

Anxiety \rightarrow	Something is wrong, heads up, what's going on?	Numb, inattentive, jumpy, hypervigilant, embarrassed, self-blaming
Anger \rightarrow	Agitated, attack, be strong, take back	Aggressive, vengeful, sensitive, provocative, self-blaming
Sad \rightarrow	Reflective, distracted, reserved	Depressed, self-blame, withdrawn, making respectful self-blaming
Happy \rightarrow	Energized, fun, engaged	Euphoric, risk taking
Love \rightarrow	Committed, devoted, appreciative	Abused, dependent, curtailing self-blaming
Frustrated \rightarrow	Deciding to avoid or try harder	Fatigued, self-blaming
Embarrassed \rightarrow	Reconsidering, self-conscious	Intimidated, withdrawing, self-blaming
Subdued \rightarrow	Persistent, focused, determined	Rigid, inflexible, risking self-blaming