## LOWER FREQUENCY EMOTIONS TABLE Note: Looking up the meaning of these words may provide a more fulsome context in which these are used. **COLUMN A COLUMN B** COLUMN C ☐ Anger ☐ Confusion ☐ Dread ☐ Ashamed ☐ Defensive ☐ Effort Unreceived ☐ Discouragement ☐ Fear ☐ Betraval ROW ☐ Overwhelm ☐ Forlorn ☐ Regret 1 ☐ Love Unreceived ☐ Shame ☐ Self-abuse □ Horror Vulnerability ☐ Unworthy Sorrow ☐ Hopelessness ☐ Lack of Control Frustration ☐ Humiliated ☐ Lust ☐ Indecisiveness ☐ Neglected ☐ Grief ROW ☐ Rejection ☐ Insecurity ☐ Detachment 2 ☐ Abandonment ☐ Helplessness ☐ Jealousy ☐ Anxiety □ Worry ☐ Depression Panic Sadness ☐ Unnurtured ☐ Shock ☐ Heartache Peeved ROW Resentment ☐ Guilty ☐ Worthlessness ☐ Terror ☐ Nervousness 3 Bitterness Failure ☐ Disgust ☐ Despair ☐ Hatred ☐ Lost ☐ Longing