

Your Own Emotion & Carried Emotion Chart

BASIC EMOTIONS		OWN	CARRIED
ANGER	Resentment Irritation Frustration	ALL OVER BODY Power Energy	GUT Pressure Rage
FEAR	Apprehension Overwhelmed Threatened	TINGLING IN UPPER STOMACH TIGHTNESS IN UPPER CHEST	EXTREMITIES Numbing and/or tingling Panic
PAIN	Sad Lonely Hurt Pity	LOWER CHEST AND HEART Hurting	GUT Pressure Hopeless
JOY	Hopeful Elated Happy Excitement	ALL OVER BODY Lightness	ALL OVER BODY Lightness
PASSION	Enthusiasm or Desire	POWER & ENERGY OR SEXUAL AROUSAL	SEXUAL PASSION Icky, slimy, dirty feeling Nausea
LOVE	Affection Tenderness Compassion Warmth	WARMTH & SWELLING IN CHEST AREA	WARMTH & SWELLING IN CHEST AREA
SHAME	Embarrassment Humble Exposed	FACE, NECK, AND/OR UPPER CHEST Hot/red	GUT Worthless
GUILT	Regretful Contrite Remorseful	GUT Gnawing sensation	BOTTOM OF FEET Sensation of being stuck to the ground