

FEELINGS + THOUGHT = EMOTION

Feeling	Thought	Emotion
Unsafe / Unease	This is wrong	Anger / Resentment
Unsafe / Unease	Too bad	Sadness / Grief
Unsafe / Unease	You are mine, I control	Controlling Love
Unsafe / Unease	This is terrible	Fear
Unsafe / Unease	This is right	Joy
Unsafe / Unease	What if . . . ?	Worry / Anxiety
Unsafe / Unease	It is my fault, I am wrong	Shame

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