

Instructions: Looking down the left side of the page, please circle the three emotions most relevant to you at this time.

FORMULA CHART FOR MIND/BODY QUESTIONNAIRE

EMOTIONS	Formulas Most Applicable			Formulas Moderately Applicable	
1. Anger	ANGR-RLS (#1)	ANGR-FLX (#2)	MVON (#27)		
2. Apathy	PRSVR (#26)	STRNG-MND (#19)	EXPSSN (#6)		
3. Childhood abuse issues	MND-MMRY (#15)	INCDNT-RLS (#14)	ANGR-RLS (#1)	SLFSTM (#5)	FRGV (#8)
4. Disappointment	HRMNY (#28)	FRGV (#8)	MVON (#27)		
5. Discontent	ACHIV (#29)	PRSVR (#26)	PSTVTY (#12)	CLR-MND (#16)	SLFSTM (#5)
6. Despondency	STRNG-MND (#19)	LF-CHNGS (#25)	POSTVTY (#12)	SLFSTM (#5)	
7. Discouraged easily	SLFSTM (#5)	PSTVTY (#12)	EXPSSN (#6)	CLR-MND (#16)	
8. Dissatisfaction	PRSVR (#26)	ACHIV (#29)	PSTVTY (#12)		
9. Fear	FR-RLS (#3)	FR-TRST (#4)	SOMATICA (#22)	MND-MMRY (#15)	
10. Feeling stuck	ANGR-FLX (#2)	NU-DRCTN (#23)	MVON (#27)	PRSVR (#26)	
11. Frustration	ANGR-FLX (#2)	ANGR-RLS (#1)	PRSVR (#26)		
12. Easily offended	ANGR-RLS (#1)	FRGV (#8)	ANGR-FLX (#2)		
13. Grief	LVJY (#7)	MND-MMRY (#15)	STRNG-MND (#19)	HRMNY (#28)	VTLTY (#20)
14. Guilt	MVON (#27)	EXPSSN (#6)	INCDNT-RLS (#14)	CAREHRT (#11)	
15. Hate	ANGR-RLS (#1)	ANGR-FLX (#2)	FRGV (#8)	WRMLV (#10)	
16. Heartache	MVON (#27)	WRMLV (#10)	LVJY (#7)	STRNG-MND (#19)	
17. Hopelessness/despair	PSTVTY (#12)	NU-DRCTN (#23)	STRNG-MND (#19)	SLFSTM (#5)	
18. Indifference	CAREHRT (#11)	STRNG-MND (#19)	PSTVTY (#12)	NU-DRCTN (#23)	
19. Jealousy	LTGO (#9)				
20. Let down from others	ANGR-RLS (#1)	FRGV (#8)	CAREHRT (#11)	INCDNT-RLS (#14)	
21. Low esteem	SLFSTM (#5)	PSTVTY (#12)	CLR-MND (#16)	EXPSSN (#6)	FRGV (#8)
22. Loss	MND-MMRY (#15)	PRTCT (#21)	LVJY (#7)	INCDNT-RLS (#14)	
23. Loss of control	ADPTTN (#24)	FR-RLS (#3)	NU-DRCTN (#23)	PSTVTY (#12)	
24. Loss of focus	FS-MND (#17)	CLR-MND (#16)	MND-MMRY (#15)	STRONG-MND (#19)	
25. Melancholy	STRNG-MND (#19)	LVJY (#7)	HRMNY (#28)	VTLTY (#20)	
26. Not getting what you deserve	ANGR-FLX (#2)	MVON (#27)			
27. Not good enough	CLR-MND (#16)	EXPSSN (#6)	PRSVR (#26)		
28. Rejection	SLFSTM (#5)	PSTVTY (#12)	CAREHRT (#11)	EXPSSN (#6)	MND-MMRY (#15)
29. Restlessness	FR-RLS (#3)	LTGO (#9)	RLXTN (#18)	ADPTTN (#24)	HRMNY (#28)
30. Sadness	STRNG-MND (#19)	LVJY (#7)	HRMNY (#28)	UTLTY (#20)	
31. Shyness	EXPSSN (#8)	SLFSTM (#5)	CAREHRT (#11)	STRNG-MND (#19)	
32. Unloved	CAREHRT (#11)	LVJY (#7)	WRMLV (#10)		
33. Victimized	INCDNT-RLS (#14)	SLFSTM (#5)	CARE-HRT (#11)		
34. Why me	INCDNT-RLS (#14)	SLFSTM (#5)	HRMNY (#28)	LF-CHNGS (#25)	
35. Worthlessness	EXPSSN (#6)	LVJY (#7)			

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