

Eight Emotions <http://www.themeadows.com/for-alumni/resources/eight-emotions/>

Many of us who are on the path to recovery and self-discovery have been cut off from our feelings, so much so that we almost can't recognize them. Listed below are eight feelings that Pia Mellody has identified, along with the gifts the feelings offer when they are honoured.

EIGHT FEELINGS

THEIR GIFTS

ANGER	Resentment Irritation Frustration	Assertiveness Strength Energy
FEAR	Apprehension Overwhelmed Threatened	Preservation Wisdom Protection
PAIN	Hurt Pity Sad Lonely	Healing Growth Awareness
JOY	Happy Elated Hopeful	Joy Abundance Gratitude
PASSION	Enthusiasm Desire Zest	Appetite Energy Excitement
LOVE	Affection Tenderness Compassion Warmth	Connection Life Spirituality
SHAME	Embarrassment Humble Exposed	Humility Containment Humanity
GUILT	Regretful Contrite Remorseful	Values Amends Containment