

List Working Manual

Suggestions for finding the thought items			
Remember you could be looking for an antonym of the clue rather than a synonym			
Single Word? →	Clue from previous work today? Otherwise work the lists → (Dr. Scott's) (Ann's)	Dimensions List	1
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	Imperative? → These are demands – (i) Just a verb – Listen! (ii) a Verb me – Cherish me! (iii) Verb me object – Give me peace!	Work the Gerunds list and then drop the 'ing'	2-3

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GERUNDS				
Abandoning	Attending	Contemplating	Driving	Gambling
Absolving	Attuning	Continuing	Dying	Gathering
Admitting	Augmenting	Controlling	Eating	Generalizing
Aiming	Avoiding	Converting	Embellishing	Generating
Accepting	Awakening	Conveying	Embracing	Getting
Accessing		Coping with	Empowering	Giving (up, into)
Accomplishing	Balancing	Correcting	Enabling	Going
Achieving	Becoming	Counteracting	Enclosing	Grasping
Aching	Beginning	Crafting	Encouraging	Gratifying
Acknowledging	Being (open to)	Creating	Enduring	Grieving
Acquiring	Believing	Criticizing	Enhancing	Growing
Acting	Belonging	Crucifying	Enjoying	Handling
Activating	Benefiting		Enlarging	Hating
Adapting	Blessing	Damaging	Excluding	Haunting
Addicting	Blocking	Daring	Extracting	Having
Addressing	Boasting	Dealing	Erasing	Healing
Adjusting (to)	Bonding	Deciding	Escaping	Hearing
Admitting	Breathing	Decreasing	Establishing	Helping
Adopting	Boosting	Decreeing	Evaluating	Hiding
Affirming	Boring	Defeating	Exhibiting	Holding (on to)
Aiding		Defining	Existing	Honouring
Aligning	Caring	Delighting (in)	Expecting	Hoping (for, to)
Alleviating	Causing	Demanding	Experiencing	Identifying (with)
Allowing	Celebrating	Denying	Expressing	Ignoring
Amplifying	Changing	Deprecating	Exuding	Imagining
Amusing	Channelling	Deserving		Including
Analyzing	Cherishing	Desiring	Facing	Influencing
Animating	Choosing	Destroying	Fearing	Initiating
Anticipating	Clarifying	Determining	Feeling	Insisting
Appearing	Cleaning (out)	Devastating	Fighting	Inspiring
Applying	Clearing (away)	Developing	Finding	Integrating
Appraising	Clutching (at)	Devoting	Finishing	Intending
Appreciating	Coming	Diminishing	Focusing	Interacting
Approaching	Containing	Disconnecting	Following	Inventing
Approving	Completing	Discouraging	Forcing	Invigorating
Articulating	Comprehending	Discovering	Forgetting	Isolating
Ascending	Conceiving	Dislodging	Forgiving	
Assessing	Confirming	Dismantling	Formulating	Judging
Assimilating	Confronting	Distrusting	Freeing	Justifying
Assisting	Confusing	Doing	Fretting (about)	
Assuming	Connecting	Dominating	Fulfilling	Knowing
Atoning	Conquering	Dreaming		

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Gerunds				
Leading	Needing	Planning (for)	Sounding	Unblocking
Learning	Nourishing	Playing (at)	Stabilizing	Undergoing
Leaving	Nurturing	Pleasing	Staging	Understanding
Lessening		Possessing	Starting	Undoing
Letting (go of)	Obtaining	Practicing	Staying	Unifying
Letting (myself, others)	Opening (up to)	Praising	Stirring (up)	Unlocking
Liberating	Organizing	Preparing (for, to)	Strengthening	Unwinding
Liking	Oscillating	Presenting	Submitting	Using
Limiting	Over-reaching	Pretending	Suffering	
Listening	Over-reacting	Preventing	Supporting	Valuing
Living	Overcoming	Producing	Suppressing	Vanquishing
Longing	Owning (up to)	Projecting	Surpassing	
Looking after		Protecting	Surrendering	Viewing
Looking (forward to)	Pardoning	Punishing	Sustaining	Visualizing
Losing	Penetrating	Purifying	Swallowing	Voicing
Loving	Perceiving	Pushing (for)	Sympathizing	Voiding
Lying	Persevering	Putting		Voting
	Pursuing		Taking	
Maintaining	Planning (for)	Radiating	Teaching	Wallowing (in)
Making	Playing (at)	Re-balancing	Telling	Wanting (to)
Managing (to)	Pleasing	Re-establishing	Thinking	Weeping
Manifesting	Possessing	Reacting (to)	Tolerating	Winning
Mastering	Practicing	Reassuring	Tormenting	Wishing (for, to)
Meditating	Praising	Receiving	Touching	Withdrawing (from, to)
Meeting	Preparing (for, to)	Reckoning	Training (for, to)	Withholding
Missing	Presenting	Releasing	Transcending	Working
Modifying	Perceiving		Treasuring	Worrying (about)
Motivating	Persevering	Sabotaging	Trusting	
Moving	Pursuing	Simplifying	Trying	Yearning (for, to)

Gerunds are words that can be used either as nouns or verbs. These NB/HK **'ing'** words are not all, by definition proper gerunds

Dr. Scott's Concept Word Lists				
Abandoned	Accuse	Adequate	Adventurous	Aggrieved
Abased	Achieve	Adjusted	Adversity	Agility
Ability	Acknowledged	Admired	Advice	Agitate
Able	Act	Admit	Affable	Agony
Abrasive	Action	Admonished	Affection	Agreement
Absence (of)	Active	Adolescent	Aflame	Aim
Abundant	Adamant	Adorable	Afraid	Aimless
Abused	Adaptable	Adrift	Aggravate	Alarm
Accept	Addiction	Adult	Aggressive	Alert

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Dr. Scott's Concept Word Lists

Alienated	At one	Bitter	Capable	Communication
Alive	Athletic	Blame	Capricious	Compassion
Allowed	Attached	Bland	Care	Compelled
Alone	Attack	Bless	Caress	Competent
Aloof	Attention	Blind	Cause	Competition
Altruistic	Attitude	Bliss	Caution	Complete
Always Am	Attract	Bloated	Centred	Complex
Ambition	Aunt	Block (-ed -age, -s)	Certain	Compliant
Ambivalent	Authentic	Body	Challenge	Composed
Amends	Authority	Bold	Change	Comprehensible
Amusement	Average	Bolt	Channel	Concentration
Analytical	Aware	Bonding	Chaos	Concept
And	Awe	Bored	Charged (up)	Concerned
Anguish	Awkward	Bossy	Charity	Condemned
Animated		Bothered	Charmed	Condescension
Annoyance	Baby (ish)	Boxed (in)	Chastised	Conditioning
Anxiety	Bad (tempered)	Boy	Cheated	Confidence
Apartness	Balance	Brain	Cheer	Configuration
Apathy	Bare	Brave	Cherished	Confirmation
Appalled	Barren	Breadwinner	Child (-like, -ish)	Conflict
Appearance	Barrier	Break (-down)	Childhood	Confused
Appreciate	Base	Bright	Choice	Connected
Apprehension	Basic	Brilliant	Chosen	Conscience
Approachable	Be	Brittle	Christ (-like)	Conscious
Appropriate	Beaten	Broken	Christian	Consideration
Approve (of)	Beauty	Brother	Circumstances	Consolation
Apt	Been	Bruised	Clarity	Constant
Ardour	Behaviour	Bully	Clean	Constraint
Arduous	Being	Buoyant	Clear	Constructive
Argue	Belief	Burden	Clever	Consumed
Armour	Belittle	Burned	Client	Contained
Arouse	Belligerent	Business (like)	Close	Content
Arrogant	Benevolent	Busy	Closed (in, out)	Continuity
Art	Bereave		Clumsy	Control
Articulate	Bereft	Caged	Coherent	Conviction
Artistic	Beside	Callous	Cold	Cooperate
Ashamed	Betray	Calm	Collapse	Coordinate
Aspirations	Betrothal	Can...	Colleague	Cope
Assert (ive)	Better	Can't...	Collusion	Cornered
Assumptions	Bewilder	Cancerous	Comfort	Could...
Assured	Bitchy	Candour	Committed	Courage

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Dr. Scott's Concept Word Lists

Cousin	Deprived	Disempowered	Duty	Equal
Crazy	Derided	Disfigured	Dynamic	Equanimity
Creative	Derisive	Disgrace		Essence
Crisis	Deserted	Disgruntled	Eager	Essential
Critical	Deserve	Disgusted	Easy (going)	Eternal
Criticism	Desires	Disillusioned	Eccentric	Ethics
Cross	Desirous	Disloyalty	Ecstasy	Everyone
Cruel	Desolate	Dismayed	Edgy	Everything
Crushed	Despair	Dismissed	Efficient	Evil
Cry	Despicable	Disobedience	Effort	Exaggeration
Curious	Despised	Disorientated	Egotistical	Exasperated
	Despondency	Disparage	Ejaculation	Excellent
Dad	Destiny Detachment	Disrobe	Elated	Excessive
Damaged	Determined	Dissatisfied	Eligible	Excite
Danger	Devalued	Dissonance	Emasculated	Excluded
Darkness	Devastated	Distant	Embarrassed	Exhaust
Daughter	Developed	Distinctive	Embrace	Existence
Dead	Devise	Distracted	Emerge	Expectations
Deaf	Devote (-d, -ion)	Distraught	Eminent	Expendable
Death	Did	Distress	Emotions	Experience
Debilitated	Die	Distrust	Empath (-y)	Expertise
Deceitful	Different	Disturbed	Empty	Exploited
Decision	Difficulty	Divide (-d)	Enchanted	Exposed
Decisive	Dignified	Destruct	Encouraged	Express (-ion, -ive)
Decrepit	Dim	Division	End	Extend
Dedicated	Diminished Diplomacy	Do...	Endangered	External
Defeat	Direct (-ion)	Docile	Endurance	Extroverted
Defective	Dirty	Dog	Energized	Exuberance
Defend	Disability	Don't...	Energy	Facade
Defenceless	Disappointed	Doomed	Engulfed	Failure
Defiance	Disapproved (of)	Dopey	Enhanced	Fair
Defiled	Disbelief	Doubt	Enjoy	Fairy
Deformity	Discarded	Drained	Enlightenment	Fake
Degraded	Discipline	Drama	Enmesh	Fallible
Dejected	Disconnected	Dread	Enraged	Family
Delighted	Discontent	Dream (-s, -y)	Ensnared	Fancied
Delusions	Discontinuity	Dreary	Enthusiasm	Fantasy
Demoralized	Discourage	Drugged	Entitled	Fascinated
Denial	Discredit	Drunk	Entity	Fastidious
Depend (-able, -ent)	Discrimination	Dry	Environment	Fat
Depressed	Disdained	Dutiful	Envy	Fate

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Dr. Scott's Concept Word Lists

Father	Friend (-s, -ship)	Guidance	Humble	In tune (with)
Favoured	Fright	Guilt	Humility	Inadequate
Fear	Frightened	Gusto	Hungry	Incapacitated
Fed (up)	Frigidity	Habits	Hurt	Incarceration
Feeble	Frivolous	Handsome	Husband	Incarnation
Feedback	Frozen	Happiness	Hypochondriac	Incensed
Feelings	Frustrated	Happy (go lucky)	Hysterical	Included
Feminine	Fulfill	Hardness	Idea	Inconsiderate
Fettered	Full	Harmony	Identity	Inconsolable
Fidelity	Fun	Hassle	Idolized	Indecent
Fight	Fury	Hate	If...	Indecision
Finances	Future	Hazard	Ignorance	Indefensible
Fine		Heal	Ignore	Independence
Finished	Garden	Health	Ill	Indestructible
Fitness	Gay	Heard	Illusions	Indifferent
Fixation(s)	Generous	Heart (-broken)	Imbalance	Indignant
Fixed	Gifted	Heartache	Imitation	Indirect
Flail	Girl	Heaven	Immature	Indispensable
Flattered	Give (in)	Heavy (-hearted)	Immeasurable	Individual
Flawed	Glad	Help (-less)	Immoral	Infallible
Flexible	Gloomy	Her	Immunity	Infatuated
Flustered	Go (getting)	Hero (-ine)	Impact	Inferior
Focus	Goals	Hesitation	Impassioned	Inflexible
Foibles	God	Hidden	Impassive	Influence
Fool(-ish)	Golden	High	Impatient	Infuriated
Force(-ful)	Good (tempered)	Him	Impeded	Inhibition
Forget(-ful)	Good Fortune	His	Impediment	Initiate
Forgive	Governed	Home (-sick)	Impervious	Injustice
Forgotten	Grace	Homely	Important	Innocence
Forlorn	Gracious	Homeward	Imposed on	Insane
Forsaken	Grand	Homework	Impossible	Insecure
Forthright	Grateful	Honoured	Impotent	Inseparability
Fortune	Gratify	Hope (-less)	Impressed	Insert
Forward	Grave	Horrible	Imprisoned	Insignificant
Fouled up Fragile	Great	Horror	Impulsive	Inspection
Fragment (-ed)	Greed	Hostile	In charge	Inspired
Frantic	Grief	Housewife	In control of...	Instincts
Fraud (-ulent)	Groovy	How...	In excess	Intact
Free (-dom, -ly, will)	Grotty	Human	In focus	Integration
Frenetic	Grounded	Humane	In the middle (of)	Integrity
Frenzy	Grown (apart, up)	Humanity	In the way	Intelligent

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Dr. Scott's Concept Word Lists				
Intelligent	Lack of	Me	Need (-s, -y)	Opinionated
Intention	Laid (back)	Mean Meditation	Negative	Opportunity
Interested	Laughter	Melancholy	Neglect	Opposed
Internal	Lay	Mellow	Nerve-racking	Oppressed
Intimate	Lazy	Memory	Nervous	Optimism
Intimidated	Leaden	Merriment	Neutral	Optimum
Intolerant	Leading	Messed up	Never	Options
Intoxicated	Left (out)	Might...	New	Ordinary
Introspection	Lethargy	Mighty	Nice	Organized
Introverted	Liberated	Mind	Nihilistic	Orgasm
Intrusive	Lie	Miracle	No (one)	Others
Intuition	Life (giving, style)	Miserable	Nobody	Out (of Control)
Invent	Light (hearted)	Misery	Nondescript	Outgoing
Invidious	Liked	Misjudge	Normal	Outrageous
Invisible	Limitations	Mislaid	Nostalgia	Outspoken
Involved	Live (-ly)	Misled	Not	Outstanding
Irrational	Lone (-ly, -some)	Mismatched	Nothing	Outweighs
Irrelevant	Long (-ing)	Misunderstanding	Noticed	Over...
Irresolute	Los (-e, -s, -t)	Mom	Notion	Overlooked
Irresponsible	Lot	Monstrous	Notoriety	Overpowering
Irritate	Love	Mood	Nourished	Overshadowed
	Low	Moral	Now	Overweight
Jaundiced	Loyal	Mortality	Nuisance	Overwhelmed
Jealous	Lucky	Mother	Numb	Overworked
Jinxed		Motivate	Nurture	
Jittery	Mad	Mourn	Nutty	Pain
Jovial	Madam	Muddled	Nymphomaniac	Pampered
Joy	Majestic	Mugged		Panic
Judgement	Male	Mum	Obedient	Paralysis
Jumpy	Malice	Murderous	Oblivious	Paranoia
Justice	Man	Must...	Obnoxious	Pardon
Justify	Mania	My (Soul)	Obsession	Parents
	Manipulate	Myself	Obstinate	Partner
Karma	Married		Obstructed	Passion
Keen	Martyrdom	Naked	Odd	Passive
Keyed up	Masculine	Narcissistic	OK	Pat
Kind	Maternal	Nasty	Old (age)	Paternal
King	Matrimony	Natural	Omens	Pathetic
Kinky	Matron	Nature	On (the edge)	Patience
Knight	Mature	Naughty	One (of the crowd)	Patient
Know (-ledge)	Maybe	Necessity	Open	Patronized

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Dr. Scott's Concept Word Lists				
Patterns	Predictable	Radiance	Respect	Scorn
Peace	Preferred	Rage	Respiratory	Screwed up
People	Pregnant	Rapport	Respite	Seasoned
Perceiving	Present	Rapture	Responsible	Secondary
Perceptive	Pressure	Rational	Rest	Secretive
Perfect	Presume	Raw	Restrained	Secure
Permanent	Pretense	Re-vitalized	Restricted	See
Permission	Pretty	Ready	Reunion	Self-(anything)
Permitted	Prevent	Reality	Revelation	Selfish
Perplexed	Pride	Realization	Revenge	Senile
Persecute	Prim	Reason	Reverent	Sensible
Persevere	Primary	Rebel	Revolution	Sensitive
Personal	Prince (ss)	Recognition	Revulsion	Sensual
Perspective	Principles	Recovery	Reward	Separate
Perversion	Priority	Redeemed	Rich	Sequential
Pessimism	Prissy	Redemption	Ridicule	Serene
Petrified	Private	Refreshed	Right	Setbacks
Petty	Privileged	Regimentation	Rigidity	Settled
Philosophical	Procrastination	Regret	Romantic (ism)	Sex
Phobias	Productive	Regulated	Roots	Shaky
Picked (on, out, up)	Profound	Reject	Rounded	Sham
Pity	Progress	Relationships	Rule	Shame
Place (in life)	Proliferate	Relatives	Rushed	Sharing
Plain	Prominent	Relaxed	Ruthless	Sharp
Play	Promise	Release		She
Pleasant	Prospective	Reliance	Sabotage	Sheltered
Pleased	Protected	Relied Upon	Sacred	Shielded
Pleasure	Proud	Relief	Sacrifice	Shock
Pointless	Provocation	Rely	Sad	Shortcoming(s)
Poised	Prudish	Remembrance	Safe	Should
Poisoned	Psychic	Remorse	Saintly	Shout
Polished	Punished	Renew	Salvation	Shut (out, up)
Poor	Pure	Replaced	Same	Shy
Popular	Purify	Repress	Sanctified	Sickness
Positive	Purpose	Repulsed	Sane	Sight
Possessed	Pushed	Resent	Satanic	Silent
Possible	Put (down, upon)	Resilience	Satisfy	Silly
Potential	Quaint	Resolute	Saved	Simultaneous
Power (less)	Queen	Resolution	Scared	Sister
Practical	Queer	Resonate	Scarred	Skeptical
Precious	Quiet	Resource (s, -ful)	Scattered	Skill
Precise			Scope	Skin

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Dr. Scott's Concept Word Lists				
Slavishness	Stingy	Tender	Tuned (in)	Vain / Vanity
Sleepy	Stir (-red -up)	Tense	Turned (in, on, off)	Valid
Slim	Straight	Terminal		Value
Smart	Strange	Terrible	Ugly	Variation
Smash	Strangle	Terrified	Un...	Vibrant
Smoothed	Strength	The Big...	Unaware	Vibration
Smothered	Stressed (out)	The Future	Uncertain	Vicarious
Smug	Strident	The Hero	Uncle	Vice
Snakes	Strong (minded)	The Illusion	Uncomfortable	Vicious
Snatch	Strong willed	The Light	Unconfident	Victim (-ized)
Sneaky	Stubborn	The Past	Uncontrollable	Victory
Snug	Stuck	The Present	Undemonstrative	Vindictive
Sociable	Stuffed	The Truth	Under...	Violent
Sojourn	Stunned	The Universe	Understanding	Virility
Solid	Stupid	The Unknown	Undeserving	Visible
Solitude	Subordinate	The World	Uneasy	Vision
Son	Subservient	Their	Unencumbered	Vital
Soothed	Success	Them	Unfeeling	Vivacious
Sore	Suffering	Then	Unfettered	Volatile
Sorrow	Sun	They	Unfulfilled	Vomit
Soul	Superciliousness	Tingly	Unimportant	Vulnerable
Spaced out	Superficial	Thin	Uninhibited	
Special	Superior	Thirsty	Union	Want
Speed	Supernatural	Thoughts	Unique	Warm (hearted)
Spiders	Supple	Threat	Unity	Wary
Spineless	Support	Thrilled	Universe	Was
Spirit	Suppressed	Thwarted	Unknowing	Washed (out, up)
Spiteful	Sure	Tidy	Unlicensed	Wasted
Split	Surrender	Time	Unloved	Waylaid
Spoiled Spontaneous	Sustained	Timid	Unpredictability	Weak
Sport	Sweet	Tingly	Unreality	Wealth
Squashed	(tempered)	Tired	Unreasonable	Weary
Stable	Sympathy	Together	Unseen	Weepy
Stagnant	Symptoms	Tolerant	Unshakable	Weird
Stamina		Torment	Unstable	Welcoming
Standards	Talent	Torn	Unsupported	Well (being)
Startled	Talkative	Tortured	Untouched	Were
Step	Tangible	Total	Unusual	Whole
Sterile	Taste	Tough	Unwilling	Wicked
Stiff	Temper	Tradition	Unworthy	Wife
Stifled	Temperament	Traitor	Upset	Will
Still	Tempted	Tranquil	Use (-ful, -less)	Wisdom
Stimulation	Tenacious	Transfer	Usurp	Wishes

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Dr. Scott's Concept Word Lists				
Won't ...	With (-in, -out)	Would	Young	Zany
Work	Women	Wound up	Youth	Zapped
Worn (down, out)	Wonder (-full)	Wounded		Zeal
	Worry	Wrong		Zonke

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Adverbs		
Common adverbs		
Abundantly	Fearlessly	Peacefully
Absolutely	Forebearingly	Physically
Appropriately	Freely	Positively
Beautifully	Fulfillingly	Powerfully
Cheerfully	Fully	Psychically
Committedly	Happily	Repeatedly
Confidently	Harmoniously	Resentfully
Compassionately	Hard	Respectfully
Completely	Honestly	Socially
Competently	Independently	Spiritually
Connectedly	Intellectually	Spontaneously
Contentedly	Intuitively	Sporadically
Continuously	Joyfully	Steadfastly
Correctly	Knowingly	Stimulatingly
Decisively	Logically	Strongly
Dedicatedly	Lovingly	Subtly
Doubtfully	Meaningfully	Successfully
Effectively	Nicely	Thankfully
Efficiently	Naturally	Trustingly
Efficaciously	Negatively	Unconditionally
Emotionally	Openly	Wholly
Ethically	Passionately	Wholeheartedly
Exactly	Patiently	Wisely
Adverbs of Time:		
Almost	Intermittently	Regularly
Always	Never	Seldom
Constantly	Often	Sometimes
Continuously	Occasionally	Usually
Frequently	Rarely	
Adverbs of Manner:		
Badly	Fast	Slowly
Beautifully	Hard	Well
Energetically	Quickly	
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The Four Big Emotions			
GLAD/HAPPY	ANGER / MAD	SAD	FEAR / SCARED
(Comfortable) (Relieved) (Released) (Gratified) (Placid) (Calm) (Thankful) (Relaxed) (Satisfied)	(Contemptuous)	(Weary) (Lethargic) (Dreary) (Lonely) (Broken) (Heavy) (Superstitious) (Phobic) (Neurotic) (Hypochondriac)	(Unloved) (Unwanted) (Rejected) (Insignificant) (Meaningless) (Hesitant) (Dis-abled) (Dis-empowered) (Powerlessness)
Pleased Tranquil Harmony Contented Serene Carefree Peaceful Convivial Jolly Light-hearted Gay Buoyant Jocund <hr/> Glad Cheerful Happy <hr/> Fulfilled Delighted Excited Bubbly Tickled pink Chuffed Gleeful Joyful Joyous Overjoyed Elation Enchanted Enthusiasm Exuberance Jubilance Ecstasy Euphoria Delirious Bliss	Upset Miffed Irritated Disgruntled Annoyed Uptight Frustrated Choler Cross Vexed <hr/> Angry Mad <hr/> Wrath Accusatory Enmity Vengeful Acrimony Animosity Aggressive Seething Blazing Wild Furious Enraged Raving mad Frenetic Violent Ballistic Apoplectic	Low Doleful Upset Unhappy Gloomy Glum Disturbed Sorrowful Woeful Melancholy Mournful Wounded Hurt <hr/> Sad <hr/> Self-pitying Miserable Despondent Dejected Tearful Weepy Depressed Bored Weighed down Grieving Distressed Distraught Desperate Rejected Bereft Hopeless Devastated Despairing Suicidal Blackness	Unsure Unsettled Wary Suspicious Timid Concerned Nervous Worried Wobbly Shaky Bothered Perturbed Anxious Apprehensive Dismayed Angst <hr/> Afraid <hr/> Alarmed Fearful Frightened Trepidation Scared Hopeless Horrified Dread Paranoid Panicked Terrified Petrified
Words in brackets are not actually emotions but might be included in a psychological group where the underlying organizing element is a specific emotion			
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INTELLECTUAL CONCEPTS

Intellectual Concepts are 'mind sets', 'considered opinions', 'objective',
'without inherent moral value - the moral value being ascribed by the individual'
Hamlet: "There is nothing either good or bad, but thinking makes it so."

Ambition	Freedom	Prejudice
Balance	Generosity	Pride
Belief	Harmony	Prosperity
Boredom	Honesty	Relaxation
Chaos	Independence	Responsibility
Conflict	Inter-dependence	Satisfaction
Control	Isolation	Security
Contentment	Normality	Separation
Deduction	Order	Success
Dilemma	Paradox	Truth
Discernment	Perfection	Unanimity
Failure	Play	Unity
Fairness	Political peace	

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SPIRITUAL CONCEPTS

Spiritual Concepts are concerned with the Higher Self and its relationship with the Cosmic Self

Abasement	Eternity	Plethora
Absolution	Evil	Prayer
Adoration	Faith	Purgatory
Angel	Fallen-ness	Reconciliation
Apology	Forgiven-ness	Retribution
Atonement	Forgiveness	Saint
Awareness	God	Seeking
Benediction	Heaven	Significance
Blessing	Hell	Sin
Communion	Higher Self	Soul
Condemnation	Holiness	Spirit
Confession	Hope	The Good
Contemplation	Humility	The Light
Cosmic Self	Intercession	The Truth
Damnation	Karma	The Way
Deity	Love	Thanksgiving
Despair	Meditation	Thread Soul
Devotion	My Life's work	Trust
Divinity	Nirvana	Ultimate meaning
Enlightenment	Paradise	Union
Eternal life	Peace	Virtue

Original list compiled by Ann Parker and Jean Moore 1995 (additions from Jane Thurnell-Read 1997)

List Working Manual

52 Virtues – The Gifts Within		
Assertiveness	Gentleness	Prayerfulness
Caring	Helpfulness	Purposefulness
Cleanliness	Honesty	Reliability
Compassion	Honour	Respect
Confidence	Humility	Responsibility
Consideration	Idealism	Reverence
Courage	Joyfulness	Self-discipline
Courtesy	Justice	Service
Creativity	Kindness	Steadfastness
Detachment	Love	Tact
Determination	Loyalty	Thankfulness
Enthusiasm	Mercy	Tolerance
Excellence	Moderation	Trust
Faithfulness	Modesty	Trustworthiness
Flexibility	Obedience	Truthfulness
Forgiveness	Orderliness	Unity
Friendliness	Patience	
Generosity	Peacefulness	
List provided by HK Practitioner Anna Staudt 2001		

Key Words associated with the Chakras	
C 7 - CROWN	KNOWING , knowledge, connection, intellect, intelligence
C 6 - BROW	UNDERSTANDING , appreciating, compassion, intuition
C5 - THROAT	WITHOLDING , choked, holding in/back, reserved, restraint, secretive
C4 - HEART	LOVING, CARING, SHARING, GIVING , forgiving, warmth, open-hearted, solicitous, accepting, goodness
C3 – SOLAR PLEXUS	FEAR , anxious, anxiety, tension, terror, terrified, frightened, apprehensive, panic
C 2 - SACRAL	FEELING , emotions, feelings, emotional, empathy, feminine, masculine
C1 - BASE	DESIRE , need(s), want, demand(s), grounded
Words in Bold provided by Dr. Scott other words contributed by Jane Thurnell-Read and Ann Parker	

List Working Manual

Dr. Scott's SELF-ISSUES LIST		
Self-Acceptance	Self-Control	Self-Help
Self-Actualization	Self-Decisive	Self-Image
Self-Assurance	Self-Esteem	Self-Knowledge
Self-Attitude	Self-Expression	Self-Love
Self-Awareness	Self-Freedom	Self-Respect
Self-Centred	Self-Growth	Self-Understanding
Self-Confident	Self-Harmony	Self-Worth

© Dr. Jimmy Scott 1987

SELF ISSUES		
Self-Appraisal	Self-Doubt	Self-Preservation
Self-Appreciation	Self-Empowerment	Self-Protection
Self-Approval	Self-Expectation	Self-Punishment
Self-Belief	Self-Forgiveness	Self-Recognition
Self-Betrayal	Self-Fulfillment	Self-Redemption
Self-Blame	Self-Gratification	Self-Reliance
Self-Compassion	Self-Hatred	Self-Reproof
Self-Conceit	Self-Importance	Self-Restraint
Self-Conscious	Self-Indulgence	Self-Reward
Self-Contentment	Self-Integrity	Self-Righteous
Self-Courage	Self-Interest	Self-Sabotage
Self-Criticism	Self-Management	Self-Sacrifice
Self-Deceit	Self-Manifestation	Self-Satisfaction
Self-Defeat	Self-Mastery	Self-Serving
Self-Denial	Self-Motivation	Self-Sufficient
Self-Destruction	Self-Nourishment	Self-Torment
Self-Determination	Self-Pity	Self-Torture
Self-Development	Self-Possession	Self-Trust
Self-Discipline	Self-Praise	Self-Unity

© Ann Parker and Jane Thurnell-Read 1994

CONJUNCTIONS	
A conjunction is a joiner - a word that connects (conjoins) parts of a sentence	
Coordinating Conjunctions	Correlative Conjunctions (These always travel in pairs)
and	Both ... and
but	Not only ... but also
or	Not....but
yet	Either ... or
for	Neither....nor
nor	Whether....or
so	As as

© Jane Thurnell-Read, Stephanie Rbeertson and Guila Boden 1996

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COMMON PREPOSITIONS

Above	Between	In the midst of	Since
According to	Betwixt	Instead of	Through
Across	Beyond	Into	Throughout
Adjacent to	By	Like	Till
After	By way of	More than	To
Against	Down	Near	Towards
Along	During	Next to	Under
Among	Except	Of	Underneath
Amongst	For	Off	Until
Around	From	On	Up
At	In	On account of	Up to
Before	In addition to	Opposite to	Upon
Behind	In front of	Other than	Via
Below	In place of	Out of	With
Beneath	In regard to	Outside	Within
Beside	Inside	Over	Without
Besides	In spite of	Past	

© Jane Thurnell-Read 1996

QUESTIONS

Questions tend to start either with a question word, a conditional word or a modal

Question Words	Conditional Words *	HK Modals
Who	If	Am
Whom	Supposing	Can
When	If only	Could
Where	Unless	Do
What	Provided that	Might
How	Providing that	Must
Which	In case	Need
	In the event that	Ought
	As long as	Shall
	So long as	Should
	*Conditionals list courtesy of Otter Baker	Want
		Will
		Would

List Working Manual

Dr. Scott's ECS: BBEI list

When doing ECS: BBEI groups **you lift the item directly off the list** however **'being'** might be replaced by **'feeling'**.
For example, instead of "Fear of being abandoned" the item will be "Fear of feeling abandoned".

Fear of:

being abandoned being balanced being blamed being cared for being cold	being slapped being too cold being too hot being trusted being trusting	losing control love loving others loving too much motion
being confined being constrained being free being helpless being hit	being unloved being with others bright light caring for others choking	my reactions needing others noise not getting enough care nurturance
being hot being hurt emotionally being hurt mentally being hurt physically being ignored	community contentment darkness death disorder	others reactions pain people relying on others rocking
being in danger being left alone being left uncared for being lifted being needed by others	emptiness evil falling getting hurt giving to others	silence strangers sudden changes sudden movement suffocating
being noticed being outside being rejected being separated being shaken	helping others hunger hurting others life	touch trusting others wanting to be with others water

Fear of not being:

Fear for:

able to know what I want able to be what I want able to do what I want able to undo what I communicate able to undo what I have done	free heard known as fair in control loved	others my safety the future
able to communicate what I want able to breathe allowed to be me allowed to know what I want allowed to do what I want	myself needed receptive of nurturance recognised understood	
allowed to be who I want allowed to communicate what I want allowed to be what I want exact fed	unique willing to be what I want wise worthy of freedom worthy of nurturance	

Fear that:

things will happen to me beyond my control I won't be good enough others won't trust me I am doubted I can't love others I am insignificant I can't have an integrated body I can't have a normal body	I have a blocked body I am defective I can't have an adult body I can't have a beautiful body I am enchanted (as in possessed) I am imperfect I am incurable © Dr. Jimmy Scott 1982-2019	
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List Working Manual

CORE BELIEFS

You may get a clue from the items below and using the modals or the adverbs will help to determine the exact item. The belief may be an **internal one** – “I” or “My” or **external** – A category of people or concepts - “alcoholics, druggies, money, life, things, everything, food, sex etc”

Modals - am, can, could, do, might, must, need, ought, shall, should, want, would or their negative counterparts

Adverbs – always, constantly, continuously, never

The groups tend to be small – up to 3. Within a group the items may all target the same underlying belief.

Health I never sleep well I always have to get up in the night I can't heal myself Exercise is torture Healthy food tastes terrible I'm out of shape because I'm old I can't change my I never have enough time for me This is too hard I'm not flexible Once you have kids it's all downhill	Feeling powerless I am weak I can't stand up for myself I don't dare stand up for myself I am powerless to change I always leave myself open to abuse / being used I am a victim I must obey other people's dictates Forgiving other people is hard I can't get in touch with my emotions Why does this always happen to me? This situation is hopeless I must be perfect in all I do	Feeling different People don't value who I am I don't fit in (anywhere) I am always left out Wherever I am, I am unwelcome I'm nothing I stick out like a sore thumb I can never be myself I can't cope with criticism Everyone thinks I am stupid But I'm not like them
Self-Worth I am untalented, unintelligent and unattractive I am stupid I am ugly I will never amount to anything People always walk all over me	Feeling useless I am useless (at) I will never be any good at (.....) I never start what I finish I am so disorganized I can't do this because.... I can't handle change	Security It is not safe to be out at night alone I never feel safe in multistorey car park The world is not a safe place Authority is scary Disagreement and conflict are a disaster
Self-Respect I am not worthy of respect Other people take me for granted My parents didn't respect me My sisters take advantage of me My finances are always out of control	Feeling unwanted Nobody wants to spend time with me I don't matter Nobody listens to me I am a burden I am a pest Nobody cares about me I don't deserve to be loved	Feeling hopeless I'll never amount to much No matter how hard I try I never get it right I can never make decisions I never stick with any decisions I make I am hopeless (at.....)
Feeling incompetent (not good enough) I am useless I am not good enough I will never achieve anything I am awkward I will never make it I will never measure up to I will never make it I am helpless I am hopeless There is nothing I can do I can't ... Other people think I'm stupid/useless It's not possible to overcome failures I'm not good enough If I take a risk I will fail I can't do as it'll never work Other people are more important than I am Women can't handle the pressure of high-stress jobs	Feeling insecure Life is hard Life is Men (Women) take advantage of me Nobody respects me People cannot be trusted People are not reliable You can't trust (men, women, alcoholics) It is dangerous to allow other people to get close People do not change People are either good or bad Problems are a sign of weakness and failure I can't speak in front of an audience I freeze when I am put on the spot Wet slopes are lethal If I fall it will cripple me	Financial Wealth Anyone who is wealthy is greedy, so I'd rather be middle-class If I didn't earn it, then I don't deserve it, even if it was a gift I'm nothing if I don't succeed I'm nothing unless others love and approve of me I can't trust anyone else to do the job as well as I can I can't afford that I must do it perfectly or it's not worth bothering with I don't deserve what I truly want I'm not smart enough to make more money I'll always have to work more and more hours if I want to make more money Money doesn't grow on trees Whenever things are going well, something very bad will happen Making money is not easy © Sandie Lovell 2010

Dr. Scott's Ψ I FEEL / I AM

The 'I feel / I am' psychological structures are paired states of being. There is a tension between the negative "I feel" item and the positive "I am" item.

I feel antagonistic I am accepting	I feel furious I am adequate	I feel used / abused /confused I am welcomed	I feel sarcastic I am excited
I feel bothered I am approachable	I feel fuming I am answerable	I feel rejected I am appreciated	I feel with-holding I am trusting
I feel burdened I am acceptable	I feel fiery I am refreshed	I feel offended I am caring	I feel trapped I am amused
I feel indignant I am worthy	I feel hysterical I am aware	I feel hurt I am fascinated	I feel put-upon I am admirable
I feel inadequate <u>I am open</u>	I feel incensed <u>I am receptive</u>	I feel wounded <u>I am needed</u>	I feel deprived <u>I am delighted</u>
I feel attacked I am choosing to	I feel overwrought I am prepared	I feel unappreciated I am understanding	I feel vindictive I am alive
I feel questioned I am optimistic	I feel seething I am encouraging	I feel dumb I am essential	I feel separate I am at oneness
I feel annoyed I am adaptable	I feel belligerent I am invigorated	I feel indifferent I am attuned	I feel unloved I am safe
I feel opposing I am deserving	I feel grief I am guilt free	I feel immobilized I am congruent	I feel loveless/unlovable I am at peace
I feel fear of loss <u>I am assured</u>	I feel conquered <u>I am co-operative</u>	I feel numb <u>I am creative</u>	I feel melancholy <u>I am completed</u>
I feel not-heard I am daring	I feel unacceptable I am purposeful	I feel unfeeling I am appreciative	I feel deserted I am at-one-ment
I feel disappointed I am bold	I feel despondent I am concerned	I feel disconnected I am gentle	I feel uncared for I am quiet
I feel overlooked I am considered	I feel ruined I am productive	I feel pessimistic I am in tune with	I feel unacceptable I am calm
I feel unwelcome I am proud	I feel betrayed I am lucky	I feel rigid I am in balance	I feel unimportant I am unified
I feel let down <u>I am motivated</u>	I feel discouraged <u>I am involved</u>	I feel stagnant <u>I am perceptive</u>	I feel morbid <u>I am fulfilled</u>
I feel bitter I am protected	I feel self punishing I am reliable	I feel destruction I am tender	I feel consumed I am loyal
I feel threatened I am brave	I feel defeated I am sincere	I feel hostile I am enthusiastic	I feel stubborn I am opposed
I feel frightened I am affectionate	I feel resentment I am interested	I feel picked on I am jubilant	I feel drained I am needed
I feel anger I am willing	I feel embarrassed I am tuned in	I feel frustrated I am attractive	I feel responsible I am mature

Ψ SENTENCES ACCESS LIST

Reformatted for this manual by Amanda Brooks from the Personal Stress Items list in Dr. Scott's 1995 HK 1 manual

Authority	I am spontaneous and playful	I need help
Be direct	I am wonderful!	I need people
Be with me	I am worthy	I need recognition
Being touched is comfortable and easy	I benefit from everything I do	I need time for myself
Believe me!	I can learn effortlessly and easily	I need to be supported
<u>Closeness</u>	<u>I can recall details vividly and easily</u>	<u>I need to have excitement</u>
Don't blame me	I can't achieve transformation	<u>I need vision</u>
Don't criticize me	I can't be natural	I need you
Don't cry	I can't deal with defiance	I should be independent
Don't leave me	I can't do it!	I should be strong
Don't tell me what to do	I can't get going	I should do it!
<u>Don't touch me!</u>	<u>I can't have abundance</u>	I should not be dependant
Don't try to control me	I can't remember anything	<u>I should not be lazy</u>
Fear of the unknown keeps me from learning	I can't say what I mean	I should not be weepy
Forgive me!	I deserve growth and development	I trust my inner self
HK is difficult	I deserve totality	I try hard
HK is easy	I don't have energy	I understand complex material
<u>I am (always) considerate</u>	<u>I don't have time</u>	I value people
I am adventurous	I don't need friends	I want to
I am always sensitive	I feel alive!	<u>I want to be acknowledged</u>
I am average	I feel angry	I want to be appreciated
I am bored	I feel close	I want to be trusted
I am changing	I feel comfortable in any circumstance	I want to cry
<u>I am confused</u>	I feel defeated	I want to have everything
I am conscious	I feel disconnected	I will do it!
I am controlled	I feel lost	<u>I will have the ability to succeed</u>
I am creative	I feel overwhelmed	It's OK not to be perfect
I am devoted	I feel rejected	It's OK to have money
I am enthusiastic and eager	<u>I feel responsible</u>	Learning is fun!
<u>I am essential</u>	I feel satisfied	Leave me alone
I am feminine / masculine	I feel stressed	Listen to me!
I am flexible	I feel trapped	<u>Mistakes are bad</u>
I am focused and attentive	I feel victimized	Mother knows best
I am fortunate	I feel wounded	My emotions are easy to express
I am grounded and centred	<u>I forgive you</u>	No one understands me
<u>I am happy</u>	I have all the confidence I need	Nobody loves me
I am healthy	I have ambition	Other people have more then I do
I am honoured	I have energy	
I am hopeful	I have let go of the past	People are sensitive
I am important	I know what I am doing!	People are understanding
I am loved	<u>I love myself</u>	People are warm
<u>I am needed</u>	I love people	People should keep their opinions to themselves
I am not stubborn	I make decisions easily	<u>Permission</u>
I am open and receptive	I might be wrong	Pleasure
I am ordinary	I must be organized	Relax!
I am powerful	I must empower myself	Sharing
I am practical	<u>I must have happiness</u>	The future is exciting
<u>I am pretty / handsome</u>	I must not be foolish	The world is not ready for this!
I am ready	I need affection	<u>There is hope</u>
I am respected	I need attention	This work is weird
I am responsible	I need comforting	Touching is comfortable and easy
I am sad	I need friends	Why me?
I am sensual		Worry
I am smart		

List Working Manual

Additives	Chicken	Kiwi Fruit	Parsley	Soy Sauce
Alcohol:	Chilli	Kumara	Parsnip	Spelt Flour
Brandy	Chives	Lamb	Pawpaw	Spinach
Cider	Chocolate	Leek	Pea	Squash
Gin	Cinnamon	Lemon	Peach	Squid
Vodka	Citrus Fruits	Lemon Grass	Peanut	Strawberry
Whisky	Cocoa	Lettuce	Pear	Sugar – Beet
Wine – Red	Coconut	Liqueurs	Pecan	Cane
Rose	Cod	Lobster	Pepper	Sultana
Sherry	Coffee	Macadamia	Peppers – Red	Sunflower Seeds
White	Coriander	Mackerel	Orange	Sweeteners
Almond	Cornflower	Malt	Yellow	Sweet Potato
Anchovy	Courgette	Mandarin	Pineapple	Tamari
Apple	Crab	Mange Tout	Plaice	Tarragon
Apricot	Cranberry	Mango	Plum	Thyme
Asparagus	Cray Fish	Marrow	Poppy Seeds	Tomato
Aubergine	Cucumber	Meats	Pork	Trout
Avocado	Cumin	Fresh	Potato	Turmeric
Bacon	Date	Preserved	Prawns	Tuna
Baking powder	Egg	Melon	Pumpkin	Turkey
Banana	Endive	Milk:	Pumpkin Seeds	Vegetables
Basil	'E' numbers	Cows	Quinoa	Venison
Beef	Feijoa	Goats	Radish	Vinegar – Malt
Beetroot	Fennel	Nut	Raspberry	Rice
Blackberry	Fig	Sheep	Rhubarb	Wine
Blackcurrant	Fish	Soy	Rice –	Walnut
Blueberry	Fresh Water	Millet	Long Grain	Watercress
Brazil nut	Sea Water	Mint	Short Grain	Watermelon
Broad Beans	Fruit	Miso	Wild	Wheat Flour
Broccoli	Garlic	Mushroom	Rocket	White Plain
Brussels Sprouts	Ginger	Mussel	Rye	Raising
Buckwheat	Glucose	Mustard	Sage	Wheat grass
Butter	Gluten	Mutton	Salmon	Whitebait
Cabbage	Grapes	MSG	Sardines	Yam
Carob	Grapefruit	Nuts	Sausage	Yeast - Bakers
Carrot	Grains	Oats	Seaweed	Brewers
Cashew	Green Beans	Okra	Sesame Seeds	Yogurt – Cows
Cauliflower	Haddock	Oil	Silver Beet	Goats
Celeriac	Ham	Onion	Snap Peas	Sheep
Celery	Hazelnut	Orange Roughy	Sorrel	Soy
Champagne	Honey	Oysters	Soya Bean	
Cheese	Hops	Pak Choi		
Cherry	Ice Cream			
Chick Pea	Kale			

© Ann Parker
2010

MEMBRANE CONFIGURATION List

These items are from my client files and only items that have come up numerous times have been included here.

For the BEHAVING list

ASKING:	for help / for guidance / for support / for validation
ASSIMILATING:	nutrients / knowledge / information / energy / experiences
BELIEVING / HAVING FAITH:	in myself / in the process of life / in my innate goodness / in my purpose in life
COPING WITH / DEALING WITH:	family / life / work / intimacy / success / failure
DECIDING TO:	change / forgive myself for past mistakes / leave the past behind
DENYING:	myself / my potential / my skills / my sexuality
EMPOWERING / FORGIVING:	myself / others
GIVING MYSELF PERMISSION TO:	change / love myself / forgive myself / forgive others
GRIEVING:	for lost opportunities
MAKING:	changes / choices
PROMOTING:	myself / my practice / HK
PROTECTING:	myself / my family
SAYING:	No
SEEING:	myself well / myself successful / as others see me
SEEKING TO:	change / be successful / forgive myself for past mistakes
STUPIDLY	
TRUSTING:	in myself / in the process of life / in my purpose in life / I will be well / in God
TRYING:	too hard
UNDERSTANDING:	myself / my life / other people
VALUING / VALADATING:	myself
WORKING:	hard / effectively / efficiently / willingly / cheerfully
WORRYING:	over every little thing

If the Behaving item or a clue for the item you are looking isn't on one of the lists provided then work the Gerund Lists on Lists p 2-3 or the Adverbs p 10

For the FEELING/EXPERIENCING list

abandoned / abandonment disconnected / dislocated a failure homesick / lonely / isolated jealous pain unclean	confident enraged feminine inadequate misunderstood persecuted / got at under pressure / driven / pressured	criticized exhausted / exhaustion frightened / fearful indignant overwhelmed ridiculed / ridiculous / put down unsettled
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For the KNOWING list

Knowing I am in God's hands Knowing I am worthy of praise Knowing my needs will be met Knowing my body can heal Knowing I am forgiven / can be forgiving Knowing I can relate to other people	Knowing I am: centred / balanced / integrated / congruent Knowing I will be cherished / nurtured Knowing I will find my: purpose in life / path Knowing I will achieve: happiness / my potential / success in all my endeavours Knowing I have a: soul / spirit / special purpose to fulfill in this life
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HK WORKING MANUAL - LISTS

Dr. Jimmy Scott's Membrane Configuration List for the Behaving Category	
Accepting change	Giving / accepting / receiving emotional support
Accepting my choices	Giving / accepting / receiving encouragement
Accepting my potential	Giving / accepting / receiving love (from)
Accepting my self	Giving / accepting / receiving physical nurturance
Accepting / receiving caring	Giving / accepting / receiving praise
Accepting / receiving recognition	Giving / accepting / receiving respect
Accepting / receiving substances for health	Giving / accepting / receiving support
Accepting self-release	Giving / accepting / receiving trust
Doing something for myself	Giving / accepting / receiving understanding
Doing something for others	Giving emotions
Excitedly	Giving health
Giving (of) myself to others	Giving my soul
Giving / accepting (of) myself completely	Giving peace
Giving / accepting (of) myself emotionally	Giving security
Giving / accepting (of) myself spiritually	Giving tolerance
Giving / accepting / receiving (complete) attention	Giving up (letting it be)
Giving / accepting / receiving (generally)	Giving vitality to others
Giving / accepting / receiving affection	Letting go
Giving / accepting / receiving appreciation	Rejecting myself
Giving / accepting / receiving comfort	

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Dr. Jimmy Scott's Membrane Configuration List for the Experiencing / Feeling Category	
Adequacy, adequate	Calmness, calm
Adulthood, adult	Capability, capable
Abundance, abundant	Care, caring, cared for
Alone, aloneness	Change, changed
Analysis	Cheer, cheerfulness, cheery, cheerful
Appreciation, appreciated	Closeness, close
Arousal, aroused	Comfort, comfortable, comforting, comforted
Balance, balanced	Completeness, complete
Bliss, blissfulness, blissful	Contentment, content, contented
Bravery, brave	Death
Buoyancy, buoyant	Deprivation, deprived
	Devotion, devoted
	Doubt, doubting

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HK WORKING MANUAL - LISTS

Dr. Jimmy Scott's Membrane Configuration List for the Experiencing / Feeling Category	
<p>Ecstasy, ecstatic</p> <p>Eagerness, eager</p> <p>Encouragement, encouraged</p> <p>Energy, energized, energetic</p> <p>Enthusiasm, enthusiastic</p> <p>Excitement, excitable, excited</p> <p>Finished (as in complete)</p> <p>Forgiveness, forgiving</p> <p>Freedom, freely, free</p> <p>Fulfillment, fulfilling, fulfilled</p> <p>Generosity, generous</p> <p>Giving</p> <p>God</p> <p>Good about myself</p> <p>Gratification, gratify, gratified</p> <p>Growth</p> <p>Happiness, happy</p> <p>Helpfulness, help, helpful</p> <p>Hope, hopefulness, hopeful</p> <p>Identity (My as in 'who I am')</p> <p>Integration, integrated</p> <p>Intimacy, intimate</p> <p>Joy, joyful</p> <p>Karma (My)</p> <p>Loneliness, lonely</p> <p>Love, loving, loved</p> <p>Maturity, mature</p> <p>Motivation, motivated</p> <p>Neutrality, neutral</p> <p>Normality, normal</p> <p>Nurturance, nurturing, nurtured (Emotional, Physical, Spiritual)</p> <p>Peace, peacefulness, peaceful</p> <p>Perfection, perfect</p>	<p>Pleasantness, pleasant</p> <p>Pleased</p> <p>Poise, poised</p> <p>Pleasure, pleasurefulness</p> <p>Quiet, quietness</p> <p>Receiving</p> <p>Rejection, rejected</p> <p>Relaxation, relax, relaxed</p> <p>Respect, respectful, respected</p> <p>Sacrifice, sacrificing</p> <p>Safety, safe</p> <p>Satisfaction, satisfied</p> <p>Security, secure</p> <p>Self (My, -identity)</p> <p>Serenity, serene</p> <p>Sharing</p> <p>Skill, skillfulness, skillful, skilled</p> <p>Soul</p> <p>Spirituality, spiritual</p> <p>Stability, stable</p> <p>Success, successful</p> <p>Support, supported</p> <p>Surrender</p> <p>Synthesis</p> <p>The light</p> <p>Togetherness (within)</p> <p>Togetherness (with another)</p> <p>Totality, total</p> <p>Tranquility, tranquil</p> <p>Trust, trusting, trusted</p> <p>Truth</p> <p>Usefulness, useful</p> <p>Validation, validated</p> <p>Wholeness, whole</p> <p>Worthiness, worthy</p>
<p>Being in harmony with the universe</p> <p>Creating values and manifesting them in my life</p> <p>Doing what is right according to the universe</p>	<p>Having an awareness of the universe</p> <p>Having fulfillment in this universe</p> <p style="text-align: right;">© Dr. Jimmy Scott 1990</p>

LIST WORKING MANUAL

Dr. Jimmy Scott's Membrane Configuration List for the Knowing Category

God I am a success I am successful I am stable I am able to be healthy I am able to be wealthy	I can do what I must do I can do what I need to do I can do what I want to do I can feel anything I care to feel I can feel how I need to feel I can feel how I want to feel	I will be in control of myself I will be normal I will be OK I will be satisfied I will be stable I will be successful
I am appreciated I am capable I am content I am happy I am healthy I am loved	I can get what I have to get I can get what I must get I can get what I need to get I can love others I (can) have what I have to have I (can) have what I must have	I will be what I have to be I will be what I must be I will be what I need to be I will be what I should be I will be whole I will have good health
I am myself I am OK I am peaceful I am really a happy person I am satisfied I am secure	I (can) have what I need to have I (can) have what I want to have I (can) know what I have to know I (can) know what I must know I (can) know what I need to know I (can) know what I want to know	I will have peace I will have success Knowledge is life Life can be abundant Life is easy Life is enjoyable
I am tolerant I am trustworthy I am worthwhile I am worthy I can act how I need to act I can act how I want to act	I (can) learn what I want to learn I (can) live how I want to live I (can) say what I want to say I (can) say what I need to say I (can) see what I have to see I (can) see what I must see	Life is exciting Life is fulfilling Life is fun Life is happy Life is here Life is justified
I can be a pleasant person I can be enlightened I can be free I can be happy I can be healthy I can be in control of myself	I (can) see what I need to see I (can) see what I want to see I (can) think what I want to think I (can) trust (other) men / women I (can) trust (other) people I (can) trust what I know	Life is now Life is pleasant Life is pleasurable Life is pleasureful Life is relaxed Life is worthwhile
I can be OK I can be productive and get what I want I can be satisfied I can be stable I can be what I have to be I can be what I must be	I have ambition I must be able to do what I should do I must be myself I must be stable I must do things I need to be stable	My emotions are OK My expectations My feelings are OK My inner self My needs My strengths My weaknesses
I can be what I need to be I can be what I want to be I can be what I yearn to be I can control my horses I can control who I am I can do what I have to do	I should be stable I will be able to be happy I will be able to do what I want to do I will be appreciated I will be happy I will be healthy	Other people can trust me People will do what they want to do

I could do anything I need to do if I decide to I could do anything I want to do if I decide to I will be able to accomplish whatever I decide to	My ability to know is accurate and trustworthy My ability to trust is based on my knowledge My life can be based on my ability to know
---	--

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LIST WORKING MANUAL

LINKED WORDS

Extracted for this manual by Amanda Brooks from Dr. Jimmy Scott's 'Linked Opposite' List of Percepts and Threats.

abundant	and	different	hidden	and	anticipating
accepted	and	lonely	homely	and	terrorized
alive	and	vulnerable	honored	and	pressured
appreciated	and	skeptical	important	and	distracted
belonging	and	deceived	important	and	misguided
brilliant	and	solitude	indecision	and	ashamed
carefree	and	guilty	indecisive	and	apologetic
carefree	and	hurt	independent	and	inadequate
caring	and	selfish	independent	and	vulnerable
certain	and	blocked	indifferent	and	rejected
charmed	and	perfect	intact	and	high
close	and	ignored	intimate	and	trapped
coherent	and	destruction	intimacy	and	ignored
cold	and	spontaneity	intuitive	and	morality
commitment	and	irresponsibility	intuitive	and	morality
competitive	and	stimulating	intuitive	and	unsuccessful
complex	and	frightening	jealous	and	challenged
complex	and	selfish	knowledgeable	and	lifeless
confused	and	free	learning	and	satisfaction
controlled	and	unworthy	learning	and	satisfaction
creative	and	criticism	life	and	insisting
different	and	clever	liked	and	embarrassed
direction	and	competitive	loved	and	blocked
disapproval	and	unworthy	loved	and	rebellious
disbelief	and	spontaneous	loving	and	hopeless
distress	and	misunderstanding	loving	and	vulnerable
doubt	and	neglect	obedient	and	selfish
dreamy	and	inhibited	old	and	depressed
ecstasy	and	betrayal	oneness	and	dependent
ecstatic	and	defeated	ordinary	and	popular
ecstatic	and	meanness	peaceful	and	miserable
efficiency	and	worried	peaceful	and	withdrawn
efficient	and	sexy	persevere	and	deceived
efficient	and	upset	persevere	and	distraction
ejaculate	and	shielded	place in life	and	The Present
enhanced	and	numbness	play	and	hurt
entitled	and	jealous	pleased	and	impressed
escape	and	repression	popular	and	resentful
excited	and	hopeless	popularity	and	The Unknown
expectations	and	popularity	positive	and	hostile
fair	and	irresponsible	productive	and	childish
family	and	shame	productive	and	rejected
fantasy	and	helpful	rational	and	anguished
feminine	and	cheated	recognized	and	ignored
flattering	and	clumsy	relaxed	and	depressed
focused	and	manipulated	respected	and	unheard
focused	and	waylaid	rewarded	and	punished
forceful	and	humble	rewarded	and	unloved
forgive	and	forget	sane	and	real
free	and	blocked	satisfaction	and	perseverance
free	and	indecisive	self-confident	and	defeated
free	and	withdrawn	self-sufficient	and	manipulated
freedom	and	numb	sensitive	and	exasperated
freedom	and	responsibility	serene	and	divided
freedom	and	terror	serene	and	miserable
friendship	and	pain	smart	and	discontented
fulfilled	and	criticism	special	and	guilty
fulfilled	and	trapped	spiritual	and	unloved
future	and	past	success	and	expectations
good	and	abandoned	success	and	unobtainable
happy	and	unloved	talented	and	fidelity
happy	and	unsuccessful	timid	and	blockages
heard	and	greedy	trusted	and	disturbed
helpless	and	purity	vibrant	and	dependent

LIST WORKING MANUAL

Ψ LINKED OPPOSITES

The Linked Opposites psychological structures are two words joined by 'and'. The first word is a perception or goal while the second word is in some way opposing the first word. Linked Opposites exhibit an "energetic tension" which has been likened to that experienced when two magnets are held together with the same poles facing: repulsion and a sense of the sameness of the energy is experienced simultaneously. Initially found by Jane Thurnell-Read in 1992.

abundant	and	irresponsible	delighted	and	disappointed
abused	and	right	delighted	and	bound
accepted	and	alone	delighted	and	restless
accepted	and	distant	delighted	and	ridiculous
accepted	and	perturbed	deserving	and	irresponsible
affectionate	and	jealous	deserving	and	poor
alive	and	hurt	deserving	and	neglected
alive	and	empty	determined	and	embarrassed
alive	and	numb	determined	and	frustrated
allowed	and	complex	devoted	and	cheated
appreciated	and	hurt	dominant	and	nervous
appropriate	and	frustrated	easy	and	lost
aroused	and	silly	ecstatic	and	punished
attuned	and	withheld	efficient	and	bothered
behaviour	and	principles	efficient	and	miserable
benevolence	and	persecution	enchanted	and	numb
bonded	and	motherless	enjoyable	and	irresponsible
buoyant	and	degraded	enthusiastic	and	terrified
buoyant	and	wasted	enthusiastic	and	defeated
carefree	and	divided	entitled	and	repression
carefree	and	bereft	escape	and	abandoned
carefree	and	unseen	excited	and	jealous
carefree	and	worn out	fair	and	demanding
changed	and	finished	fair	and	hopeless
child	and	unworth	faith	and	excitement
choice	and	nothing	flattered	and	responsible
chosen	and	alien	focused	and	trapped
chosen	and	different	forgiving	and	alone
clever	and	empty	forgiving	and	miserable
clever	and	different	forgiving	and	jealous
close	and	responsible	forgiving	and	trapped
coherent	and	shielded	fouled up	and	neglected
coherent	and	destructive	fragile	and	withdrawn
coherent	and	frigid	free	and	waylaid
comforted	and	unsupported	free	and	dirty
commitment	and	rigidity	free	and	divided
commitment	and	indecision	free	and	needy
commitment	and	nothing	free	and	untouched
comprehending	and	pointless	freedom	and	karma
comprehensible	and	demanding	freedom	and	collapse
comprehensible	and	indecisive	freedom	and	duty
confused	and	forgotten	freedom	and	loneliness
connected	and	manipulated	freedom	and	repression
contentment	and	destruction	freedom	and	withdrawn
contentment	and	pretence	friendship	and	distance
controlled	and	obstinate	friendship	and	exhaustion
creativity	and	work	friendship	and	terror
creativity	and	life	fulfillment	and	violence

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generous	and	pain	loved	and	controlled
generous	and	frustrated	loved	and	defiled
generous	and	unaware	loved	and	divided
good	and	abandoned	loved	and	numb
good	and	jealous	loving	and	belligerent
good	and	unaware	loving	and	dissatisfied
grown-up	and	demanding	moderate	and	accused
grown-up	and	thwarted	moderate	and	addicted
grown-up	and	useless	normal	and	grieving
happiness	and	guilt	optimistic	and	angry
healthy	and	dead	organised	and	dry
healthy	and	hurt	organised	and	lost
heard	and	ignored	organised	and	obsessive
heard	and	lost	organised	and	pointless
heavy	and	sociable	organised	and	trapped
heavy-hearted	and	withdrawn	patience	and	collapse
humble	and	armoured	peaceful	and	dissatisfied
humble	and	melancholy	peaceful	and	terrified
humble	and	nervous	perceptive	and	adamant
humble	and	unseen	perfect	and	frustrated
humble	and	vain	permitted	and	neglected
important	and	different	playful	and	withdrawn
important	and	empty	pleased	and	agitated
important	and	guilty	pleased	and	defenceless
important	and	victimised	pleasure	and	disbelief
included	and	dissatisfied	positive	and	needy
included	and	distracted	positive	and	wretched
included	and	numb	power	and	worry
independent	and	frustrated	powerful	and	divided
influence	and	envy	private	and	dirty
inspired	and	cheated	private	and	disbelief
inspired	and	miserable	private	and	indecent
intact	and	crazy	privilege	and	difference
intact	and	divided	privilege	and	unworthy
integrity	and	death	protected	and	divided
intimate	and	despised	protection	and	fear
intuitive	and	blind	proud	and	frightened
intuitive	and	impassive	reasonable	and	concerned
intuitive	and	nothing	recognised	and	misplaced
intuitive	and	repressed	recognised	and	withdrawn
involved	and	pressured	redemption	and	failure
isolated	and	bothered	relaxed	and	miserable
know	and	manipulate	release	and	burden
knowing	and	jealous	respected	and	unloved
known	and	abused	responsible	and	unloved
known	and	chaotic	satisfied	and	cheated
liked	and	persecuted	self-reliant	and	misguided
liked	and	unknown	sensitive	and	blocked
loved	and	agitated	sensitive	and	capricious

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sensitive	and	destructive
sensitive	and	perverse
sensual	and	withdrawn
serene	and	dependent
serenity	and	stress
sexy	and	irrelevant
sexy	and	ashamed
special	and	possessive
spiritual	and	stagnant
straight	and	chaotic
success	and	required
successful	and	crippled
successful	and	disillusioned
superior	and	abased
superior	and	devalued
superior	and	flattered
superior	and	volatile
sure	and	miserable
talent	and	rage
tangible	and	confused
tolerant	and	lost
transparent	and	miserable
truth	and	indecision
turned on	and	traumatized
understanding	and	odd
validated	and	bothered
validated	and	manipulated
validated	and	neglected
value	and	frustration
vibrant	and	bad
vibrant	and	men
welcoming	and	denying
whole	and	ashamed
worthy	and	degraded

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From our client files – Sandie Lovell and Ann Parker

attractive	and	blocked
appreciated	and	nothing
appreciated	and	stuck
balanced	and	frustrated
balanced	and	scattered
balanced	and	vulnerable
choice	and	trapped
coherent	and	needy
coherent	and	traumatized
coherent	and	unsupported
comforted	and	ignored
comforted	and	punished
contained	and	overruled
delighted	and	nervous
enthusiastic	and	disbelief
fair	and	respected
generous	and	dissatisfied
generous	and	disbelief
heard	and	trapped
heard	and	vulnerable
integrated	and	needy
integrated	and	responsible
isolated	and	restricted
passionate	and	isolated
passionate	and	pressurized
protective	and	anxious
protective	and	unsupported
relaxed	and	overruled
relaxed	and	vulnerable
responsible	and	miserable
serene	and	dissatisfied
serene	and	indifferent
sensitive	and	opinionated
sensitive	and	overwhelmed
sensitive	and	unappreciated
sensual	and	ashamed
stable	and	anxious
stable	and	incoherent
tolerant	and	abused
transparent	and	stricken
understanding	and	disappointed

If the item you want is not on the list then see if either the positive word or the negative word or both are on the list. Frequently they are, as a very limited number of words seem to have the required properties. If only one word is on the list there is a specific process to go through to establish the other word: firstly, think of the opposite to that word and then move laterally to find the other word.

There are undoubtedly other categories of psychological structures which include two words linked by "and", but these do not exhibit this level of energetic tension and so cannot be described as Linked Opposites. I call them **Linked Words** go back to page 26

LIST WORKING MANUAL

Dr. Scott's Dimensions			
General Dimensions			Direction of Action
State	Natural	Effect	Inward / Towards self
General	Thing	Concrete	Outward / Away from self
Positive	Specific		Both Ways
Active	Negative		None
Cause	Passive Abstract		Synthetic

Involves					
Activity	Creativity	Goals	Level	Past	Self
Attitude	Desires	Habit	Mind	Play	Space
Behaviour	Emotions	Home	Mood	Present	Spirituality
Belief	Energy	Hurt	Movement	Process	Time
Body	Family	Ideals	Nature	Reality	Touch
Capacity	Feelings	Integration	Needs	Relationships	Values
Change	Future	Intensity	Others	Rest	Work

Specific Dimensions				
Action	Independent	Demanding	Psychological	Constraint
Alone	Individual	Bad	Rational	Practical
Appealing	Intelligent	Sad	Relaxed	Serious
Available	Internal	Dissonance Troublesome	Sequential	Unpleasant
Balance	Limited	Dependent	Soft	Stagnation
Big	Living Intention	Group	Special	Rude
Calm	Together	Dumb	Spiritual	Physical
Certainty	Unappealing	External	Stable	Emotional
Central	Unavailable	Unlimited	Strong	Up-tight
Communicative	Imbalance	Mechanical	Submissive	Simultaneous
Deficient	Little	Love	Succeed	Hard
Dependable	Upset	Material	Tolerance	Ordinary
Direct	Possibility	Moderate	True	Materialistic
Empirical	Peripheral	Motivation	Trust	Unstable
Expansion	Reticent	Natural	Unity	Weak
Extreme	Excessive	Obvious	Warm	Dominant
Extroverted	Un-reliable	Open	Wise	Fail
Feminine	Indirect	Organization	Hate	Intolerance
First	Rational	Permission	Ethereal	False
Form	Contraction	Philosophical	Excessive	Distrust
Giving	Moderate	Playful	Apathy	Divisiveness
Good	Introverted	Pleasant	Un-natural	Cold
Happy	Masculine	Progress	Hidden	Foolish
Harmony	Last	Proper	Closed	
Helpful	Essence		Chaos	

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