

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