

# The Emotion Code™ Chart

	Column A	Column B
<b>Row 1</b> Heart or Small Intestine	Abandonment Betrayal Forlorn Lost Love Unreceived	Effort Unreceived Heartache Insecurity Overjoy Vulnerability
<b>Row 2</b> Spleen or Stomach	Anxiety Despair Disgust Nervousness Worry	Failure Helplessness Hopelessness Lack of Control Low Self-Esteem
<b>Row 3</b> Lung or Colon	Crying Discouragement Rejection Sadness Sorrow	Confusion Defensiveness Grief Self-Abuse Stubbornness
<b>Row 4</b> Liver or Gall Bladder	Anger Bitterness Guilt Hatred Resentment	Depression Frustration Indecisiveness Panic Taken for Granted
<b>Row 5</b> Kidneys or Bladder	Blaming Dread Fear Horror Peeved	Conflict Creative Insecurity Terror Unsupported Wishy Washy
<b>Row 6</b> Glands & Sexual Organs	Humiliation Jealousy Longing Lust Overwhelm	Pride Shame Shock Unworthy Worthless