

# EMOTIONAL SITUATION CHECKLIST

## The 4 Mental Traumas

<b>Abandonment:</b> Feeling separate Feeling lonely Feeling dependent Feeling untrustworthy	<b>Abuse:</b> Feeling victimized Feeling the need to blame Feeling controlling	<b>Rejection:</b> Seeking approval Feeling depressed Feeling anxiety Craving acceptance	<b>Addiction:</b> Driven by lust Craving external pleasure Feeling desperate
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## The 3 Basic Core Emotions

SADNESS	ANGER	FEAR
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## Sub-Emotions

<ul style="list-style-type: none"> <li>• lonely</li> <li>• heartbroken</li> <li>• gloomy</li> <li>• disappointed</li> <li>• hopeless</li> <li>• grieved</li> <li>• unhappy</li> <li>• lost</li> <li>• troubled</li> <li>• resigned</li> <li>• miserable</li> <li>• apathy</li> <li>• depression</li> <li>• separated</li> <li>• anguish</li> <li>• embarrassed</li> <li>• ashamed</li> </ul>	<ul style="list-style-type: none"> <li>• annoyed</li> <li>• frustrated</li> <li>• jealous/envious</li> <li>• contrary</li> <li>• bitter/resentful</li> <li>• infuriated</li> <li>• irritated</li> <li>• mad</li> <li>• cheated</li> <li>• vengeful</li> <li>• insulted</li> <li>• peeved</li> <li>• aggressive</li> <li>• belligerent</li> <li>• hostile</li> <li>• wrath</li> <li>• detested</li> </ul>	<ul style="list-style-type: none"> <li>• worried</li> <li>• doubtful</li> <li>• nervous</li> <li>• anxious</li> <li>• terrified</li> <li>• panicked</li> <li>• horrified</li> <li>• desperate</li> <li>• confused</li> <li>• stressed</li> <li>• tense</li> <li>• apprehensive</li> <li>• scared</li> <li>• angst</li> <li>• uneasy</li> <li>• distressed</li> <li>• dreadful</li> </ul>
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## Situation Examples

I lost my job	Angry? Sad? Fearful?
I lost a pet	Angry? Sad? Fearful?
I had a fight with a family member/partner	Angry? Sad? Fearful?
My finances are out of control	Angry? Sad? Fearful?
I don't get along with people at work	Angry? Sad? Fearful?
I don't feel I can express myself	Angry? Sad? Fearful?
I feel like I'm being put down/shot down	Angry? Sad? Fearful?
I've been abused	Angry? Sad? Fearful?
I feel separate from everyone else	Angry? Sad? Fearful?

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I'm seeking someone's approval	Angry? Sad? Fearful?
I'm lusting after something external	Angry? Sad? Fearful?
I need to control things to avoid being hurt	Angry? Sad? Fearful?
I have a nagging physical injury	Angry? Sad? Fearful?
I feel lost on what I should do in life	Angry? Sad? Fearful?
I'm preventing myself to feel	Angry? Sad? Fearful?
A loved one passed away	Angry? Sad? Fearful?
A loved one is ill	Angry? Sad? Fearful?
An intense argument with a loved one	Angry? Sad? Fearful?
A childhood memory of abuse	Angry? Sad? Fearful?
A childhood memory of abandonment	Angry? Sad? Fearful?
A childhood memory of rejection	Angry? Sad? Fearful?
A childhood memory of addiction	Angry? Sad? Fearful?
I have something to prove	Angry? Sad? Fearful?
It's everyone else's fault!	Angry? Sad? Fearful?
I'm having nightmares	Angry? Sad? Fearful?
Nobody cares about me	Angry? Sad? Fearful?
I feel like someone is watching me	Angry? Sad? Fearful?
Everyone is doing so well, except me	Angry? Sad? Fearful?
The world's current events are affecting me	Angry? Sad? Fearful?
I'm being called names and insults	Angry? Sad? Fearful?
I can't tell someone how I truly feel	Angry? Sad? Fearful?