

The Function of Feelings

<u>Feeling</u>	<u>Function</u>	<u>Over-reaction</u>
Fear ⇐⇒	Protect, defend, hide, watch out, run like the wind, suspicious	Freeze, cower, preoccupied, inattentive, unsafe, paranoid, self-shaming
Hurt ⇐⇒	Protect, sooth, be careful, watch out	Inhibited, no risks, 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, assaultive, provocative, self-shaming
Sad ⇐⇒	Reflective, distracted, reserved	Depressed, self-abusive, withdrawn, isolating, neglectful, self-shaming
Happy ⇐⇒	Energized, fun, enthused	Euphoric, risk taking
Love ⇐⇒	Committed, devoted, appreciative	Absorbed, dependent, caretaking self-shaming
Frustrated ⇐⇒	Deciding to avoid or try harder	Enraged, self-shaming
Embarrassed ⇐⇒	Reconsidering, self-conscious	Intimidated, withdrawing, self-shaming
Stubborn ⇐⇒	Persistent, focused, determined	Rigid, inflexible, risking self-shaming
Disgusted ⇐⇒	Avoid, distrust	Blame, shame, scapegoat, prejudice
Curious ⇐⇒	Interested, attentive, inquisitive	Intrusive, nosey, invasive
Guilt ⇐⇒	Cost focused, reflective, problem solving	Self-shaming, overwhelmed, crashing self-esteem, avoiding