

FIRE

EMOTIONS CHART

Vulnerability
Joy
Shock
Unappreciated
Hurting
Sadness
Sorrow
Nourishing
Nervousness
Discouraged
Internalization
Over Excited
Assimilation

Hope
Resilience
Lightness
Muddled Instability
Service
Balance
Buoyancy
Invulnerability

TRIPLE WARMER

CIRC. SEX

HEART

SMALL

INTESTINE

Joy Hate Pride Self Confidence Self esteem Self worth Caring Acceptance Forgiveness Compassion Anger .ust Creativity

. Receptivity

Arousal

Renounce the past Responsibility

Depressio

Generosity

Hysteria

EARTH

GALL BLADDER

Resentment Impotence Repression Self Righteousness Bitterness Forbearance Boredom Helplessness Humility

LIVER

WOOD

Anger Rage Fury Frustration Transformation Distress Vengefulness Hostility Discontent

CENTRAL

Shame
Self Respect
Confidence
Shyness
Self
Consciousness
Peace
Overwhelm
Embarrassment
Vulnerability

SPLEEN

cw Self Esteem
Confidence
Sympathy/
Empathy
Brooding
Cynicism
Rejection
Envy
Consideration
Recollection

STOMACH

Empathy
Sympathy
Disgust
Worry
Criticism
Unreliable
Disappointment
Fulfillment
Hunger
Nausea
Greed
Harmony
Doubt
Emptiness

WATER

BLADDER

Pissed Off
Paralyzed Will
Terror
Horror
Anxiety
Inadequacy
Impatience
Irritation
Fear
Frustration

KIDNEY

Fear
Dread
Anxiety
Phobia
Sexual Insecurity
Creative Insecurity
Superstition
Paranoia
Caution
Disloyalty
Carelessness
Bad memory

GOVERNING

Support

Integrity
Purpose
Truth
Trust
Harmony
Humiliation
False Pride
Arrogance
Enlightenment
Response-Ability
Success

LUNG

METAL

Guilt Regret Letting go Depression Openness Cheerfulness Humility Prejudice Contempt

LARGE INTESTINE

Dogma
Guilt
Shame
Spite
Vulnerability
Release
Self Worth
Letting go
Hanging on
Reason
Depression
Sadness
Mercy