



WHAT OUR EMOTIONS CAN TEACH US



GUILT

Shows you that you are living to other people's expectations and/or that you have behaved out of alignment with your core values.



ANXIETY

Shows that you need to be aware of the present and that you may be stuck in the past while living in fear of the future



ANGER

Shows that you are passionate, where your boundaries are and what you believe needs to change about the world.



SADNESS

Shows the depth of your care for others and the world and communicates a loss of grief you may be experiencing



SHAME

Shows that you are internalising others beliefs about who you and your need to reconnect with yourself



DISCOMFORT

Shows that you need to pay attention right now to what is happening because you are being given an opportunity to change



BITTERNESS

Shows when you need to hear, when you are still holding judgements on others and self and where you may need to release things.



RESENTMENT

Shows where you are living in the past and not allowing the present to be as it is.



FEAR

Shows where you need to navigate potentially risky situations but can also hold you back from growth



EMMA WOODCOCK

Thank you

Thank you for downloading my free resource. I love creating resources and sharing thoughts that will help you grow and bloom.

You can visit my website at www.emmawoodcock.com for more resources and can contact me there. I'd love to hear from you!

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