

The Four Emotional Modes of TEG-Blue™

How our emotions change when safety is lost

Introduction

Every emotion is a signal — a biological message from the body about safety. When safety is present, emotions **guide connection**. When safety is lost, emotions **fuel protection**.

The four modes of TEG-Blue™ describe how emotions shift as the nervous system moves along the **spectrum from Connection - Belonging to Protection - Defense**.

They are not moral states, but *regulation states* — ways the body and mind try to restore safety.



The Four Modes

Mode	Primary Goal	Core State	Emotional Logic
Connect (Belonging Mode)	To bond and co-regulate	Safety	"We are safe together."
Protect (Defense Mode)	To prevent pain or rejection	Fear	"I must defend myself."

Mode	Primary Goal	Core State	Emotional Logic
Control (Manipulation Mode)	To stabilize fear through power	Entitlement	"I must manage others to feel safe."
Oppress (Tyranny Mode)	To preserve power by force	Collapse of empathy	"My safety matters more than yours."

These modes exist on a **gradient**, not as categories.

We move between them constantly — within seconds, conversations, or relationships — depending on how safe the body feels.

How We Feel Emotions Inside Ourselves

Emotion	Connect Mode (Safety)	Protect Mode (Defense)	Control Mode (Manipulation)	Oppress Mode (Tyranny)
Fear	Alertness, healthy caution	Hypervigilance, anxiety	Fear of losing control	Fearlessness through denial
Anger	Boundary, clarity, protection of values	Defensiveness, irritation	Punishment, coercion	Aggression, cruelty
Sadness	Grieving, empathy, presence	Withdrawal, numbness	Guilt induction, victim stance	Emotional void, contempt
Shame	Integrity, moral compass	Self-criticism, hiding	Projection, blame	Humiliation of others
Guilt	Repair, responsibility	Rumination, avoidance	Justification	Moral disengagement
Joy	Connection, openness	Overexcitement, vigilance	Performance, approval-seeking	Grandiosity, domination
Love	Coherence, care	Fear of loss, dependency	Possession, control	Conditional obedience
Envy	Aspiration, learning	Comparison, inadequacy	Rivalry, sabotage	Entitlement, destruction

Insight:

When the nervous system feels unsafe, emotions invert their function — they stop guiding truth and start protecting identity.

How We React to the Emotions of Others

Emotion We Witness	Connect Mode	Protect Mode	Control Mode	Oppress Mode
Fear	Offer safety	Dismiss or reassure too quickly	Exploit vulnerability	Use fear to dominate
Anger	Set limits calmly	Take it personally	Mirror or escalate	Punish or silence
Sadness	Offer empathy	Feel discomfort or guilt	Try to fix	Mock or withdraw affection
Shame	Reassure with care	Avoid or defend	Expose others' flaws	Humiliate
Guilt	Welcome accountability	Deny or rationalize	Redirect blame	Enforce punishment
Love	Receive and reciprocate	Fear dependency	Use as leverage	Demand loyalty
Joy	Share presence	Feel envy or skepticism	Compete	Dismiss or suppress
Vulnerability	Respond with honesty	Withdraw	Exploit	Weaponize



Insight:

Safety determines whether we meet others' emotions with empathy or control. Every social interaction is a reflection of which mode we are in.

The Emotional Truth Beneath Each Mode

Emotion	In Connection	When Safety is Lost	Core Truth
Fear	Protects us from real danger	Becomes control and rigidity	<i>Safety must be felt, not enforced.</i>
Anger	Defends boundaries	Becomes domination or suppression	<i>Anger is sacred energy for protection, not punishment.</i>
Shame	Guides morality	Turns into humiliation	<i>Shame heals through truth, not secrecy.</i>
Guilt	Repairs relationships	Becomes avoidance or blame	<i>Accountability is repair, not self-attack.</i>
Envy	Points to unmet desire	Turns to resentment	<i>Envy becomes gratitude when safety returns.</i>
Sadness	Opens connection	Turns to numbness	<i>Grief restores depth when it's allowed to flow.</i>
Love	Bonds through safety	Becomes possession	<i>Love is safety shared, not safety taken.</i>

Core Principles

- Emotions are information, not flaws.**
They evolve to keep us alive and connected.
- Safety precedes empathy.**
Without regulation, the nervous system interprets others' emotions as threats.
- Control is fear in disguise.**
Every form of domination begins as protection that never found safety again.
- Healing restores emotional logic.**
When safety is rebuilt, emotions return to their original purpose — guidance, not defense.

Integration

When we avoid feeling fear, we start controlling.
When we avoid feeling anger, we start punishing.
When we avoid feeling shame, we start humiliating.
When we avoid feeling guilt, we stop seeing harm.

Feeling is not dangerous.
Forgetting what emotions came to teach us is.

These four modes are not judgments — they are **the map of our emotional evolution.**

By learning to recognize where we are on the gradient, we can begin to move back toward safety, truth, and belonging — both individually and collectively.
