

The Eight Feelings©

Anger

Sad

Hurt

Fear

Lonely

Shame

Guilt

Glad

The Gift of The Eight Feelings©

Impairment	Truth	Gift
Pride/ Depression	Anger	Passion
Self-pity	Sad	Acceptance
Resentment	Hurt	Healing/ Courage
Anxiety	Fear	Faith/Wisdom
Apathy	Lonely	Intimacy
Toxic shame/ Contempt	Shame	Humility
Toxic shame/ Shamelessness	Guilt	Forgiveness/ Freedom
Sensuous/sensual experience with no heart	Glad	Joy with sadness