

The Five Primary Emotions

ANGER

I **WANT** it
(There's a *boundary* that I need to *protect / restore*)

SADNESS

I **LOST** it
(There's something I need to *let go of*)

JOY

I **HAVE** it
(There's something *good* in my life)

FEAR

I **MIGHT LOSE** it
(There's something *at risk / something I don't know*)

SHAME*

PAIN about **WHO I AM**
("I am _____ / someone who _____")

* **Guilt** is about WHAT I DID ("I ran away"); **Shame** is about WHO I AM ("I am a coward")