

Emotional Message Chart

EMOTION	MESSAGE	QUESTIONS TO ASK OF THE EMOTION	INTENSIFICATION
<p>Fear</p>	<p>Intuitive, focused awareness of a threat to your well-being (external threat)</p>	<p>What is the threat? What action must I take to move to a position of safety?</p>	<p>Worry, anxiety, confusion, panic, terror, dissociation, dulling of the senses</p>
<p>Vulnerability</p>	<p>Something significant is about to change or be revealed. (internal threat to self-image, beliefs, comfortable habits)</p>	<p>What belief, behavior, perception, or comfortable habit is being challenged? How might my life change if I accept this new insight?</p>	<p>Panic, rage</p>
<p>Anger</p>	<p>A physical or emotional boundary has been crossed (sometimes unconsciously, sometimes by a person who's trying to bend you to his or her will).</p>	<p>What must be protected? What boundary must be established or restored?</p>	<p>Rage, fury, deflected rage (exploding at an innocent bystander), boredom, apathy (masks anger that can't be dealt with; a nonviolent coping strategy)</p>
<p>Agitation or anxiety (often mistaken for anger) (This is not chronic, long-term anxiety but anxiety experienced in the presence of a specific person.)</p>	<p>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.)</p>	<p>What is the true emotion behind the other person's mask of control, friendliness, or well-being, and is it directed at me?</p>	<p>Rage, mistrust</p>

Emotional Message Chart *(continued)*

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<p>Frustration</p>	<p>The action you're taking is not effective.</p>	<p>Where is the block? What can I do differently? Who can I ask for ideas or assistance?</p>	<p>Rage, powerlessness</p>
<p>Guilt</p>	<p>A critique of a destructive, neglectful, or abusive <i>behavior</i>. (This can be an internal critique or a transgression that others are bringing to your attention.)</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. 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>? Or 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>

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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? What professional training or personal skills must I develop to achieve similar success? Who can I enlist for support in this next state of growth?	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 inequity an 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 (contrary to what you desired or envisioned) did not live up to your expectations.	What was I hoping for or expecting to happen? Was this realistic? If so, how can I better communicate my vision to those <i>capable</i> of carrying it out? If not, how can I modify my vision and better train, prepare, and support the people involved?	Anger, frustration, mistrust, powerlessness, apathy

Emotional Message Chart *(continued)*

EMOTION	MESSAGE	QUESTIONS TO ASK OF THE EMOTION	INTENSIFICATION
<p>Sadness (You choose when and how to let go.)</p>	<p>Loss is imminent and in your best interest.</p>	<p>What must be released? What must be rejuvenated?</p>	<p>Despair, despondence</p>
<p>Grief (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>A significant loss or death has occurred, usually due to circumstances beyond your control.</p>	<p>What must be mourned? What must be memorialized, appreciated, or celebrated?</p>	<p>Depression</p>
<p>Depression (This message refers to situational depression, not clinical depression, which may involve a neurochemical imbalance.)</p>	<p>“Ingenious stagnation,” “stop sign of the soul”</p>	<p>What activities or relationships drain my energy? What new direction gives me energy?</p>	<p>Loss of self, loss of life’s purpose, suicidal urges, physical illness</p>
<p>Suicidal urge (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 (not your physical existence) must end.</p>	<p>What must end <i>now</i>? What must be culled?</p>	<p>Becoming like a “soulless automaton,” physical death</p>