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## EMOTIONS

(Emotion is energy in motion and Emotions are stored in the body)

**Anger** - Loss of control over others or self and the attempt to regain it.

**Anxiety** - Incapacitating the self to avoid preparing for a situation.

**Boredom** - Not taking responsibility for your own happiness.

**Confusion** - Lazy mind; avoiding making a decision.

**Depression** - Helplessness as a luxury.

**Fear** - Entertaining a fantasy of danger that has not yet happened.

**Grief** - Loss of control over the source of love and affection.

**Guilt** - Dwelling over a past situation in order to avoid taking action now.

**Hate** - Misplaced Love.

**Homesickness** - Loss of the source of attention and source of self identity.

**Hurt** - Denial of responsibility for your own feelings. No one can hurt you without your permission.

**Jealousy** - Feeling of inadequacy to a known or unknown competitor.

**Loneliness** - Placing responsibility for your happiness on someone else.

**Regret** - Feeling inferior because things don't go the way you want them to.

**Rejection** - Unsuccessful attempt to gain the approval of another.

**Self-Pity** - Indulging in helplessness as a luxury.

**Self-Righteous** - Feeling superior to another to feel good about yourself.

**Shyness** - Waiting for external approval.

**Worry** - Incapacitating the self to avoid preparing for a situation.

\*There is a muscle/emotion relationship. When emotion is not expressed or released properly, it will migrate to specific areas. This blocked emotional energy will manifest as muscle soreness.

# Emotions

**1-**  
Sorrow

**2-**  
Sympathy

**3-**  
Anger

**4-**  
Frustration

**5-**  
Excess Joy

**6-**  
Commiseration

**7-**  
Low Blood Fuel

**8-**  
Stubbornness

**9-**  
Too Much Fun

**10-**  
Guilt



**11-**  
Anxiety

**12-**  
Separation

**13-**  
Suppression

**14-**  
Depression

**15-**  
Fear

**16-**  
Toxic Shame

**17-**  
Grief

**18-**  
Regret

**19-**  
Humiliation

**20-**  
Insecurity

# Emotions

- 1- Worry
- 2- Fright
- 3- Blame
- 4- Fretting
- 5- Lack of Joy
- 6- Sadness
- 7- Agony
- 8- Reflection
- 9- Uneasiness



- 10- Compassion
- 11- Misery
- 12- Melancholy
- 13- Nervousness
- 14- Apprehension
- 15- Impulsiveness
- 16- Agression
- 17- Opinionated