

PRIMARY FEELINGS, THEIR GIFTS AND DISTORTIONS

Primary Feelings are like primary colors, you can mix some of them together to achieve other feelings. For example, the feeling of frustration is a mixture of fear and anger; the feeling of rage is a mixture of fear, pain and shame.

Each feeling has a gift that comes from the experience of that feeling. If the feeling has been used in a person's life to shame or harm them in any way then the feeling becomes distorted and the gift is not able to be experienced. Instead of the gift there is an experience of the feeling being distorted.

<u><i>Feeling</i></u>	<u><i>Gift</i></u>	<u><i>Distortion Feeling</i></u>
<i>Pain</i>	<i>Healing</i>	<i>Suffering</i>
<i>Guilt</i>	<i>Values</i>	<i>Guilty</i>
<i>Shame</i>	<i>Humility</i>	<i>Humiliation</i>
<i>Anger</i>	<i>Strength</i>	<i>Angry Rage</i>
<i>Fear</i>	<i>Wisdom</i>	<i>Fearful</i>
<i>Lonely</i>	<i>Connection</i>	<i>Loneliness Misery</i>
<i>Joy</i>	<i>Healing</i>	<i>High Excitement</i>