

THE MOOD ELEVATOR

GRATEFUL
WISE/INSIGHTFUL
CREATIVE/INNOVATIVE
RESOURCEFUL
HOPEFUL/OPTIMISTIC
APPRECIATIVE
PATIENT/UNDERSTANDING
SENSE OF HUMOR
FLEXIBLE/ADAPTIVE
CURIOUS/INTERESTED
IMPATIENT/FRUSTRATED
IRRITATED/BOTHERED
WORRIED/ANXIOUS
DEFENSIVE/INSECURE
JUDGMENTAL/BLAMING
SELF-RIGHTEOUS
STRESSED/BURNED-OUT
ANGRY/HOSTILE
DEPRESSED

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