

Six Big Negative Emotions

1. **Sadness:** I have lost some of my life or something that is important to life. I have less life.
2. **Shame:** I'm not bringing you joy. You are not glad to be with me. I am made less.
3. **Anger:** I want to protect myself. There is a threat against the life I have.
4. **Afraid (Fear):** I want to get away! Something is trying to, or is, taking life from me.
5. **Disgust:** That's not good for me! That's not life-giving! It will not enhance the life within me.
6. **Hopeless/Despair:** I just cannot do it with the resources and time that is available to me. I can't find life.