

## Limiting Patterns

These can be received, transmitted or directed against the self and can be Ph/Em/M/Sp/Aliveness/Wholeness

Possible Different Ending: *ing / ed / ness / ance / ent / tion / ful / able / others etc.*

Possible Prefix: *Self; Over; Un; Dis ; Perceived need to; Full of; Made to feel; Want to; Easily*

*Self or PRE prefixed by Under/In/Un/Low/No/Too/Over/Lack of/Loss of*

Abandoned	Arid	Blank	Chastity	Contradiction (ed)
Acidic	Arrhythmia	Blasé	Cheap (en)	Contrary
Adrenal Stress	Arrogance	Blasphemy	Cheating	Control (ing)
Abandonment	Artifice (ial)	Bleeding	Childishness	Contusion
Abasement	Assuming the worst	Blight	Childlikeness	Convoluted
Abdication	At odds with (self)	Blind	Choked	Cool
Abnormal	At someone's mercy	Bloated	Churlish	Cornered
Abort	Attachment	Blinkered	Churning	Corruption
Abrasive	Atonement	Blocked (ing)	Claustrophobia	Couch Potato
Abrupt	Atopic	Bloody-minded	Clinging	Covering up
Absence (of...)	Atrophy	Blowing hot and cold	Clogged	Cowardly
Absentminded	Attack	Blunt	Closed (minded/think)	Cowering
Abuse	Attention-seeking	Bog-down	Clouded	Coy
Abyss	Autocratic	Bolshie	Co dependence	Crash
Accident-prone	Autoimmune disease	Bombardment	Cocksure	Craving
Accused (ing)	Aversion	Bombast	Cocky	Crippled
Aches and Pains	Avoidance	Boredom	Coercion	Crisis
Addiction (to...)	Awe	Bossy	Cold (Out in the ..)	Criticism
Addictive thou/em/beh	Awkward	Bothered	Cold feet/shoulder	Crooked
Adverse (ity)	β-waves (14-21Hz)	Bottle out (up)	Collusion	Cross-Dressing
Affectation	Backing off	Bound	Comfort zone	Crowded
Affliction	Backlash	Brain leading	Coming and going	Cruelty
Affronted	Bad	Breakdown	Comparison	Crushed
Ageing	Baggy	Breathless	Compel	Crying
Aggrandisement	Balked	Brittle	Competitiveness	Cumbersome
Aggression	Banished	Broken	Complacency	Curse
Agitation	Barbaric	Brooding	Complaining	Curt
Agony	Barren	Bruised	Compliant	Cut off
Aimless	Barricade	Brusque	Complications	Cynicism
Airy-fairy	Barriers	Brutality	Complicity	Damage
Alcoholic	Battle	Bulldozed	Compressed (ion)	Damning
Alienate	Beaten	Bulimia	Compromised	Danger
All at sea	Bedwetting	Bullied (ying)	Compulsive	Daredevil
All over the place	Befuddled	Burdened	Concede	Dark (ness/cloud/th)
Allergy	Beholden	Burnt (fingers)	Conceit	Daunted
Alone	Beleaguered	Bury head in sand	Condemn	Deactivate
Aloof	Belittled	Caged	Condescending	Deaf
Ambiguity	Belligerent	Callous	Conditional Love	Dearth
Ambivalent	Bereavement	Cancer	Confining	Death
Analytical	Bereft	Canker	Conflict	Debility
Anarchy	Beside Myself	Capitulation	Conforming	Decadence
Anger	Besieged	Capricious	Confrontation	Decay
Angst	Betrayal	Castigate	Confusion	Deceit
Anguish	Bewilderment	Casting aspersions	Congestion	Deception
Annihilation	Big-headed	Cataclysm	Conned	Decommission
Annoyance	Bigotry	Cauterised	Conniving	De-energised
Anxiety	Binge	Centre of Attention	Conquered	Defamation
Apathy	Bitterness	Chained	Conspiring	Defeated (ing/ism)
Apologise	Bizarre	Challenge	Constipation	Defenceless
Appeasement	Blackmail (em)	Changeable	Constraint	Defensive
Apprehension	Blackness	Chaos	Constriction	Defer
Argument (ative)	Blame	Chaotic vibration	Contaminated	Defiance

Deficient	Disconnected	Doubt	Facetious	Frightened
Deflated	Discontent	Downtrodden	Faddy (ish)	Frigidity
Defunct	Discontinuity	Drain	Fading	Frozen
Degenerate (ion)	Discord	Drama	Failure	Frustration
Degradation	Discouragement	Dramatic	Falling short	Fuming
Dehydrated	Discrimination	Drifting	False expectations	Fury
Delay	Disease	Drinking	False limits	Fused
Delicate	Disembowelled	Driven (to ...)	False logic	Fussiness
Delusion (of...)	Disempowered	Drowning	False modesty	Futility
Demanding	Disenchanted	Drudgery	False perception	Fuzzy
Demeaning	Disfigured	Drunk	False premise	Gagged
Demented	Disgrace	Dull	False presumption	Garrulous
Demise	Disgruntled	Dumb	False pride	Getting nowhere
Demons	Disgust	Dumped	False progress	Giving in (to tempttn)
Demoralise	Disharmony	Duplicity	False reality	Giving power away
Demotivated	Disheartened	Dutiful	False sense of self	Giving up
Denial	Dishevelled	Dying	False understanding	Glamorise
Denigrate	Dishonesty	Dysfunction (al)	Falsehood	Glass half empty
Dependence (on...)	Dishonour	Dyslexia	Fanaticism	Gloom
Depleted	Disillusioned	Dysmennorrhoea	Fastidious	Glorify
Depraved	Disinterested	Dysphasia	Fatal	Gluttony
Deprecate	Dismay	Dyspraxia	Fatigue	Going round in circles
Depression	Dismembered	Earnest	Fault-finding	Gossip
Deprived	Dismissed	Easily swayed	Fazed	Got at
Derision	Disorder	Eating disorder	Fear (of ...)	Grandeur
Deserted	Disorganised	Eccentric	Fear of being unworthy	Greed
Desirous	Disorientated	Edgy	Fear of death	Grief
Desolation	Disparagement	Eerie	Fear of failure	Grievance
Despair	Dispassionate	Effacing	Fear of loss	Grovel
Desperate	Displacement	Effortful	Fearful	Growth pains
Despicable (ise)	Dispaise	Ego-led	Feeble	Grudging (es)
Despondency	Disquiet	Egotistical	Feigning	Grumpy
Destroyed	Disrespect	Emaciated	Festerling	Guarded
Destructive	Disruption	Embarrassment	Fettered	Guile
Desultory	Dissatisfaction	Embittered	Fiery	Guilt
Detachment	Dissimulation	Emotional	Fight	Gulf
Determined stay upset	Dissipation	Emptiness	Finding fault	Gullible
Detract	Dissocation	Encumbered	Fixation	Habit-bound
Detriment	Dissolute	Enervated	Flabby	Haggard
Detritus	Dissonance	Enmeshed	Flakey	Hamper
Devastation	Distant	Ennui	Flattery	Handicap
Deviance	Distortion (phys/other)	Ensnarement	Flaunting	Hands tied
Devious	Distracted	Entangled	Flawed	Hang ups
Void	Distraught	Entrain	Flighty	Harangue
Diarrhoea	Distress	Entrapment	Flooded	Harassed (ing)
Diatribre	Distrust	Envy	Floundering	Hard done by
Didactic	Disturbed	Erosion	Fog	Hard times
Different	Disunity	Error	Forced (ing) (.in/out)	Harnessed
Diffident	Dithering	Escapism	Forced out of body	Harrowing
Digestive disorder	Diverted	Estranged	Forgetful	Harsh
Dig heels in	Divided	Evasion	Forgotten	Hatred
Dippy	Dizzy	Evil	Forlorn	Haughty
Directionless	Do-gooder	Excess (ive)	Fractious	Haunted
Dirty	Dogmatic	Excluded	Fragile	Have no say in my life
Disabled	Dogsbody	Exclusive	Fragmented	Headache
Disappointment	Dolour	Excuses	Frailty	Head in the sand
Disapproval	Dominance	Exhaustion	Frantic	Heartache
Disarm	Dominate	Expedient	Fraud	Heartbroken
Disarray	Domineer	Exploitation	Frenetic	Heartless
Disbelief	Doomed	Extortion	Fretful	Heavy (-spirited)
Discomfort (ing)	Doormat	Façade	Friendless	Hectic

Hedonism	Impulsive	Insomnia	Left out	Misdirected
Heinous	Impurity	Instability	Let down	Miserly
Held back	In a rut	Insubstantial	Lethargy	Misery
Hell	In limbo	Insufferable	Liability	Misfortune
Helpless	In pieces	Insufficient	Lied to	Misgivings
Hidden agenda	In the way	Insular	Lies	Misguided
Hiding	Inaccessible	Insulated	Limiting (ed)	Misleading
High horse	Inadequate	Insulting	Living in the past	Misplaced
Hi-jack	Inappropriate	Insurrection	Loathe	Misrule
Hindrance	Incapable	Intangible	Locked into	Mistake
Hit back	Incapacity (itate)	Intellectualisation	Locked up	Mistiming
Hold hostage	Incensed	Intense	Loggerheads	Mistrust
Holding myself back	Incessant	Interference	Loneliness	Misty
Homesickness	Incommunicado	Interminable	Longing	Misused
Hopeless	Incompatible	Interrogation	Long-suffering	Mixed up
Horrible	Incompetent	Intervention	Long-winded	Mocked
Hostage	Incomplete	Intimidation	Loose ends	Molested
Hostility	Inconsiderate	Intolerance	Loquacious	Mood swings
Hosting entities	Inconsistent	Intoxication	Lose control	Moodiness
Hosting intrusive energies	Incontinence	Intransigence	Lose-out	Morbidity
Hosting organisms	Incorrigible	Intrigue	Loser	Moribund
Hosting parasites	Incubus	Intrusion	Losing face	Mortification
Humiliation	Indecision	Intrusive Energy	Loss	Mourning
Hung, drawn & quartered	Indefinite	Inundated	Lost	Muddled
Hunted	Indelicate	Invasion	Loud	Multiple personality
Hurt	Indifferent	Invisibility	Low	Mundane
Hyperactive	Indignant	Irrascibility	Lump	Mute
Hyperventilate	Indiscretion	Irate	Lust	Mutilation
Hypersensitive	Indistinct	Irony	Lying	Naivety
Hypertension	Indistinguishable	Irrational	Machinations	Nastiness
Hypoactive	Indolence	Irresolute	Maim	Need to please
Hypochondria	Indulgence	Irresponsibility	Malaise	Need to prove self
Hypocrite (ical)	Ineffectual	Irrevocable	Malevolence (Create)	Need to suffer
Icy	Ineluctable	Irritation	Malformation	Need to win
Ideas vetoed	Inept	Isolation	Malfunction	Negativity
Ignored (ing)	Inertia	Itchy	Malice	Neglect
III-defined	Inescapable	Jab	Malignant	Nervousness
III-health	Inevitable	Jaded	Maligned (ing)	Never-ending
Illness	Infamy	Jammed	Malleable	Nightmare
Imbalance	Infatuation	Jangling	Manic	Nit picking
Immature	Infection	Jarring	Manipulation	No choice
Immobile	Inferior	Jealousy	(M/Em/Sp/Energy)	Nobody
Immoral	Infertile	Jeopardy	Mardy	Nocebo
Impaired	Infested	Judgmental	Martyr	Noise (y)
Impasse	Inflamed	Karmic History	Materialistic	Non-committal
Impatient	Inflexible	Kill	Mayhem	Nondescript
Impecunious	Inflicted (ing)	Kill-joy	Meanness	Nonplussed
Impeded	Influenced	Knackered	Mean-spirited	Non-uniform
Impediment	Ingrained	Knocked down	Meddlesome	Nostalgia
Imperfection	Inhibit my Soul	Knotted	Meekness	Nosy
Impetuous	Inhibition	Know-all	Megalomania	Not allowing
Imposed	Injury	Labile	Melancholy	Not being true to myself
Impossibility	Injustice	Lacerate	Melodrama	Not facing up to issues
Impotence	Inoculate	Lack (of...) (ing)	Menace	Not fitting in
Impoverished	Insanity	Lambasted	Menial	Not good enough
Impregnated	Insatiable	Lascivious	Mentally jumbled	Not heard
Impressionable	Insecurity	Lassitude	Mesmerised	Not here
Imprisoned	Insensitive	Laughed at	Metabolic disorder	Not knowing what to do next
Improper	Insidious	Lavish	Migraine	Not with it
Impropriety	Insignificant	Laziness	Misaligned	No way out
	Insisting	Leaking	Misappropriated	

Numb	Perfectionist	Put down/upon/off	Ruthless	Self-questioning
Obedient	Perfidy	Putrefaction	Sabotage	Self-reproach
Obesity	Permissive	Quandary	Sacrifice	Self-ridicule
Obligation	Pernicious	Quarrelsome	Saggy	Self-righteous
Obnoxious	Pernickety	Questioned (ing)	Sanctimonious	indignation
Obscurity	Perplexed	Quit	Sapping	Self-sabotage
Obsessive	Persecution	Racism	Sarcasm	Self-sacrifice
Obsolete	Persuaded (ing)	Rage	Sardonic	Self-satisfied
Obstinate	Perturbed	Rampant	Scathing	Self-seeking
Obstructive (ed)	Perverse (ity of will)	Rancid	Scattered	Self-testing
Obtuse	Perversion	Rancour	Scatty	Self-torture
Odd	Pessimism	Rant	Scheming	Senile
Off balance	Pestilence	Rape	Schizoid	Sensitised
Offended	Petrified	Rash	Scorn	Sent to Coventry
Old	Petty	Rationalisation	Screaming	Sentimental
On my guard	Petulance	Ratty	Screwed up	Separation (SEBs/Mind)
Opinionated	Phobia	Ravaged	Scupper	Servitude
Opposed	Picked on	Rave	Scurrilous	Set no goals
Oppositional	Picky	Raw	Searching	Sever
Oppression	Pig-headed	Reactive	Second class	Shackled
Opulence	Pique	Rebellion	Secrecy (etive)	Shadows
Ostentation	Pity (ful)	Rebuffed	Seduced	Shallow
Ostracise	Plagued	Recalcitrant	Seeking (approval)	Shame
Out of control	Poison	Recluse	Seething	Shattered
Out of phase	Pompous	Recriminations	Self-abasement	Shiftless
Outburst	Pontificate	Refusal	Self-absorbed	Shifty
Outrageous	Poor me	Regression	Self-abuse	Shock
Outsider	Poorly	Regret	Self-blame	Short-changed
Overbearing	Possessive	Rejection	Self-centred	Short-sighted
Over-careful	Poverty	Relapse	Self-closed	Short-tempered
Over-defensive	Powerless	Relentless	Self-conscious	Shouting
Overdrive	Precarious	Reluctance	Self-contained	Showing off
Overloaded	Precipitous	Remorse	Self-controlling	Shrivelled
Overlooked	Preclude	Remorseless	Self-criticism	Shun
Over-polite	Prejudice	Repercussions	Self-deception	Shyness
Over-powering (ed)	Pressure	Repression	Self-defeating	Sickened
Over-protected	Presuppose (ition)	Reproachful	Self-degradation	Sickness
Over-reacting	Pretence	Requests unanswered	Self-denial	Sidelined
Over-responsible	Pretentious	Resentment	Self-denigration	Silence
Overrule	Prevarication	Resignation	Self-destruction	Silly
Oversensitive	Prevented (ing)	Resistance	Self-devaluation	Simpering
Overwhelm	Preyed on	Restlessness	Self-dislike	Sin
Overwrought	Prickly	Restriction	Self-doubt	Slapdash
Pain	Problems	Retaliation	Self-effacing	Slave
Pandering	Procrastination	Reticent	Self-harming	Sleeplessness
Panic (-stricken)	Profligacy	Retreat	Self-hate	Slighted
Paralysis	Prohibition	Retrograde	Self-important	Slimy
Paranoia	Projection	Revenge	Self-induced	Sloth
Parasites	Promiscuity	Reversed	Self-inflicted	Slow
Parsimony	Protection (over/under)	Ridicule	Self-interest	Sluggish
Passive	Prurient	Riding roughshod	Selfish	Smashed
Pathetic	Psychosis	Rigidity	Self-justification	Smoking
Pathos	Pulled (down/away)	Rivalry	Selfless	Smother
Patronised	Pulverised	Rob	Self-limiting	Smug
Paucity	Punctured	Rudderless	Self-loathing	Sniggered at
Pedantic	Punishment	Rude	Self-neglect	Sniping
Pedestrian	Punitive	Ruined	Self-obsession	Snob
Penalty	Purgatory	Run Amuck	Self-opinionated	Social Media
Penury	Puritanical	Run down	Self-perpetuating	Social phobia
Perdition	Purposeless	Running away from	Self-pity	Soiled
Peremptory	Pushy	Running on adrenaline	Self-punishing	Solitary

Something missing	Suffering	Tortuous	Unethical	Vacuum
Sore	Sufferance	Torture	Unfairness	Vague
Sorrow	Suffocate	Touchiness	Unfamiliar	Vanity
Sorry for self	Suicidal	Toxic (–load/thougts)	Unfeeling	Venomous
Soulless	Sulking	Trampled	Unfit	Vertigo
Sour (disposition)	Sullied	Transfixed	Unfocussed	Vexation
Spaciness	Supercilious	Transgression	Unforgiven (ing)	Vicarious
Spartan	Superficial	Trapped	Ungiving	Vicissitude
Spasm	Superiority	Trauma (tised)	Ungracious	Victim (ise)
Spendthrift	Suppression	Treading water	Ungrounded	Vindictive (soul)
Spiked	Suppuration	Tremor	Unhappiness	Violation
Spiritless	Surly	Trepidation	Unheard (ing)	Violence
Spite	Surrender	Tribulation	Unhelpful	Virulence
Split	Surrogate (Willing/ UnW/Atonement)	Trivialise	Unimportant	Vitriol
Spoiled	Suspicious	Trussed	Unkind (humour)	Vituperative
Spoilt	Swamped	Trying to please others	Unloved (able) (ing)	Volatile
Sporadic	Swearing	Trying too hard	Unmitigated	Vulnerable
Spurious	Switched off	Tumour	Unnecessary	Waiting
Squander	Sympathetic resonance with stress	Tunnel vision	Unnoticed (able)	Walked on/over
Squashed		Turbulence	Unperceiving	Wallowing
Stabbed		Turgid	Unpleasant	Warped
Stage fright	Taboo	Turmoil	Unpredictable	Warring
Stagnant	Taciturn	Turned off	Unready	Wary
Staid	Tactless	Turpitude	Unreal desires	Waste
Stalemate	Tainted	Twisted	Unreasonable	Weak (...willed)
Stalled	Taken for a ride	Two-faced	Unreceiving	Weary
Starved (.of...)	Taken for granted	Tyranny	Unrecognised (ing)	Weighed down
Steal	Take things personally	Ugly	Unrelating	Weight gain/loss
Stick in the mud	Taking (umbrage)	Taking	Unrelenting	Weird
Stiff upper lip	energy	Ulterior motives	Unresponsive	Whining
Stigmatised	Targeted	Unable	Unseen (ing)	Wicked
Stone-walling	Tedious	Unacceptable	Unspeaking	Wild
Straight-jacket	Temper	Unadaptable (to change)	Unstable	Wilderness
Strain	Temperamental	Unadventurous	Unsteady	Wilful
Strangled	Temptation	Unallowed	Unsupported	Wishes ignored
Stress	Tenderness	Unappreciated (ative)	Unsupportive envirnmnt	Withdraw (al)
Strictness	Tension	Unaware	Unsure	Withdrawn
Striving	Tentative	Unbending	Untoward	Withering (ed)
Strong-willed	Terror	Unbonded	Unvalued	Withholding
Struggle	Terrorise	Uncaring (ed for)	Unwanted	Wittering
Stubborn	Tetchy	Uncertain	Unwelcome	Wobbly
Stuck	Threaten (ed)	Unclean	Unwell	Workaholic
Stuck up	Throttled	Uncomfortable	Unwilling	Worry
Stultifying	Thwarted	Uncommunicative	Unworthy	Worthless
Stunted	Tight-fisted	Uncompromising	Up in arms	Wounded
Stupid	Tightness	Uncooperative	Upbraided	Wound up
Stymied	Time-wasting	Under the thumb	Upset	Wracked (phs/em)
Sublimation	Timidity	Underachieving	Uptight	Wrath
Submission	Tired	Under-active	Used by others	Wrong path
Subordination	Tit for tat	Underhand	Useless	Yearning
Subservient	Tongue-tied	Undermined	Using others	Other
Subsumed	Too black & white	Under-valued	Usurped	
Subterfuge	Torment	Undeserving	Vacant	
Succumb	Torn (apart)	Unease	Vacillation	
Sucked dry	Torpor	Unemployment	Vacuous	