Sometimes you have to find the TRIGGERED PRIMARY EMOTION

by starting with the emotion you feel now; and work your way through the Secondary Emotions to get back to the beginning.

SECONDARYEMOTIONS **NERVOUS UNEASY TENSE APPREHENSION VULNARABLE** WORRY ANXIETY **FEAR** DREAD **FRIGHT** DISTRESS PANIC HORROR MORTIFICATION **HYSTERIA**

FRUSTRATED & IRRITABLE
IRRITABLE & ANNOYED
ENVIOUS & JEALOUS
RESENTFUL & HOSTILE
DISAPPOINTED
HOPELESS & LONELY
SELF-HATE & SHAME
SADNESS
DEPRESSION
SUFFERING
DISGUST
ACGRAVATION
TORMENT
RAGE & VIOLENCE