

# Core Messages of Emotions

By LiYana Silver/Carla Camou

Fear	There is potential danger here
Anger	There is a real or imagined threat to something you value
Sadness	Something you value is lost
Grief/heartache	Something you had your whole heart in is gone
Despair	You think you can't do it
Envy/jealousy	You see something you want for yourself
Annoyance/disgust	It isn't the way you want it to be
Loneliness	You need or want connection (with others or yourself)
Depression	The way you have set up your life isn't working
Confidence	You can do it
Joy	This is something you love and fills you with life-force
Happiness	You like what you are experiencing right now
Gratitude	You are receiving something greater than yourself
Panic	You think it is going to get worse, and you are not going to be able to handle it
Anxiety	It could go wrong, or it could be okay
Guilt	Something you have done could have (or has) displeased another
Shame	You feel that something about you or something you did is wrong; something is out of alignment