

People and Things

Alcohol	
Bullying	
Cell phones	
Children	
Coworkers	
Colleagues	
Computer / Games	
Doctors	
Drugs	
Education	
E-mailing / Texting	
Employer	
Gambling	
Gangs	
Genetics	
Government	
Laws	
Magazines	
Management	
Marriage	

People and Things

Media	
Medical System	
Money / Credit Cards	
Name	
Parents	
Police / Judicial	
Politics	
Race	
Relationship	
Religion	
Rules	
Siblings	
Social Media	
Society	
Spouse	
Students / Friends	
Teachers / Mentors	
Technology	
Television	
Work	

Senses and Feelings

Anger	
Anxiety	
Body Image	
Broken Heart	
Change	
Codependency	
Communication	
Death	
Diets	
Ego	
Envy	
Expectations	
Failure	
Fear	
Frustration	
Grief	
Guilt	
Hopelessness	
Illness / Pain	
Inner Critic	

Senses and Feelings

Irritation	
Jealousy	
Judgment	
Loneliness	
Mind Chatter	
Negativity	
Sadness	
Secrets / Lies	
Security / Safety	
Self-Esteem	
Skepticism	
Social Image	
Stress	
Stupid	
The Truth	
Trapped	
Unloved	
Unworthy	
Worry	