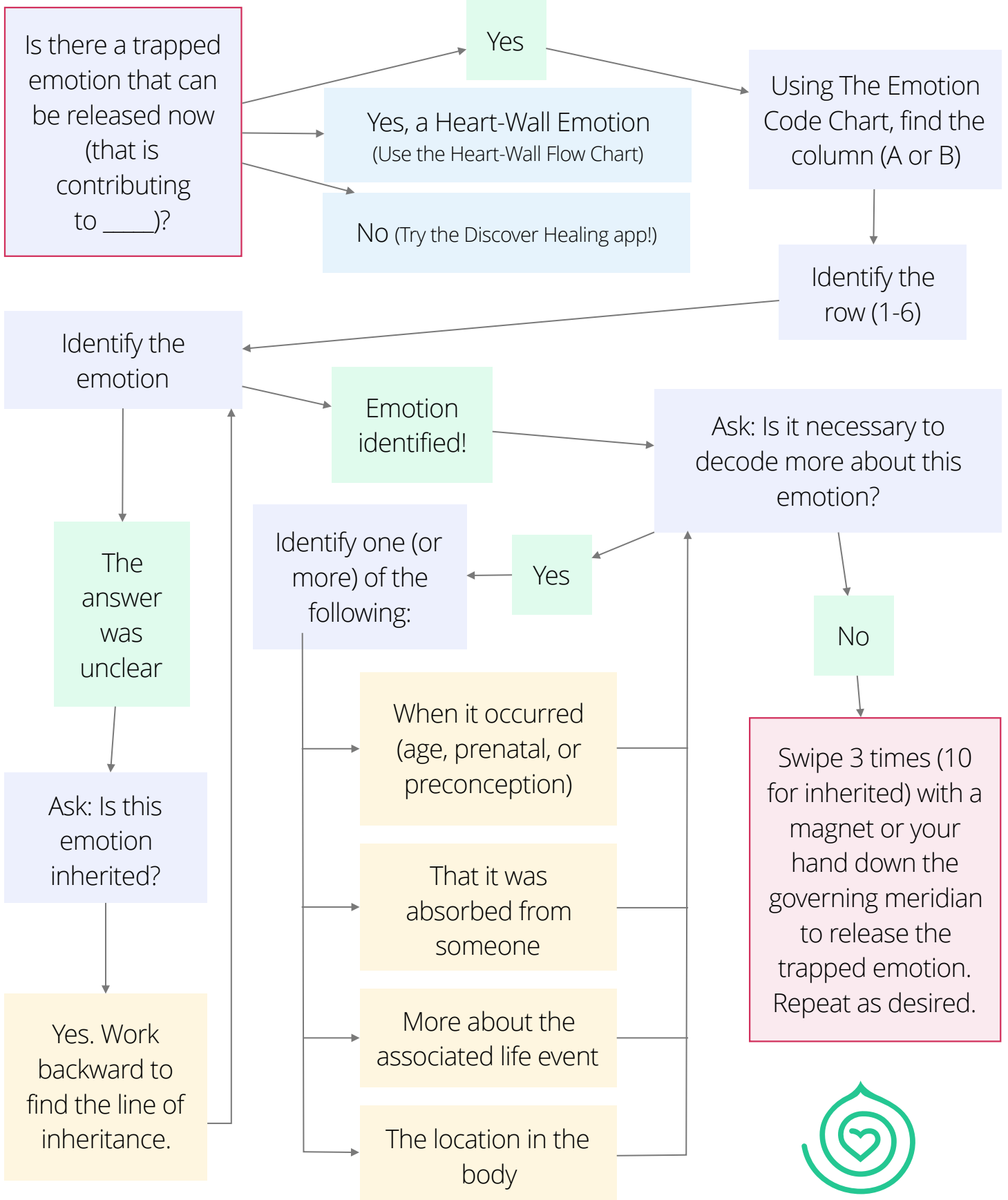


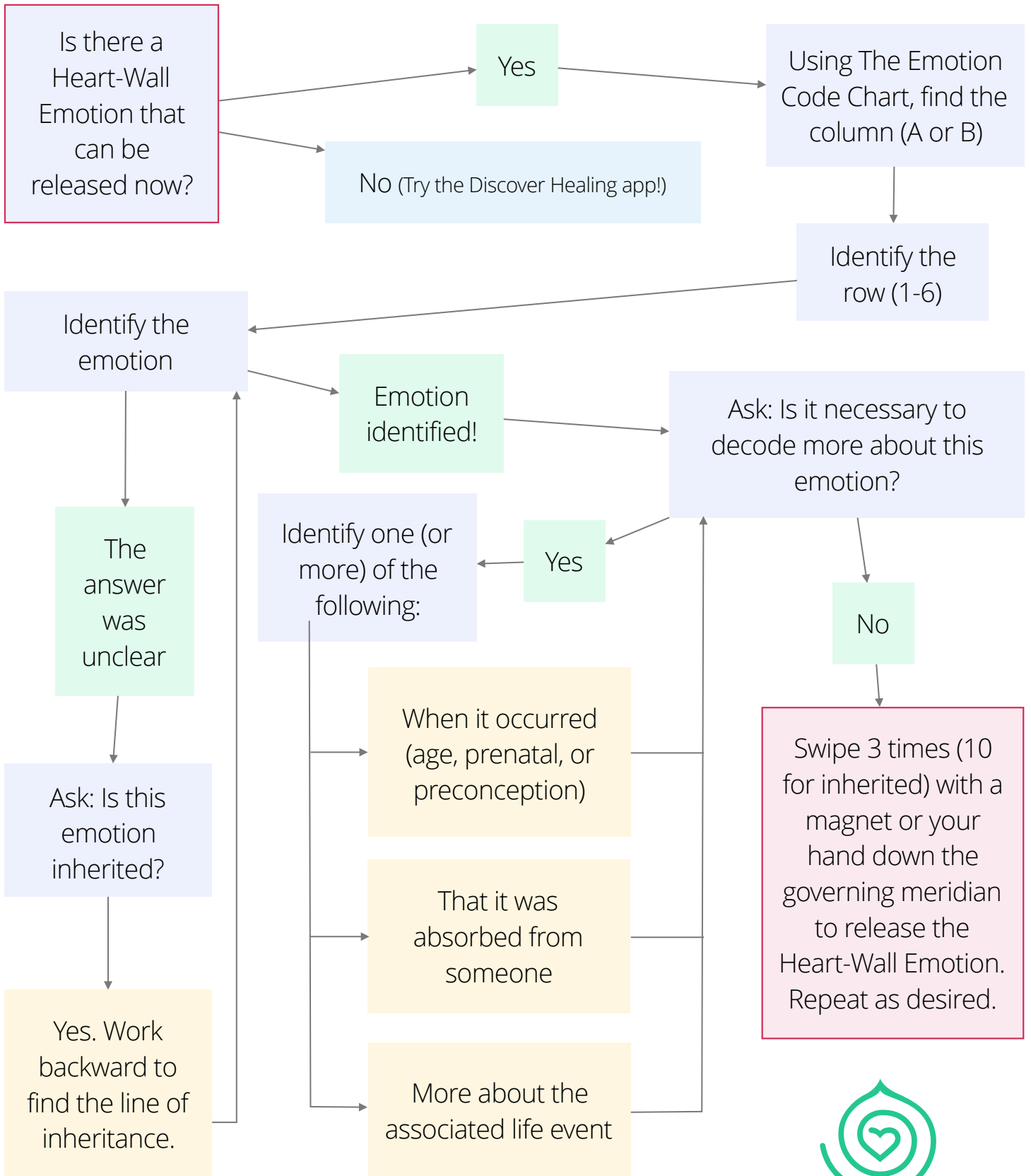
The Emotion Code® Chart

	A	B
<p>1 HEART OR SMALL INTESTINE</p>	<p>Abandonment Betrayal Forlorn Lost Love Unreceived</p>	<p>Effort Unreceived Heartache Insecurity Overjoy Vulnerability</p>
<p>2 SPLEEN OR STOMACH</p>	<p>Anxiety Despair Disgust Nervousness Worry</p>	<p>Failure Helplessness Hopelessness Lack of Control Low Self-Esteem</p>
<p>3 LUNG OR COLON</p>	<p>Crying Discouragement Rejection Sadness Sorrow</p>	<p>Confusion Defensiveness Grief Self-Abuse Stubbornness</p>
<p>4 LIVER OR GALL BLADDER</p>	<p>Anger Bitterness Guilt Hatred Resentment</p>	<p>Depression Frustration Indecisiveness Panic Taken for Granted</p>
<p>5 KIDNEYS OR BLADDER</p>	<p>Blaming Dread Fear Horror Peeved</p>	<p>Conflict Creative Insecurity Terror Unsupported Wishy Washy</p>
<p>6 GLANDS OR SEXUAL ORGANS</p>	<p>Humiliation Jealousy Longing Lust Overwhelm</p>	<p>Pride Shame Shock Unworthy Worthless</p>

Trapped Emotion Flow Chart



Heart-Wall Emotion Flow Chart



THE EMOTION CODE

Definition of Emotions

The list of emotions that follows corresponds to The Emotion Code Chart of Emotions, and encompasses the full range of human emotion. There are many more emotions listed in the dictionary besides the ones listed here, but we choose to use a simplified list to keep things easy and fast.

Every emotional vibration that we create and experience will fall under an emotion listed below (e.g. **embarrassment** would fall under **humiliation**, **bewildered** would fall under **confusion**, **rage** would fall under **anger**, etc.)

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Column A – Row 1

HEART OR SMALL INTESTINE

Abandonment

Physical abandonment is having been left alone, left behind or deserted (this is the type of abandonment that we most often see in childhood). *The baby felt abandoned when her mother left her at daycare.* **Emotional abandonment** is having been given up on, withdrawn from, separated from or emotionally deserted. A feeling of being “left behind” in a non-physical form. This can also apply to *financial* abandonment. *She felt abandoned by him when he wouldn't talk about their marital troubles. The college student felt abandoned when his parents stopped paying his tuition.*

Betrayal

To feel **betrayed** is to have your trust broken, to be deserted or hurt by a trusted one. *I felt betrayed when I found out he lied to me.* **Betrayal of another** is to be unfaithful in guarding or fulfilling a trust; to be disloyal or violate a confidence, to desert someone who trusts you. *She felt the betrayal she had perpetrated against her friend, and trapped that emotion in her own body.* **Betrayal of yourself** is to violate integrity; act against your morals; to abuse your own body or soul. *He stole the money and felt deeply the betrayal of his own conscience.*

Forlorn

Miserable and forsaken. Sad and lonely by reason of abandonment, desolation or emptiness. A lonely sort of hopelessness.

Lost

Unable to see the correct or acceptable course; having no direction. **Physically lost** most often shows up from childhood. *The boy was lost and couldn't find his way home.* **Emotionally lost** refers to a feeling of being unable to see the right decision or direction, being unable to find emotional stability. *He felt lost after his wife died.*

Love Unreceived

A feeling that one's love has been rejected. Feeling unwanted, not cared for; not accepted; a lack of love where it is desired. *She had a crush on him but he didn't know she was alive, so her love went unreceived. He tried to love his mother, but she was emotionally unavailable so his love was unreceived by her.*

Column B – Row 1

HEART OR SMALL INTESTINE

Effort Unreceived

When one's work, achievement or endeavors are not accepted or recognized. When one's best effort is not considered good enough. A feeling of being unappreciated. Not feeling approved of or validated.

Heartache

Anguish and pain of the heart; distress usually as a result of difficulty or sadness in a relationship. Felt as a crushing or burning physical sensation in the chest.

Insecurity

A lack of confidence; self-conscious; shy. Feeling unsafe from danger or ridicule.

Overjoy

Intense delight or elation which is too overpowering for the body; joy that it is a shock to the system. *My feeling of overjoy left me stunned and breathless.*

Vulnerability

Feeling susceptible to harm, either emotional or physical; unsafe; unstable.

Column A – Row 2

SPLEEN OR STOMACH

Anxiety

Feeling that something is wrong but not knowing what it is. A generalized uneasiness or foreboding; a fear of the unknown; fear without a subject. *She feels anxious and fearful all the time for no apparent reason.*

Despair

A complete loss of hope. Miserable and unable to be helped or comforted.

Disgust

A feeling of disapproval and loathing when good taste or moral sense is offended. A strong aversion. *She felt disgusted when the killer was acquitted.*

Nervousness

Unnaturally or acutely uneasy or apprehensive; fearful; timid; to feel jumpy or on edge.

Worry

Dwelling on difficulty or troubles; unease or anxiety about a situation or a person; extreme concern over potential problems; concern about a loved one in possible distress.

Column B – Row 2

SPLEEN OR STOMACH

Failure

When one falls short of success or achievement in something expected, attempted, or desired. *She felt like a failure when their marriage ended. He felt he had failed at supporting his family when he lost his job. The girl was upset about her failing grade in science class.*

Helplessness

Powerless or being unable to help oneself. Being without the aid or protection of another. A common emotion for those suffering from a “victim mentality.” Feeling unable to change one’s circumstances or state. *She felt helpless to create a change in her circumstances.*

Hopelessness

Devoid of hope. Having no expectation of good. Having no remedy or cure. No prospect of change or improvement. *She began to feel hopeless after applying for so many jobs but not receiving any offers.*

Lack of Control

Lack of self control is when one lacks restraint over their own behavior, and may have an awareness of their own destructive tendencies or abilities. *His spending was out control; She lost control over herself and slapped him.* **Lack of control over circumstances** is a feeling of losing ground, or being unable to control or change what is happening. A feeling that someone or something else determines your course. *She had no control or sway over their decision. He lost control of the car as it slid on the icy road.*

Low Self-Esteem

A low appraisal of one’s own worth or value; feeling and focusing on one’s flaws; holding a feeling of disrespect for the self; not confident; lack of self-love.

Column A – Row 3

LUNG OR COLON

Crying

Refers to the act of expressing grief. A response to pain or suffering that includes a welling up of emotion, often creating a physical sensation in the throat, chest and/or diaphragm. A response to helplessness. Often becomes trapped when one does not allow him/herself to cry.

Discouragement

Feeling a lack of courage, hope or confidence. Disheartened or dispirited. Losing the nerve to try or attempt something.

Rejection

Feeling denied, refused or rebuffed; discarded as useless or unimportant; cast out; unwanted; forsaken.

Sadness

Unhappy; sorrowful; mournful; affected by grief.

Sorrow

A sad regret; distress caused by loss, disappointment or grief; to feel or express grief, unhappiness, or sadness.

Column B – Row 3

LUNG OR COLON

Confusion

Feeling disoriented or foggy. Unsure of the options. A lack of distinctness or clearness. Feeling perplexed or bewildered.

Defensiveness

A state of resisting attack or protecting oneself. Being sensitive to the threat of criticism or injury to one's ego. Being on guard against real or imagined threats to one's person, physical and/or emotional.

Grief

Suffering due to loss of a loved one, death of a dream, disaster, misfortune, etc. A universal reaction to bereavement. Can also arise from unmet expectations. *The girl grieved the loss of her father. The woman felt grief from the loss of her home after it flooded. He was aggrieved by the terrible decisions his son made.*

Self-Abuse

Abusing the self emotionally includes negative self-talk, blaming the self, etc. *She abused herself by telling herself to stop being such an idiot all the time.* **Abusing the self physically** includes mistreating the body by use of addictive substances; to not care for the body by lack of sleep, proper diet or nutrition; to work beyond what one can or should endure; to punish or tax oneself excessively. This abuse may help atone for "sins", real or imagined, and usually is driven by anger. *He abused his body by working too hard and not getting enough sleep.*

Stubbornness

Being difficult; unbendable; unable or unwilling to forgive; obstinate; headstrong; resistant.

Column A – Row 4

LIVER OR GALL BLADDER

Anger

A strong displeasure and hostility, usually aroused by a real or supposed wrong. Anger can be generated when we feel threatened, or as a cover-up when we are hurt, afraid or in denial.

Bitterness

A harsh, disagreeable or cynical attitude. Feeling angry or resentful because of hurtful or unfair experiences.

Guilt

The feeling of having done wrong or committed an offense. Taking responsibility for the harmful actions of another (e.g., abuse, parents' divorce, death, etc.) Often accompanied by feelings of depression, shame and self-abuse.

Hatred

To loathe or despise. Great dislike or aversion. Often comes as a result of “hurt love”. Often hatred is of a situation rather than a person (e.g. hatred of another’s behavior, unjust circumstances, etc.) **Self-hatred** often creates depression, destructive behaviors, addictions and illnesses.

Resentment

A feeling of displeasure or indignation at someone or something regarded as the cause of injury or insult; bitter for having been treated unfairly; unwilling to forgive. Often this emotion comes along with animosity— ill-will that displays itself in action, strong hostility or antagonism. *He felt resentful of the kids because they never helped with housework.*

Column B – Row 4

LIVER OR GALL BLADDER

Depression

A state often caused by “anger turned inward” at the self. Inability to feel joy or excitement. A low energy, negative state caused by ongoing negative feelings.

Frustration

Feeling exasperated, harassed or vexed. Feeling stuck or unable to progress; blocked from causing a change or achieving an objective or goal.

Indecisiveness

An inability to choose; wavering back and forth between one choice or another. Stems from distrust of the self or doubting the ability to make a good decision. *She was indecisive because neither option seemed better than the other.*

Panic

A sudden, overwhelming fear that produces hysterical behavior, unreasonably fearful thoughts or physical symptoms such as trembling and hyperventilation; a strong feeling of impending doom.

Taken for Granted

Feels treated with careless indifference; not given thanks or for something accomplished, similar to ignored. Taken advantage of.

Column A – Row 5

KIDNEYS OR BLADDER

Blaming

Being **blamed** is to be held responsible; accused; or held guilty for something (actual guilt notwithstanding). *She felt that everyone blamed her for her husband's actions.* **Blaming another** is to hold responsible; to accuse; find fault with. Putting responsibility on someone or something else to avoid taking responsibility yourself. This is a key emotion in creating a victim mentality and can cause a deterioration of personal power. *I was overwhelmed with the need to blame my sister for the situation, and wasn't willing to admit it was both of our faults.* **Blaming the self** is finding fault with oneself, which can lead to the creation of emotions of self-abuse, depression, etc. *He felt that he was to blame for everything bad that had ever happened to his family.*

Dread

Fear of something that is about to happen. Apprehension as to something in the future, usually real but sometimes unknown. *He dreaded going to the high school reunion and facing the bullies who had tormented him.*

Fear

A strongly distressing emotion aroused by impending danger, evil or pain; the threat may be real or imagined.

Horror

A strong emotion of alarm, disgust, or outrage caused by something frightful or shocking (e.g. an event of extreme violence, cruelty, or macabre.) *She felt horrified when she saw the car crash.*

Peeved

Irritated; annoyed; exasperated; irked; aggravated; ticked off. *I feel so peeved that you scratched my car, I can't stand that kind of irresponsible behavior.*

Column B – Row 5

KIDNEYS OR BLADDER

Conflict

Internal conflict is a mental and emotional struggle within the self, arising from opposing demands or impulses. *He felt conflicted about whether or not to take the new job.* **External conflict** is to fight, to disagree or be disagreeable, to struggle or battle against or to antagonize. *She and her ex-husband experience continual conflict over the custody of their children.*

Creative Insecurity

Feeling unsafe or untrusting the self about the creation or development of anything, including relationships, family, health, money, career and/or artistic endeavors. A feeling of insecurity that arises and blocks the creative process. *Her writer's block was definitely being caused by creative insecurity.*

Terror

Intense, sharp, overwhelming fear; extreme fright; alarm. *She felt terror when she realized she was about to crash the car.*

Unsupported

A lack of support, help or encouragement; not provided for by another; not defended when help is needed; feeling the burden is too heavy to bear alone, etc. One can also feel unsupported by their own body in cases of illness, weakness or lack of emotional or mental strength.

Wishy Washy

Weak, spiritless; undecided; irresolute; without strength of character. To lack conviction; without a backbone.

Column A – Row 6

GLANDS OR SEXUAL ORGANS

Humiliation

A painful loss of pride, dignity or self-respect; to feel mortified; embarrassed.

Jealousy

Resentful another's successes, achievements, or advantages; envious. Having suspicious fears of rivalry or unfaithfulness. Arises from a fear of not being loved and/or from insecurity.

Longing

To miss someone or something; A yearning, pining or aching for; to have a strong desire or craving; to want something you do not have. *She longed for a different life. He felt a deep longing for her while she was deployed overseas.*

Lust

Intense sexual desire or appetite; an overwhelming want or craving (e.g., lust for power); passion; to covet. *His lust for power was out of control. The sexual abuse victim had absorbed the perpetrator's emotion of lust.*

Overwhelm

To be overpowered in mind or emotion; extreme stress; feeling overpowered with superior force; feeling excessively burdened.

Column B – Row 6

GLANDS OR SEXUAL ORGANS

Pride

An overly high esteeming of oneself for some real or imagined merit or superiority; vanity or an excessive desire to be noticed, praised, or approved; feeling better than others; haughty; non-teachable; has to be right; expects more credit than earned; or treats others with disdain or contempt. Having a healthy amount of pride (self-respect or self-esteem) is a good thing, and this type of pride usually doesn't show up as a trapped emotion (although it may show up if one's healthy pride is injured). *His pride was injured when she dumped him for another man. She was a proud woman and wouldn't allow anyone the smallest mistake.*

Shame

A feeling of being wrong, defective or disreputable. The painful feeling of having done or experienced something dishonorable, improper or foolish; disgrace; humiliation; a cause for regret. The lowest vibration of all the emotions. Leads to guilt, depression and even suicide.

Shock

A sudden or violent disturbance of the emotions or sensibilities; extreme surprise; to feel traumatized or stunned.

Unworthy

Not good enough; beneath the dignity of; not commendable or credible; undeserving; not valuable or suitable; unbecoming.

Worthless

Of no importance or value; without goodness of character, quality or esteem; serving no purpose.