

FEELINGS: THE PATH TO HEALTHY CONNECTION

| IMPAIRMENT | FEELING | GIFT | NEED |
|-------------------------------|---------|-------------------|--------------------------|
| Resentment/Revenge | HURT | Healing & Courage | Attention |
| Apathy | LONELY | Intimacy | To Be Known |
| Self-Pity/Demand | SAD | Acceptance | Comfort |
| Depression | ANGER | Passion | Voice (To Be Heard) |
| Anxiety/Rage | FEAR | Faith & Wisdom | Protection, Help, Refuge |
| Self-Contempt/Toxic Shame | SHAME | Humility | Attunement |
| Self-Condernation/Toxic Shame | GUILT | Freedom | Forgiveness |
| Sensuality Without Heart | GLAD | Joy With Sadness | Celebration |