

The Eight Feelings

with Impairments & Gifts

Pride/Dpression	ANGER	Passion
Self-pity	SAD	Acceptance
Resentment	HURT	Healing/Courage
Anxiety	FEAR	Faith/Wisdom
Apathy	LONELY	Intimacy
Toxic shame/Contempt	SHAME	Humility
Toxic shame/ Shamelessness	GUILT	Forgiveness/ Freedom
Senuous/sensual experience with no heart	JOY	Joy with sadness



For more information about The Eight Feelings, read The Voice of the Heart by Chip Dodd.