

Benefit: Acknowledge pain,
begin healing

HURT

Impairment: Resentment

Benefit: Values & honors what is present or
missed. Moves us to acceptance

SADNESS

Impairment: Self-pity

Benefit: Allows us to seek the help of
healthy relationships.

LONELINESS

Impairment: Apathy

Benefit: Alerts us to danger. Helps us practice
and prepare. Grows faith and wisdom.

FEAR

Impairment: Anxiety or rage

Benefit: Drives us toward hope, passion,
truth and justice

ANGER

Impairment: Depression or perfectionism

Benefit: Awakens to humility. Allows to
recognize limitations and ask for help
from God/others.

SHAME

Impairment: Toxic shame, self-rejection,
pride or rage

Benefit: Allows us to seek forgiveness

GUILT

Impairment: Pride or toxic shame

Benefit: Allow myself to feel and experience joy

GLADNESS

Impairment: Situational pleasure or escaping
the pain of feeling.