Adult
- Wise
- Playful
- Vulnerable
- Strong
- Old
- Tired

Physical Traits 🖐️

- Hot/cold
- Soft/hard
- Dense
- Rough/smooth
- Dark
- Airy
- Electric
- Large/small
- Radiant
- Sticky
- Spiky
- Metallic