

A Self-Description

Here is an alphabetical list of descriptive words. Choose one word that starts with each letter of your name. For example, if your name is Joe, you might choose "jolly," "optimistic" and "exhausted." Share your self-description with your group members. Before you do, you might wish to let your group choose words which they think describe you.

accepting	calm	esteemed	hopeful	klutzy	nonconforming	relaxed	unfulfilled
admirable	cared for	exasperated	hopeless	knightly	noncompetitive	relieved	unhappy
adored	cautious	excited	hospitable	knocked down	nostalgic	reluctant	unique
adventurous	charitable	exhausted	humane	knowledgeable	novel	reserved	unlucky
affectionate	cheerful	expectant	humble			resigned	unselfish
aggravated	childlike	extroverted	humorous	learned	obedient	respectful	unsure
agreeable	compassionate	exuberant	hurt	lethargic	observant	restless	untroubled
alert	competitive			liberated	obstinate	risk-taker	upbeat
ambitious	concerned	faithful	idealistic	lighthearted	old-fashioned		uproarious
ambivalent	confident	fired up	imaginative	likable	open	sad	uptight
amusing	conscientious	focused	impatient	lionhearted	optimistic	satisfied	
angry	considerate	forgiving	indecisive	lively	original	scared	valiant
animated	content	forlorn	independent	logical	out of place	self-confident	valued
anxious	courageous	forthright	indifferent	lonely	outspoken	self-conscious	vibrant
apathetic	curious	fortunate	ingenious	longing	overwhelmed	sensible	virtuous
appreciated	cynical	fragile	innovative	lost	overworked	sensitive	vital
argumentative		friendly	inquisitive	loved		serene	vivacious
artistic	daring	frustrated	inspired	loyal	passionate	serving	vulnerable
assured	decisive	fulfilled	intimidating		patient	shy	
	deliberate	funny	irritable	matter-of-fact	peaceful	skeptical	warm
balanced	delighted		introverted	melancholy	perplexed	solemn	weak
bashful	dependable	generous	inventive	methodical	pessimistic	spry	weary
beloved	determined	gentle		mild mannered	pleasant	strong	whimsical
benevolent	devoted	genuine	jack-of-all-trades	mind-boggling	pleased	stubborn	wholesome
bitter	discouraged	glad	jinxed	mischievous	positive	supported	wistful
bogged down	doubtful	gleeful	jittery	misunderstood	predictable	sympathetic	witty
bold	dreamer	good	jolly	moody	pressured		workaholic
bored	durable	grateful	joyful	motivated	proud	teasing	worn out
brave		gregarious	judgmental	mournful	puzzled	tender	worried
bright	eager	grieved	jumpy	mover and shaker		tense	wounded
bubbly	earnest	grumpy	just	multifaceted	quaint	tentative	
buoyant	easy going			musical	qualified	theological	yackety
burdened	edgy	happy	keen	mysterious	quarrelsome	thrilled	yearning
burned out	efficient	hardy	keyed up		questioning	timid	yielding
businesslike	elated	helpful	kidder	natural	quick	tough	young-at-heart
busy	energized	honoring	kind	naughty	quiet	tranquil	your friend
				needy	quotable	trapped	yo-yoing
				nervous		troubled	yuppie
				neutral	radical	trusting	
				nice	reasonable	tuckered out	zany
				nimble	reckless		zealous
				noble	reflective	understanding	zesty
				nocturnal	refreshed	uneasy	zippy
				nonchalant	regretful	unflappable	zoned-out