



Are there any emotions you think are “bad?” Any that are “good?” Why?

Think of a time you felt fear, anger, sadness, or guilt. Using the descriptions of the emotions in the book (also listed on the next journaling page), what message did the emotion deliver?





Fear signals that something might be harmful and that we might need to take action. In its healthy flow, fear gives us clarity, focus, and the vigor to do something.

Anger signals that you, or someone you care about, are not being treated rightly. Anger handled in a healthy flow gives us strength to set boundaries and the conviction to protect ourselves and others.

Sadness is a process of honoring and grieving something that has been lost. When healthy sadness flows through us, it helps us to release and ultimately revitalize after a loss.

Guilt is about recognizing our own responsibility for an outcome and the need to make it right. The anticipation of guilt helps us choose the right action even when we're faced with a more tempting option.

Adapted from Karla McLaren, *The Language of Emotions*

Picture yourself in a situation when you felt strong emotions. List some sensations you felt in your body that helped you know how you were feeling.

