

Emotions are only human!

Take the time to look at
what lies behind your emotion...

MY EMOTIONS



FEAR

Insecurity Shyness
Worry Anxiety
Panic



SADNESS

Depression
Disappointment
Heartache



DISGUST

Revulsion
Repulsion



ANGER

Irritation Rebellion
Frustration



SURPRISE

Excitement
Amazement



JOY

Satisfaction
Pride Optimism

MY NEEDS

Safety

Consideration

Affection

Acceptance

Achievement

Belonging

Freedom

Independence

Entertainment

Rest

Enjoyment

Justice

Time

Trust

Comfort

Understanding

Help

Recognition

Calm

Balance

Listening

How about you — **what are you experiencing now?**

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