

Senses of the Soul - The Emotional Intelligence Guide

The Emotion	Arises in Response to	When It Rules the Mind, You Believe	Awareness Increases by Exploring Polarities	It seeks	Its Gifts & Ultimate Purpose
Fear Doubt, Indecision, Worry, Confusion, Overwhelm, Anxiety, Panic, Terror	Threat & Danger	Life is scary Everyone's out to get me I don't know what to do	Doing Nothing vs. Taking Action Gathering Information	Safety & Security	Peace & Bliss
Desire Longing, Yearning, Craving, Obsession, Addiction (and it's polarity: Aversion, Repulsion)	Needs & Hungers	Focused on Needs & Lack I Gotta Have It Can't Live Without It	Attraction & Repulsion Scarcity & Excess	Contentment & Fulfillment	Joy & Serenity
Anger Bothered, Irritation, Frustration, Blame, Resentment, Fury, Rage	Harm & Power	For Me Or Against Me Conquer By Force Take What I Want	Domination & Submission Role of Abuser & Abused Harming & Helping	Courage & Protection	Empowerment & Honor
Depression Boredom, Discouragement, Desperation, Despair, Despondency, Apathy	Helplessness & Hopelessness	It Can't Be Done Nothing Will Change I Don't Care	Effort & Giving up Will & Surrender	Rejuvenation & Resurrection	Willingness & Optimism
Grief Sadness, Loneliness, Regret	Loss & Change	One and Only - Lost Forever Can't Go On Without It Abandoned & Incomplete	Attachment & Letting go	Completion & Wholeness	Love & Reverence
Guilt Confused Values and Ethics	Action & Reaction	Good/ Bad - Right/ Wrong Judgment is Due Punishment is Justice	Cause & Effect Taking Responsibility Forgiveness	Integrity & Truth	Neutrality & Trust
Shame Embarassment, Perfectionism Disgust, Self-Loathing	Self Image & Self-Worth	Rejected, Abandoned Not Enough, Defective, Unworthy, Unloveable, Alone	Belonging & Rejection Comparing & Competing Disgrace & Dignity	Acceptance & Alignment	Compassion & Self-Love