

# HOKEY CHEESY FORMULA®

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**When you/ When I noticed** \_\_\_\_\_

State event or observation objectively

**I thought/think** \_\_\_\_\_

**I felt/feel** \_\_\_\_\_

**I would prefer/ would like/ need** \_\_\_\_\_

**Are you willing to do this? In the future, can I count on you to do this?**

Abnormal	Disagreeable	Inferior	Restless
Abused	Disappointed	Infuriated	Sad
Accepted	Disciplined	Insecure	Sarcastic
Affectionate	Discouraged	Insignificant	Satisfied
Afraid	Disgusted	Intense	Secure
Aggravated	Disrespected	Intimate	Seething
Aggressive	Embarrassed	Intimidated	Selfish
Alienated	Emotional	Irritated	Self-reliant
Alone	Energetic	Isolated	Sensitive
Angry	Enthusiastic	Jealous	Sentimental
Annoyed	Envious	Lazy	Shocked
Anxious	Exasperated	Lonely	Shy
Apathetic	Excited	Lost	Silly
Argumentative	Exhilarated	Loved	Sincere
Ashamed	Explosive	Loving	Sluggish
Awestruck	Exposed	Miserable	Smoldering
Bitter	Fearful	Moody	Stimulated
Boisterous	Flexible	Motivated	Strict
Bored	Forgotten	Nervous	Strong
Calm	Friendly	Objective	Stubborn
Carefree	Frightened	Opinionated	Successful
Cautious	Fulfilled	Optimistic	Superior
Cheerful	Furious	Out-of-control	Supported
Childish	Grieving	Overbearing	Suppressed
Comfortable	Guilt-free	Over-controlled	Surprised
Concerned	Guilty	Overwhelmed	Sympathetic
Confident	Gullible	Pessimistic	Talkative
Confused	Happy	Phony	Tense
Conscientious	Hateful	Pleased	Terrified
Considerate	Helpful	Possessive	Thoughtful
Contented	Hesitant	Powerful	Threatened
Controlled	Hopeful	Powerless	Timid
Cooperative	Hopeless	Preoccupied	Tired
Courageous	Horrified	Pressured	Trusting
Critical	Hostile	Protected	Undisciplined
Cynical	Humiliated	Proud	Uneasy
Decisive	Hurried	Puzzled	Unhappy
Defeated	Hurt	Rage	Unimportant
Defensive	Impatient	Refreshed	Unloved
Demanding	Inadequate	Regretful	Unreasonable
Dependent	Incompetent	Rejected	Unstable
Depressed	Inconsiderate	Relieved	Unsure
Deserving	Independent	Remorseful	Upset
Diligent	Indignant	Resentful	Uptight