The Five Primary Emotions

ANGER	l WANT it (There's a <i>boundary</i> that I need to <i>protect / restore</i>)
SADNESS	l LOST it (There's something I need to <i>let go</i> of)
JOY	l HAVE it (There's something <i>good</i> in my life)
FEAR	I MIGHT LOSE it (There's something <i>at risk /</i> something I <i>don't know</i>)
SHAME*	PAIN about WHO I AM ("I am/ someone who")

* **Guilt** is about <u>WHAT I DID</u> ("I ran away"); **Shame** is about <u>WHO I AM</u> ("I am a coward")