

The Function of Feelings

Feeling	Function	Over-reaction
Fear	Protect, defend, hide, watch out, run like the wind, suspicious	Fusion, concern, preoccupied, inattentive, usually, paranoid, self-shaming
Fear	Protect, watch, be careful, watch out	Inhibited, no jokes, isolated, over-protective, self-shaming
Anxiety	Something is wrong, heads up, what's going on?	Numb, inattentive, jumpy, hypervigilant, exhausted, self-shaming
Anger	Agitated, attack, be strong, take back	Aggressive, vengeful, sensitive, provocative, self-shaming
Sad	Reflective, disoriented, reversed	Depressed, self-shaming, withdrawn, isolating, neglectful, self-shaming
Happy	Energetic, fun, enhanced	Euphoric, risk taking
Love	Committed, devoted, appreciation	Obsessed, dependent, controlling self-shaming
Frustrated	Deciding to avoid or try harder	Frustrated, self-shaming
Embarrassed	Reconsidering, self-conscious	Intimidated, withdrawing, self-shaming
Indignant	Persistent, focused, determined	Rigid, inflexible, risking self-shaming
Disgusted	Avoid, Retreat	Blame, shame, scapegoat, prejudicial
Curious	Interested, attentive, inquisitive	Intensive, noisy, invasive
Guilt	Cost focused, reflective, problem solving	Self-shaming, overwhelmed, crashing self-censor, avoiding