

# Internal BodyMind States

Here are 50  
different  
bodymind  
states.

Can you  
think of  
more?

<i>Accepting</i>	<i>Glad</i>
<i>Admiring</i>	<i>Happy</i>
<i>Amused</i>	<i>Hopeful</i>
<i>Angry</i>	<i>Indignant</i>
<i>Anticipating</i>	<i>Jealous</i>
<i>Anxious</i>	<i>Joyful</i>
<i>Appreciative</i>	<i>Kind</i>
<i>Bold</i>	<i>Loving</i>
<i>Calm</i>	<i>Modest</i>
<i>Careful</i>	<i>Nervous</i>
<i>Composed</i>	<i>Patient</i>
<i>Confident</i>	<i>Proud</i>
<i>Confused</i>	<i>Relaxed</i>
<i>Connected</i>	<i>Respectful</i>
<i>Courageous</i>	<i>Sad</i>
<i>Depressed</i>	<i>Secure</i>
<i>Detached</i>	<i>Shameful</i>
<i>Disgusted</i>	<i>Surprised</i>
<i>Disrespectful</i>	<i>Stressed</i>
<i>Envious</i>	<i>Timid</i>
<i>Excited</i>	<i>Tolerant</i>
<i>Expecting</i>	<i>Trusting</i>
<i>Fearful</i>	<i>Weary</i>
<i>Friendly</i>	<i>Wondering</i>

