

ADAPTED VERSION OF CHIP DODD'S

The Eight Feelings™

IMPAIRMENT	TRUTH of FEELING	GIFT
<i>Apathy (non-feeling)</i>	<i>Lonely</i> GENESIS 2	<i>Connection, Home, Intimacy, Purpose</i>
<i>Suppressed Voice, Depressed Body</i>	<i>Angry</i> GENESIS 1:27-28	<i>Agency, Passion, Justice, Creativity</i>
<i>Sensual Experiences to Avoid the Pain of Feelings</i>	<i>Glad</i> GENESIS 2:25; 6	<i>Sobriety</i>
<i>Toxic Shame, Contempt Toward Self & Others</i>	<i>Shame</i> GENESIS 3:7-8	<i>Humility, Humanity, Collaboration</i>
<i>Anxiety (control), Rage (control)</i>	<i>Fear</i> GENESIS 3:10	<i>Trust, Wisdom, Safety, Security</i>
<i>Pride, Toxic Shame, Blame</i>	<i>Guilt</i> GENESIS 3:11-13	<i>Forgiveness, Freedom</i>
<i>Self-pity, Isolation</i>	<i>Sad</i> GENESIS 3:14-19	<i>Grief Journey, Vulnerability to Loss, Risking Love Again</i>
<i>Resentment, Blame</i>	<i>Hurt</i> GENESIS 4:5	<i>Healing Self-Regard</i>



CROSSPOINT