LoveAlive Emotions Nourishing Life Wheel

Love
Nourishing Life, Caring Connection, Passion, Communion, Mystery, Ecstasy, illumination, Grace, Security, Attuning, Source of meaning. Service. My heart is a wellspring of Love connected to every wellspring. I open to the joy of giving & receiving fully. Awakened Heart

Sadness & Grief
Instinct: Adaptive Pause; Grief: The other side of Love for all life & Joy; What loss am I grieving? What do I need healing for? Repair Relational Fractures; How does the meaning in my life change with respect to what I have lost? What gift is this loss guiding me toward?

Joy
Wonder, Elation Savouring life's beauty whole heartedly. Grace. Appreciating the beauty of life, including sorrows.

Letting Joy flow through my heart

Gratitude

Fear
Instinct: Readiness
Need: Safety
Fight, Flight, Freeze, Fawn
What were you not ready for? What are you ready for? A journey of Becoming Ready. Need to mend my mind/body connection - adaptability

Loneliness
Need for real, caring attuned, connection ~ Giving & Receiving. What thoughts do I give my attention to that are keeping me isolated? Time for Reaching for & Creating open hearted pathways

Shame
Need: Wholeness, Self Esteem, Interdependence. Core wounds. Re-membering the empowering Truth about me. A sense of personal inadequacy & unworthiness. Shame can be self absorbed. What can I choose to move toward Wholeness & Self Esteem?

Disgust
Instinct: Protection
What doesn't feel right? What (or whose) values or standards are being violated? What needs to shift for me to feel in alignment with how I'm engaging?

Excitement
Need: Bonding & Belonging, Contribution, Communion, Giving & Receiving; wonder, elation
What bonding or belonging experience am I excited about? Lightning bolt bringing new life energy.

Guilt
What did I do to cause harm? Guilt & Remorse can inspire us to repair damages in relationship. What (or whose) Values or standards did I violate? Am I living a life based in other peoples' expectations? What are my Values? What core emotions do I believe/or was taught I am not allowed to feel?

Anger
Instinct: Assertion
Creativity, Passion, Hunting, Protection Defending against vulnerable feelings & unmet needs; Assertion to meet needs; What assertion, need, or value is feeling threatened, obstructed or suppressed?

Do I need boundaries?

Pain
Pain is inevitable. Suffering is a choice. My pain / Empathic Pain A combination of feelings. Find & tend to each of these. Need Compassionate Connection. What gift is in it for me & that I may share? Find & resolve unmet needs.

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