

Your emotions are vital parts of your ability to think, plan, dream, and act – and tracking them can help you access their gifts.

Emotions & Vocabulary	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly Total
<b>Anger</b> <i>Sarcastic, Cranky, Mad, Furious</i>								
<b>Apathy</b> <i>Uninterested, Fed-up, Bored stiff</i>								
<b>Shame</b> <i>Guilty, Ashamed, Humiliated</i>								
<b>Hatred</b> <i>Resentful, Disgusted, Contemptuous</i>								
<b>Fear</b> <i>Alert, Curious, Wary, Afraid</i>								
<b>Anxiety</b> <i>Concerned, Anxious, Over-thinking</i>								
<b>Confusion</b> <i>Unsure, Puzzled, Spacy</i>								
<b>Jealousy</b> <i>Watchful, Insecure, Selfish, Lonely</i>								
<b>Envy</b> <i>Wanting, Needing, Greedy</i>								
<b>Panic</b> <i>Careful, Panicked, Petrified</i>								
<b>Sadness</b> <i>Low, Sad, Heavy-hearted</i>								
<b>Grief</b> <i>Lost, Mournful, Heartbroken</i>								
<b>Depression</b> <i>Withdrawn, Crushed, Hopeless</i>								
<b>Suicidal Urge</b> <i>Hopeless, Miserable, Tormented</i>								
<b>Happiness</b> <i>Upbeat, Glad, Playful, Laughing</i>								
<b>Contentment</b> <i>Proud, Satisfied, Confident</i>								
<b>Joy</b> <i>Blissful, Inspired, Overjoyed</i>								

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Emotional Gifts & Skills	How Do My Emotions Support Me?	Ways to Support My Emotions
<b>Anger</b> <i>Setting Boundaries</i>	<b>Anger</b> tells me what I value and when I or others have been wronged. It helps me protect and restore what's important.	
<b>Guilt &amp; Shame</b> <i>Restoring Integrity</i>	<b>Shame</b> helps me maintain the agreements I've made with myself and others, monitor my behavior, and make amends.	
<b>Apathy</b> <i>The Healing Mask for Anger</i>	<b>Apathy</b> acts a cover for anger when I am not able or willing to set clear boundaries.	
<b>Hatred</b> <i>The Profound Mirror</i>	<b>Hatred</b> arises in the presence of things that I cannot tolerate in myself or others. Shadow work helps me reintegrate these exiled parts of myself and regain my full humanity.	
<b>Fear</b> <i>Instincts, Intuition, &amp; Action</i>	<b>Fear</b> arises to let me know about changes in my environment.	
<b>Anxiety &amp; Worry</b> <i>Focus, Planning, &amp; Completion</i>	<b>Anxiety</b> helps me prepare for the future and get things done.	
<b>Confusion</b> <i>The Healing Mask for Fear &amp; Anxiety</i>	<b>Confusion</b> lets me know when there's too much going on around me or inside me.	
<b>Jealousy</b> <i>Relational Radar</i>	<b>Jealousy</b> helps me choose and maintain strong and supportive relationships.	
<b>Envy</b> <i>Interactional Radar</i>	<b>Envy</b> helps me gain and maintain access to resources and attention.	
<b>Panic &amp; Terror</b> <i>Life-Saving &amp; Healing Actions</i>	<b>Panic</b> protects me when my life is in danger.	
<b>Sadness</b> <i>Letting Go &amp; Rejuvenating</i>	<b>Sadness</b> helps me let go of things that are no longer working. Sadness helps me make room for things that <i>will</i> work.	
<b>Grief</b> <i>Mourning &amp; Complete Release</i>	<b>Grief</b> helps me take the time I need to mourn and honor my losses – of living things, ideas, possessions, or opportunities.	
<b>Situational Depression</b> <i>Ingenious Stagnation</i>	<b>Depression</b> drains my energy as a way to help me slow down and notice the things that are not working well.	
<b>Suicidal Urge</b> <i>The Darkness Before Dawn</i>	The <b>Suicidal Urge</b> arises when things have become unlivable and unworkable, and it can help me clear those things away so that I can live again.	
<b>Happiness</b> <i>Hope &amp; Delight</i>	<b>Happiness</b> helps me look forward to the future with hope and delight.	
<b>Contentment</b> <i>Confidence &amp; Self-Esteem</i>	<b>Contentment</b> lets me know when I've done something well.	
<b>Joy</b> <i>Inspiration, Radiance, &amp; Bliss</i>	<b>Joy</b> helps me experience bliss and feel a sense of oneness with others and the world.	