

Unresolved feelings often get stored within organs and congest physical, mental and emotional function, as well as continue to be filters for interpretation of events.

Loneliness	Acute grief	Unlived Joy	Humiliated
Abandoned	Shocked	Self-Protection	Indecisive
Lost	Broken Trust	Feeling Used	Feeling left out
Neglected	Betrayal	Trapped	Inhibited
Deprived of Love	Hurt	Hard-hearted	choked
Safety	Deep Yearning	Boredom	Giving up
Closeness	Remorse	Uncreative	Denial
Intimacy	Not lovable	Bureaucratic	Having no right to self expression
Nourishment	Withholding	Rigid	Not being Heard
Warmth	Disappointment	Greed	Not being seen
Dark Secret	Compassion	Coldness	Repressed
Unable to receive			
Anger	Resentment	Feeling inadequate	Anxiety
Frustration	Victim-Blood	Not good enough	Broken Power
Incapable to take action	Incapable to decide	Self-punishment	Dislike
Withholding all feelings	Martyr	Dependent	Smoldering
Complaining	Blaming	Lack of boundaries	Hate
Unyielding	Self-pity	Hanging on	Too Much
Self-sabotage	Second-best	Oversensitive	Stressed out
Discontented	Unforgiving	Over-worried	Devastation
Unacknowledged	Bitter	Low-self-worth	Too High demands
Toxic	Manipulative	Low self-love	Unable to process something
Incapable of standing up for oneself	False Pride	Smothered	Obsessed
Fear	Shame	Chronic Grief	Overcritical
Guilt	Very Upset	Sadness	Controlling
Powerless	Feeling Paralyzed	Longing for	Narrow Minded
Broken Will	Not standing on one's own feet	Feeling Trapped	Perfectionist
Deep disappointment	Shyness	Isolated	Dogmatic
Demoralized	Hurt	Unhealed separation	Compulsive
Bad News	Hurt	Not Belonging	Pedantic
Fright	Helpless	Despair	Cynical
Deep Exhaustion	Unfulfilled Yearning	Disappointed	Miserly
Survival	Self-Pity	Hopeless	Uptight
Brutal	Resignation	Lost zest for Life	Emotional Incontinence

