

# EMOTIONAL PEACE PROCEDURE

An important part of developing greater emotional awareness is to be able to label the emotion you're feeling and understand the primary emotion it represents.

| Primary Emotion  | Secondary Emotion   |  |   |
|------------------|---|--|---|
| <b>Happiness</b> | Content<br>Proud<br>Accepted<br>Powerful<br>Valued                  | Optimistic<br>Peaceful<br>Joyful<br>Confident<br>Respected   | Creative<br>Loving<br>Thankful<br>Hopeful<br>Inspired |
| <b>Sadness</b>   | Lonely<br>Vulnerable<br>Despair<br>Guilty<br>Depressed              | Hurt<br>Abandoned<br>Grief<br>Ashamed<br>Emptiness           | Disappointed<br>Embarrassed                           |
| <b>Anger</b>     | Humiliated<br>Mad<br>Bitter<br>Frustrated<br>Irritated              | Annoyed<br>Betrayed<br>Resentful<br>Disrespected<br>Violated | Jealous<br>Withdrawn                                  |
| <b>Fear</b>      | Scared<br>Anxious<br>Insecure<br>Rejected<br>Nervous                | Worthless<br>Overwhelmed<br>Worried<br>Helpless              |   |
| <b>Disgust</b>   | Disapproving<br>Disappointed<br>Judgmental<br>Appalled<br>Nauseated | Horrificed<br>Revolted                                       |   |
| <b>Surprise</b>  | Confused<br>Amazed<br>Excited<br>Eager<br>Perplexed                 | Shocked<br>Astonished<br>Disillusioned                       |   |

## WHAT EMOTIONS ARE YOU STILL CARRYING AROUND?

It's likely you are carrying around unresolved emotions that are still alive inside, affecting how you feel in the present moment. A good indication of this is if you feel a charge or emotion when you think about someone, a memory, an event or circumstance (past/present/future); or if you feel like you get triggered or overeat for no reason.

**Instructions:** Write down as many things as you can think of for the following...

I feel **SAD** when I think about... (list person/memory/event)

I feel **ANGER** when I think about...(list person/memory/event)

I feel **FEAR** when I think about...

I feel **DISGUST** when I think about...

Now take time to tap on each specific incident, or if you're unsure of the origin of the feeling but know it's there use the [Tapping Audio\\_Emotional Wounds](#) to help clear it.