

Eight Basic Emotions

Student of Experience

ANGER	Resentment Irritation Frustration	Assertiveness Strength Energy	ALL OVER BODY Power Energy
FEAR	Apprehensive Overwhelmed Threatened	Preservation Wisdom Protection	STOMACH UPPER CHEST Suffocation
PAIN	Hurt Pity Sad Lonely	Healing Growth Awareness	LOWER CHEST AND HEART Hurting
JOY	Happy Elated Hopeful	Abundance Happiness Gratitude	ALL OVER BODY Lightness
PASSION	Enthusiasm Desire Zest	Appetite Energy Excitement	ALL OVER BODY Energized Recharged Spontaneous
LOVE	Affection Tenderness Compassion Warmth	Connection Life Spirituality	HEART Swelling Warmth
SHAME	Embarrassed Humble	Humility Containment Humanity	FACE, NECK AND/OR UPPER CHEST Warm Hot Red
GUILT	Regretful Contrite Remorseful	Values Amends Containment	GUT Gnawing sensation

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