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## *Action Item*

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Take out your highlighter. Chose as many words as you like in the following list and highlight them:

abandoned abused accused addicted afraid aggressive alone angry anxious apprehensive artificial ashamed assaulted attacked avoided awful berated betrayed bitter blamed broken bruised caged-in cheated cold combative conflicted confused consumed contempt cornered corralled cowardly crazy critical criticized crushed cynical dark dazed dead deceived defamed defeated defective defenseless defiant deficient degraded dehumanized deluded demeaned demoralized demotivated dependent depleted depraved depressed deprived desolate despair destroyed detached detested devalued devastated devoid directionless dirty disabled disagreeable disapproved of disbelieved discarded disconnected discontent discouraged discriminated disdain disdainful disempowered disenchanting disgraced disgruntled disgust disgusted disillusioned disliked dismal dismayed disorganized disoriented disowned displeased disposable disregarded disrespected dissatisfied distant distracted distraught distressed disturbed dominated doomed double-crossed doubted dreadful dreary dropped dumb duped edgy embarrassed emotional emotionless emotionally bankrupt empty endangered enraged excluded exhausted exploited exposed fear flawed forgotten fragile frightened frustrated furious gloomy grief grim grotesque grouchy grumpy guilty harmed hate hatred haunted heartbroken helpless hesitant hideous hindered hopeless horrified hostile hot-tempered humiliated hysterical idiotic ignored imbalanced impotent imprisoned inadequate incapable incommunicative incompetent incompatible incomplete incorrect indecisive ineffective inefficient inferior infuriated inhibited injured insane insecure insignificant insincere insufficient insulted intimidated invalidated invisible irrational irritable irritated isolated lonely lonesome longing lost lousy loveless low mad messed up miffed miserable misunderstood mixed-up moody negative nervous numb obsessed overwhelmed pain panic paranoid passive pathetic pessimistic petrified pissed off powerless rage rattled regret resentful responsible revengeful robbed sad scared scarred screwed over screwed up self-conscious self-destructive self-hatred selfish sensitive smothered spiteful strange stressed stuck suffering suffocated suicidal superficial

There is no limit to how many you can tackle with the E-Fit process, but you can only proceed with 1 to 3 words at a time. Which word / emotion / nemesis fills your thoughts throughout the day. Begin by placing that word (nemesis) in box 1 of the table. While you peruse the list, continue to add more words as they come to you, or come up with your own. Place your selection of 1 to 3 strongest emotional words from the table below and in the E-Fit Chart.

1	
2	
3	
4	
5	
6	

Words number 4 and beyond are also very important. Tackle these only after you have completed your first 3 words and completed the entire 30 day E Fit chart.