Emotions

Anxiety

- Panic
- Toxic Guilt
- Shame

Defenses

- Denial
- Projection
- Depression
- Dissociation
- Substance Abuse
- Humor
- Rituals, etc.

DISGUST JOY SADNESS

7 Primary Emotions

FEAR

ANGER

LUST

EXCITEMENT

Emotions are spontaneous, unconscious responses to the environment or internal cues.

Ideally, they spur us to **action** or **expression**, and then they are "done."

All emotions are **good** and **healthy**.

Ground of Being: Calm. Creative, Flowing, Centered.

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