

EMOTIONAL PROCESSING CHART

	Column A	Column B
Row 1	1 Abandonment 2 Betrayal 3 Forlorn 4 Lost 5 Love Unreceived	1 Effort Unreceived 2 Heartache 3 Insecurity 4 Overjoy 5 Vulnerability
Row 2	1 Anxiety 2 Despair 3 Disgust 4 Nervousness 5 Worry	1 Failure 2 Helplessness 3 Hopelessness 4 Lack of Control 5 Low Self-Esteem
Row 3	1 Crying 2 Discouragement 3 Rejection 4 Sadness 5 Sorrow	1 Confusion 2 Defensiveness 3 Grief 4 Self-Abuse 5 Stubbornness
Row 4	1 Anger 2 Bitterness 3 Guilt 4 Hatred 5 Resentment	1 Depression 2 Frustration 3 Indecisiveness 4 Panic 5 Taken for Granted
Row 5	1 Blaming 2 Dread 3 Fear 4 Horror 5 Peeved	1 Conflict 2 Creative Insecurity 3 Terror 4 Unsupported 5 Wishy Washy
Row 6	1 Humiliation 2 Jealousy 3 Longing 4 Lust 5 Overwhelm	1 Pride 2 Shame 3 Shock 4 Unworthy 5 Worthless

Derived from the Emotion Code Chart by Bradley Nelson