



Emotional Message Chart

Emotion	Message	Questions	Intensification
Fear	Intuitive, focused awareness of a threat to your well being (external threat)	What is the threat? What action must I take to move to a position of safety?	Worry, anxiety Confusion Dulling of the senses Panic, terror, dissociation
Vulnerability	Something significant is about to change or be revealed; (internal threat to self image, beliefs, comfortable habits)	What belief, behavior or perception is being challenged? How might my life change if I accept this new insight?	Panic Rage
Anger	A physical or emotional boundary has been crossed (sometimes unconsciously, sometimes by a person who's trying to bend you to his/her will)	What must be protected? What boundary must be established or restored?	Rage, fury (sometimes this involves exploding at an innocent bystander) Deflected Rage (exploding at an innocent bystander) Boredom, apathy (masks anger that can't be dealt with; a non-violent coping strategy)
Agitation/Anxiety (often mistaken for Anger) (Note: This is not chronic, long-term anxiety but anxiety experienced in the presence of a specific person.)	The person interacting with you is incongruent (Remember: Such people aren't necessarily dishonest, but may be dealing with personal issues that are none of your business.)	What is the emotion behind the mask? Is it directed toward me?	Rage Mistrust
Frustration	The action you're taking is not effective	Where is the block? What can I do differently? Who can I ask for ideas and/or assistance?	Rage Powerlessness
Envy	The person you envy models a talent, success, position, or lifestyle you want to develop or acquire	What aspects of this person's life, career, personal qualities, relationships, or talents inspire me to excel?	Hero worship Rivalry Resentment
Jealousy	An inequity in resources, pay, recognition, opportunity, or relationship has come to your attention	Exactly who or what am I jealous of? Is this an unintentional oversight? If so, who can rectify the situation? If not, how can I strategize and gather support to change an unfair system?	Resentment Outrage
Disappointment	The outcome you desired or envisioned did not live up to your expectations	What was I hoping/expecting to happen? Was it realistic? If so, how can I make myself more clear to those <i>capable</i> of carrying it out? If not, how can I modify my vision & better train-prepare-support those involved?	Anger, Frustration Mistrust Powerlessness Apathy



<p>Guilt</p>	<p>Critique of a destructive, neglectful, or abusive <i>behavior</i></p>	<p>What questionable behavior or action did I engage in? What was my motivation? How can I get my needs met in a more productive way? Who can help me change this hurtful habit?</p>	<p>Denial Blame Shame Projection</p>
<p>Shame</p>	<p>A possible indication that you are being scapegoated</p> <p>Or a personal critique of a “defective” state of consciousness or being</p>	<p>Am I being shamed by others? If so, am I being objectified or used as a scapegoat? How can I set boundaries with these people---without shaming <i>them</i>?</p> <p>Am I feeling shame for an old way of being or perceiving the world? If so, what destructive behaviors must I change to fully enter this new, more conscious, compassionate, and responsible phase of life?</p>	<p>Despair Blame Projection Suicidal Urge Bullying</p>
<p>Sadness</p> <p>(You choose when and how to let go)</p>	<p>Loss is immanent and in your best interest</p>	<p>What must be released? What must be rejuvenated?</p>	<p>Despair Despondence</p>
<p>Grief</p> <p>(No choice in letting go: Grief often includes anger. Having something you value taken away, even by impersonal life circumstances, is experienced emotionally as a boundary violation.)</p>	<p>Due to circumstances beyond your control, a loss or death has occurred</p>	<p>What must be mourned? What must be memorialized, appreciated and/or celebrated?</p>	<p>Depression</p>
<p>Depression</p> <p>This message refers to <i>situational</i> depression (not clinical depression, which may involve a neuro-chemical imbalance)</p>	<p>“Ingenious Stagnation” “Stop sign of the soul”</p>	<p>What activities or relationships drain my energy most? What new direction gives me energy?</p>	<p>Loss of self Loss of life’s purpose Suicidal urges Physical illness</p>
<p>Suicidal Urge</p> <p>(This message is not related to wanting to end long-term physical pain from illness.)</p>	<p>Some aspect of the life you’re leading must end, not your physical existence</p>	<p>What must end NOW? What must be culled?</p>	<p>Becoming like a “soulless automaton” Physical death</p>