reel by	Alicia Morga	aipna 1.0								
ntensity	Mild									
ategory	Нарру	Caring	Depressed	Inadequate	Fearful	Confused	Hurt	Angry	Lonely	Guilt-Shame
	glad	warm toward	unhappy	lacking confidence	nervous	uncertain	put down	uptight	left out	regretful
	good	friendly	down	unsure of myself	anxious	unsure	neglected	disgusted	excluded	wrong
	contented	like	low	uncertain	unsure	bothered	overlooked	bugged	Ionesome	embarassed
	satisfied	positive toward	bad	weak	hesitant	uncomfortable	minimized	turned off	distant	at fault
	gratified		blah	inefficient	timid	undecided	let down	put out	aloof	in error
	pleasant		disappointed		shy		unappreciated	miffed		responsible for
	pleased		sad		worried		taken for granted	irked		blew it
	fine		glum		uneasy			perturbed		goofed
					bashful			ticked off		lament
					embarassed			teed off		
					ill at ease			chagrined		
					doubtful			cross		
					jittery			dismayed		
					on edge			impatient		
					uncomfortable					
					self-conscious					

iFeel by	Alicia Morga	alpha 1.0								
ntensity	Moderate									
ategory	Нарру	Caring	Depressed	Inadequate	Fearful	Confused	Hurt	Angry	Lonely	Guilt-Shame
	cheerful	caring	distressed	inadequate	afraid	mixed up	hurt	resentful	lonely	ashamed
	light-hearted	fond of	upset	whipped	scared	disorganized	belittled	irritated	alienated	guilty
	neat	regards	downcast	defeated	fearful	foggy	shot down	hostile	estranged	remorseful
	happy	respectful	sorrowful	incompetent	apprehensive	troubled	overlooked	annoyed	remote	crummy
	serene	admiration	demoralized	inept	jumpy	adrift	abused	upset with	alone	to blame
	wonderful	concern for	discouraged	overwhelmed	shaky	lost	depreciated	agitated	apart from others	lost face
	up	hold dear	miserable	ineffective	threatened	at loose ends	criticized	mad	insulated	demeaned
	aglow	prize	pessimistic	lacking	distrustful	embroiled	defamed	aggravated	isolated from others	
	glowing	taken with	tearful	deficient	risky	going around in circles	censured	offended		
	in high spirits	turned on	weepy	unable	alarmed	disconnected	discredited	antagonisitic		
	jovial	trust	rotten	incapable	butterflies	frustrated	disparaged	exasperated		
	riding high	close	awful	small	awkward	in a bind	laughed at	belligerent		
	elevated		horrible	magnificent	defensive	ambivalent	maligned	mean		
			terrible	like Casper Milquetoast		disturbed	mistreated	vexed		
			blue	unfit		helpless	ridiculed	spiteful		
			lost	unimportant			devalued	vindictive		
			melancholy	incomplete			scorned			
				no good			mocked			
				immobilized			scoffed at			
							used			
							exploited			
							debased			
							slammed			
							slandered			
							impugned			
							cheapened			

iFeel by	Alicia Morga alph	na 1.0								
ntensity	Strong									
Category	Нарру	Caring	Depressed	Inadequate	Fearful	Confused	Hurt	Angry	Lonely	Guilt-Shame
	thrilled	tenderness toward	desolate	worthless	terrified	bewildered	crushed	furious	isolated	sick at heart
	on cloud nine	affection for	dejected	good for nothing	frightened	puzzled	destroyed	enraged	abandoned	exposed
	ecstatic	captivated by	hopeless	washed up	intimidated	baffled	ruined	seething	all alone	unforgivable
	overjoyed	attached to	alienated	powerless	horrified	perplexed	degraded	outraged	forsaken	humiliated
	excited	devoted to	depressed	helpless	desperate	trapped	pained	infuriated	cut off	disgraced
	elated	adoration	gloomy	impotent	panicky	confounded	wounded	burned up		degraded
	sensational	loving	dismal	crippled	terror-stricken	in a dilemma	devastated	pissed off		horrible
	exhilirated	infatuated	bleak	inferior	vulnerable	befuddled	tortured	fighting mad		mortified
	fantastic	enamored	in despair	emasculated	stage fright	confused	disgraced	nauseated		
	terrific	cherish	empty	useless	dread	in a quandry	humiliated	violent		
	on top of the world	idolize	barrent	finished	paralyzed	full of questions	anguished	indignant		
	turned on	worship	grieved	like a failure		confused	at the mercy	hatred		
	enthusiastic		grief				cast off	bitter		
	delighted		grim				forsaken	galled		
	marvelous						rejected	vengeful		
	great						discarded	hateful		
								vicious		

i eei by i	Alicia Mor	ga aipiia	1.0			
<u>Γime</u>	<u>Date</u>	<u>Intensity</u>	Category	<u>Word</u>	Geo	
8:00 a.m.	7/1/10	mild	happy	cheerful	address, city	
8:00 a.m.	7/2/10	moderate	caring	respectful	address, city	
8:00 a.m.	7/3/10	moderate	depressed	upset	address, city	
8:00 a.m.	7/4/10	mild	inadequate	whipped	address, city	
8:00 a.m.	7/5/10	mild	fearful	afraid	address, city	Colors would mimick
8:00 a.m.	7/6/10	strong	caring	respectful	address, city	The user report data
8:00 a.m.	7/7/10	mild	happy	cheerful	address, city	- feeling
8:00 a.m.	7/8/10	strong	happy	cheerful	address, city	- you we
8:00 a.m.	7/9/10	moderate	happy	cheerful	address, city	- as a clo
8:00 a.m.	7/10/10	moderate	fearful	afraid	address, city	- predom
8:00 a.m.	7/11/10	mild	fearful	afraid	address, city	
8:00 a.m.	7/12/10	moderate	caring	respectful	address, city	
8:00 a.m.	7/13/10	mild	depressed	upset	address, city	
8:00 a.m.	7/14/10	moderate	inadequate	whipped	address, city	
8:00 a.m.	7/15/10	mild	inadequate	whipped	address, city	
8:00 a.m.	7/16/10	mild	depressed	upset	address, city	
8:00 a.m.	7/17/10	moderate	happy	cheerful	address, city	
8:00 a.m.	7/18/10	mild	caring	respectful	address, city	
8:00 a.m.	7/19/10	strong	fearful	afraid	address, city	
8:00 a.m.	7/20/10	strong	fearful	afraid	address, city	
8:00 a.m.	7/21/10	mild	fearful	afraid	address, city	
8:00 a.m.	7/22/10	moderate	happy	cheerful	address, city	
8:00 a.m.	7/23/10	moderate	caring	respectful	address, city	
8:00 a.m.	7/24/10	moderate	caring	respectful	address, city	
8:00 a.m.	7/25/10	moderate	happy	cheerful	address, city	
8:00 a.m.	7/26/10	strong	depressed	upset	address, city	
8:00 a.m.	7/27/10	mild	inadequate	whipped	address, city	
8:00 a.m.	7/28/10	mild	fearful	afraid	address, city	
8:00 a.m.	7/29/10	strong	fearful	afraid	address, city	
8:00 a.m.	7/30/10	moderate	happy	cheerful	address, city	
8:00 a.m.	7/31/10	mild	caring	respectful	address, city	
			e a day, promp			

iFeel by Alicia Morga alpl	ha 1.0				
Achievement Levels					
			Log	Share	
Log In and Share Frequency	Check-in	<u>Share</u>	<u>Level</u>	<u>Level</u>	
<1 a day			In denial/Out of Touch	Closed off	
1 a day			Awakening	Guarded	
2 or > a day			Alert	Expressive	
> 1x a day for 3 days in a row			Alive	Trusting	
>3x a day every day for 5 days			Aware	Open	
>3x a day every day for a month			Authentic	Generous	
>3x a day every day for a year			Enlightened	Bodhisattva	- Note: I want this to be the highest, near impossible gold standard