

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Withdrawn, Crushed, Hopeless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

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

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

Visit KarlaMcLaren.com for free information and practices to help you access the gifts in each of your emotions. Chart concept by [Jennifer Asdorian](#).