



Emotions

1. **Anger, blame, repelling, resentment**
2. **Disappointment, sadness, hurt**
3. **Fear, Insecurity, deep-wound**
4. **Understanding, empathy, responsibility regret**
5. **Love, solutions, connecting.**

1st level

- I hate it when..
- I am so angry that..
- I am fed up with..
- I'm filled with rage when..

2nd level

- i feel so disappointed that..
- i feel so sad when..
- the thing that hurts me is..
- this is why it hurts me..

3rd level

- I'm afraid that..
- It scares me when..
- It reminds me of..

4th level

- I'm sorry that..
- Please forgive me for..
- It is completely understandable that..
- I regret that..
- I understand that..

5th level

- I want to..
- I forgive you...
- I hope that..
- Thankyou for..
- I appreciate you bcs..
- I love you bcs..

