

<b>Emotions</b>	<b>Other Emotions</b>	<b>Their Gifts</b>	<b>In the Body</b>
<b>Anger</b>	Resentment Irritation Frustration	Assertiveness Strength Energy	All over the body Power Energy
<b>Fear</b>	Apprehension Overwhelmed Threatened	Preservation Protection Wisdom	Stomach Upper chest Suffocation
<b>Pain</b>	Sad Lonely Hurt Compassion	Healing Growth Awareness	Lower chest Heart Hurting
<b>Joy</b>	Hopeful Happy Excitement	Abundance Happiness Gratitude	All over the body Lightness
<b>Passion</b>	Enthusiasm Desire	Appetite Energy Excitement	All over the body Energised Recharged
<b>Love</b>	Affection Tenderness Compassion Warmth	Connection Life Spirituality	Heart Swelling Warmth
<b>Shame</b>	Embarrassment Humble Exposed	Humility Containment Humanity	Face, neck Upper chest Warm
<b>Guilt</b>	Regretful Contrite Remorseful	Values Amends Containment	Gut Gnawing Sensation

Credit to Pia Mellody