

EMOTION	MEANING	NEED
ANGER	SOMETHING IS UNFAIR. SOMEONE OR SOMETHING IS CROSSING A BOUNDARY. A DEMEANING OFFENSE AGAINST ME AND MINE.	TO SET A BOUNDARY, DEFEND. ASSERTIVENESS.
FEAR	FACING AN IMMEDIATE, CONCRETE, AND OVERWHELMING PHYSICAL DANGER. FEARING FOR ONE'S LIFE OR SAFETY.	TO FEEL SAFE; INCREASE SENSE OF SAFETY. GROUNDING TECHNIQUES.
DISGUST	TAKING IN OR BEING TOO CLOSE TO AN INDIGESTIBLE OBJECT OR IDEA; SOMETHING THAT MAY DAMAGE ONE'S HEALTH OR WELLBEING.	TO FEEL SAFE, EXPEL, KEEP AT A DISTANCE.
HAPPINESS	MAKING REASONABLE PROGRESS TOWARD THE REALIZATION OF A GOAL. "THIS IS GOOD FOR ME AND I WANT MORE OF IT."	BE AWARE OF IT AND ENJOY! CELEBRATE. YOU'RE ON THE RIGHT PATH.
SADNESS	HAVING EXPERIENCED AN IRREVOCABLE LOSS, SOMETHING IS MISSING, SOMETHING IS BEING GRIEVED.	SOOTHING, COMFORT.
SURPRISE	SOMETHING IS UNEXPECTED OR ASTONISHING, WHILE YOU REMAIN RELATIVELY SAFE.	TO FEEL SAFE.

