

8 Feelings

ISOLATION	IMPAIRMENT	TRUTH	GIFT	NEED
Rage	Control/Anxiety	Fear	Faith & Wisdom	Protection, Help, Refuge
Revenge	Resentment	Hurt	Healing & Courage	Attention
Demand	Self-Pity	Sadness	Acceptance	Comfort
Invulnerable	Apathy	Lonely	Into-me-see	Known
Detached	Depression	Anger	Passion	Voice to Be Heard
Hidden	Self-Contempt	Shame	Humility (Right-sized)	Attunement with Others
Seared Conscious	Self- Condemnation	Guilt	Freedom	Forgiveness
Emptiness	Sensuality w/o Heart	Glad	Joy w/ sadness	Celebration

Adapted by Jeff Vanderstelt from The 8 Feelings Chart created by Tinman Ministries