

Principles of Emotional Awareness & Self-Regulation



Nine Basic Emotions	Descriptive Synonyms	Unprocessed Emotions	The Gifts of Our Emotions
ANGER	Bitterness Irritation Frustration	Resentment Hostility Hypertension	Assertiveness Determination Energy
FEAR	Apprehensive Dread Uncertain	Panic Hyper Controlling Overwhelmed	Wisdom Protection Insight
GUILT	Regret Repentant Remorseful	Unforgiving Judgmental Blaming	Values Amends Forgiveness
JOY	Elated Optimistic Excited	Uncomfortable Unsustainable Insatiable	Hope Gratitude Strength
LONELINESS	Isolated Lost Awkward	Disconnected Withdrawn Unacceptable	Self-Discovery Self-Awareness Self-Acceptance
LOVE	Empathy Acceptance Affection	Craving Enmeshed Avoidant	Connection Renewal Spirituality
PAIN	Sadness Grief Disappointment	Lethargic Depressed Despondent	Healing Growth Change
SHAME	Disgraced Embarrassed Exposed	Humiliation Perfectionism Secretive	Humility Containment Authenticity
PASSION	Enthusiasm Desire Interest	Self-Serving Obsessive Manic	Power Zest Excitement