

# Eight Core Emotions

IMPAIRED

GIFT

Apathy  
Depression

ANGER

Passion

Anxiety  
Rage  
Control

FEAR

Courage  
Protection  
Faith

Resentment  
Rage

HURT

Healing

Apathy

LONELY

Relationship

Self-Pity  
Negotiating

SAD

Honoring Loss  
Valuing Life  
Acceptance

Toxic-Shame  
Humiliation  
Rage

SHAME

Humility  
Gifts/Limitations

Toxic-Shame  
Blame

GUILT

Freedom  
Accountability

Manufactured  
happiness

GLAD

Joy