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| The Emotion Code™ Chart | | |
|  | **Column A** | **Column B** |
| **Row 1**  Heart or Small Intestine | Abandonment  Betrayal  Forlorn  Lost  Love Unreceived | Effort Unreceived Heartache  Insecurity  Overjoy  Vulnerability |
| **Row 2**  Spleen or Stomach | Anxiety  Despair  Disgust  Nervousness  Worry | Failure  Helplessness  Hopelessness  Lack of Control  Low Self-Esteem |
| **Row 3**  Lung or Colon | Crying  Discouragement  Rejection  Sadness  Sorrow | Confusion  Defensiveness  Grief  Self-Abuse  Stubborness |
| **Row 4**  Liver or Gall Bladder | Anger  Bitterness  Guilt  Hatred  Resentment | Depression  Frustration  Indecisiveness  Panic  Taken for Granted |
| **Row 5**  Kidneys or Bladder | Blaming  Dread  Fear  Horror  Peeved | Conflict  Creative Insecurity Terror  Unsupported  Wishy Washy |
| **Row 6**  Glands & Sexual Organs | Humiliation  Jealousy  Longing  Lust  Overwhelm | Pride  Shame  Shock  Unworthy  Worthless |