

Impairment	Feeling	Gift	Need
Resentment	HURT	Healing & Courage	Attention
Apathy	LONELY	Intimacy	To Be Known
Self-pity	SAD	Acceptance	Comfort
Pride & Depression	ANGER	Passion	Voice (To Be Heard)
Anxiety	FEAR	Wisdom & Faith	Protection, Help, Refuge
Toxic shame & Contempt	SHAME	Humility	Attunement
Toxic shame & Shamelessness	GUILT	Freedom & Forgiveness	Forgiveness
Sensuous or sensual pleasure without heart	GLAD	Joy with sadness	Celebration