



Eponicity Emotional Message Chart* (nine pages)

EMOTIONS: A UNIVERSAL LANGUAGE

Emotions transcend species and cultures, serving as a universal form of communication. They drive us to take action, helping us navigate threats, protect ourselves, guide our choices, and support meaningful interactions. Emotions provide us with crucial information on how to live and thrive in the world.

Unprocessed emotion can intensify into more potent feelings, urging us to pay attention to and listen to our inner turmoil. Timeless in nature, unresolved emotions from earlier in life can magnify present losses, significantly impacting our well-being. When ignored, emotions can lead to mental and physical illness.

In the natural world, animals rely on emotions to survive and adapt to their surroundings. Similarly, we can learn from nature by processing emotions as they arise, thus transforming our experiences into wisdom.

There is evidence in the science of epigenetics suggesting that unprocessed emotions may lead to changes in our genetic code, potentially making future generations more susceptible to disease.

To process emotions:

1. Develop awareness by **noticing where the emotion** resides in your body and allowing yourself to feel it fully.
 2. Seek to **understand the message** behind the emotion.
 3. **Ask yourself questions** related to the message.
 4. **Take action in response** to the message.
 5. Release the emotion, returning to a state of equilibrium, akin to how horses "go back to grazing" after processing a threat.
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**Some content is based on "The Language of Emotions: What Your Feelings Are Trying to Tell You" Revised by McLaren, Karla and theory by Linda Kohanov, founder of Eponaquest.*

<i>Emotion</i>	The Benefit	The Message	The Question	The Intensification
<p><i>Fear</i> An external threat</p>	<p><i>Benefits:</i> Focus on the present moment, access intuition and instincts for survival.</p>	<ul style="list-style-type: none"> • Intuitive, focused awareness of a threat to your wellbeing. • Something is jeopardizing your safety. 	<ul style="list-style-type: none"> • What is the threat? • What action must I take to move to a position of safety? 	<p>Worry, anxiety</p> <p>Confusion</p> <p>Dulling of the senses</p> <p>Panic, terror</p> <p>Dissociation</p>
<p><i>Vulnerability</i> An internal threat to comfortable habits/beliefs</p>	<p><i>Benefits:</i> Expands scope of awareness and joy, strengthens relationships, limitless potential.</p>	<ul style="list-style-type: none"> • Something significant is about to change or be revealed. • There is a threat to your comfort zone, or something is pushing the edge of what you're used to. 	<ul style="list-style-type: none"> • What part of your comfort zone are you moving out of? • What belief, behavior, or perception is being challenged? • How might my life change if I move out of my comfort zone or accept this new insight? 	<p>Panic</p> <p>Rage</p> <p>Can feel like fear - ask yourself if your life is in danger to differentiate.</p>
<p><i>Anger</i> A boundary violation</p>	<p><i>Benefits:</i> Motivates, creates safety, reveals injustice.</p>	<ul style="list-style-type: none"> • A physical or emotional boundary has been crossed. • Sometimes unconsciously, or by a person who's trying to bend you to his/her will. 	<ul style="list-style-type: none"> • How old is this anger, when and how did it start? • What must be protected • What boundary must be established or restored? 	<p>Rage/Fury</p> <p>Deflected Rage (exploding at an innocent bystander)</p> <p>Boredom/Apathy (masks anger that can't be dealt with)</p>

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Anxiety Something feels amiss	Benefits: Make and solidify plans, assemble a trustworthy team, and potential partnership.	<ul style="list-style-type: none"> Feelings do not match the external circumstance. Something or someone is incongruent or inconsistent. Something feels out of control. 	<ul style="list-style-type: none"> Who or what is creating the anxiety? Who or what feels incongruent- creates a sense of unease in me? What value or belief is this situation, action or thought am I in conflict with? Is there a plan or list that needs to be made? 	Mistrust Panic, terror Frustration Confusion
Frustration 'It' is not working	Benefits: Imagination, creativity, collaboration, evolution.	<ul style="list-style-type: none"> The action you're taking is not effective. 	<ul style="list-style-type: none"> Where is the block? What can I do differently? Who can I ask for ideas and/or assistance? 	Rage Exhaustion Powerlessness Withdrawal
Disappointment Unmet expectations	Benefits: Opportunities to educate, broaden perspective, and learn not to take things personally.	<ul style="list-style-type: none"> The outcome (contrary to what you desired or envisioned) did not live up to your expectations. 	<ul style="list-style-type: none"> What was I hoping/expecting to happen? Was this expectation realistic? If so, how can I better communicate my vision to those capable of carrying it out? If not, how can I modify my vision and/or better support the people involved? 	Anger Frustration Mistrust Powerlessness Apathy

<i>Emotion</i>	The Benefit	The Message	The Question	The Intensification
<p>Sadness Loss – you choose when and how to let go.</p>	<p>Benefits: Letting go allows room for newness to enter, initiates change, supports growth, opportunities become possible.</p>	<ul style="list-style-type: none"> • An element of your life is asking to be released, it is up to you to choose the time. • This loss is at hand, and it is in your best interest to let go. 	<ul style="list-style-type: none"> • What must be released? • What newness wants to come into your life? 	<p>Despair</p> <p>Despondence</p>
<p>Grief Loss – There/is no choice in letting go.</p>	<p>Benefits: Memorialization, honoring, benevolence, self-reflection, appreciation, and gratitude.</p>	<ul style="list-style-type: none"> • A significant loss or death has occurred, usually due to circumstances beyond your control. • An impactful experience of having something valuable taken away from you due to uncontrollable life circumstances, <i>sometimes without immediate awareness</i>, at any point in your life (i.e., as a child); this can feel like a boundary violation. 	<ul style="list-style-type: none"> • What must be mourned? • What must be memorialized, appreciated and/or celebrated? 	<p>Despair</p> <p>Despondence</p> <p>Depression</p>

<i>Emotion</i>	The Benefit	The Message	The Question	The Intensification
<p>Loneliness Feeling isolated</p>	<p>Benefits: It offers an opportunity to reflect and observe the bigger picture, assess the need for change, and examine components of connection.</p>	<ul style="list-style-type: none"> • It seems as though one cares. You are disconnected from someone or everyone. • You are alone, isolated, or feel like an outsider. 	<ul style="list-style-type: none"> • Who or what do I want to be more connected to? • Do I feel worthy of connection? • In what situations do I feel alone or like an outsider? • Where DO I feel connected? • How can I create the connections I desire? 	<p>Depression</p> <p>Apathy</p> <p>Disappointment</p> <p>Sadness</p>
<p>Envy I want that (what 'you' have)</p>	<p>Benefits: Self-improvement, goal setting, mentorship, acknowledgment of another's success, inspiration.</p>	<ul style="list-style-type: none"> • The person you envy models a talent, success, position, or lifestyle you want to develop or acquire. 	<ul style="list-style-type: none"> • What aspects of this person's life, career, personal qualities, relationships, or talents inspire me to excel? • What professional training or skills must I develop to achieve similar success? • Who can I enlist for support in this next stage of growth? 	<p>Hero worship</p> <p>Rivalry</p> <p>Resentment</p>

<i>Emotion</i>	The Benefit	The Message	The Question	The Intensification
<i>Jealousy</i> <i>'It' is not fair</i>	<i>Benefits:</i> Asks for reflection/action on current circumstances, sheds light on shadow elements, and motivates us to shift out of victim mentality.	<ul style="list-style-type: none"> A perceived or real inequity of resources, pay, recognition, opportunity, or relationship has come to your attention. 	<ul style="list-style-type: none"> Exactly who or what am I jealous of? <p>Is this an unintentional oversight?</p> <ul style="list-style-type: none"> If so, who or what can (I) do to rectify the situation? If not, how can I strategize and gather support to change an unfair system? 	Resentment Outrage Withdrawal
<i>Shame</i> I am bad	<i>Benefits:</i> Living up to your own values, humbles, self-acceptance, reveals betrayers, enforces social norms.	<ul style="list-style-type: none"> A personal critique of a “defective” state of consciousness or being. A possible indication that you are being scapegoated. 	<p>Am I feeling shame for a way of being or perceiving a situation or circumstance?</p> <ul style="list-style-type: none"> If so, with recent insights, how can I enter a new, empathic, and responsible phase of life with self-compassion? <p>Am I being shamed by others?</p> <ul style="list-style-type: none"> If so, am I being objectified or used as a scapegoat? How can I set boundaries with these people without shaming them? 	Worry, anxiety Confusion Dulling of the senses Dissociation

<i>Emotion</i>	The Benefit	The Message	The Question	The Intensification
<p><i>Guilt</i> I did something bad</p>	<p><i>Benefits:</i> Awareness of our ethical standards, motivates positive change and fosters remorse and empathy.</p>	<ul style="list-style-type: none"> • Critique of a destructive, neglectful, or abusive behavior (This can be an internal critique or a transgression that others are bringing to your attention). 	<ul style="list-style-type: none"> • What questionable behavior or action did I engage in? • What was my motivation? • How can I get my needs met in a more productive way? • If ongoing, who can help me change this hurtful habit? 	<p>Denial</p> <p>Blame</p> <p>Shame</p> <p>Projection</p>
<p><i>Remorse</i> I regret being involved in a situation.</p>	<p><i>Benefits:</i> Reestablishes personal ethics and offers an opportunity to foster our innate benevolence.</p>	<ul style="list-style-type: none"> • A sense of sorrowfulness for something you were a part of was wrong and may have caused harm to an individual or societal group. 	<ul style="list-style-type: none"> • What behavior did I engage in and why? • What means are there for me to take accountability for my actions? • How can I make amends, reconcile, and then shift into self-compassion? • Is there a part of me that wants to be more empathic? • Is there a need for me to separate from the ideology that spurred this incident? 	<p>Denial</p> <p>Depression</p> <p>Blame</p> <p>Shame</p> <p>Projection</p>

<i>Emotion</i>	The Benefit	The Message	The Question	The Intensification
<i>Depression</i> Stagnation	Benefits: A call for a 'time out' or sabbatical can help redirect efforts and create new opportunities.	<ul style="list-style-type: none"> • What you are doing and where you are going does not align with your true or current inner desires. • The psyche is asking for a pause in order to keep something safe/intact - this may be your soul, your health or your purpose in life. 	<ul style="list-style-type: none"> • What activities or relationships drain my energy most? • What (new) direction gives me energy? 	Loss of self Loss of life's purpose Suicidal urge Physical illness
<i>Suicidal Urge</i> Hopelessness	Benefits: A blaring awareness to bring in support and ask for help to shift into hopefulness.	<ul style="list-style-type: none"> • Some aspect of the life you're leading must end (not your physical existence). 	<ul style="list-style-type: none"> • What situation am I involved in that must end now? • What must be culled? 	Becoming like a "soulless automaton". Physical death.
<i>Disgust</i> It feels 'icky'	Benefits: Engaging outside of routine, comfort zone or habits.	<ul style="list-style-type: none"> • Your mind is feeling contaminated. • Extreme disapproval of your feelings, thoughts, or behaviors or of something you see in others or are being asked to do. 	<ul style="list-style-type: none"> • What or who am I disapproving of? • What is it that deeply violates my values? • What am I being forced or pushed to engage in? • What thoughts or beliefs are creating the disgust? • How else might I see things? 	Withdrawal - Disassociation Rage Shame Self-hatred

<i>Emotion</i>	<i>Sensation</i>	<i>Message</i>	<i>Question</i>	<i>Indications of Obstruction</i>
Contentment <i>All is well!</i>	It feels like peace.	Satisfaction, fulfillment and enjoyment of your life, some aspect(s) of it, an event or situation. Coming to terms with a situation that you have no control over.	What situation(s) have I accepted? What did I accomplish/finish? What qualities or gifts have I recognized in myself or others?	Inability to feel satisfied or proud. Unwilling to accept a challenge and risk failure.
Happiness <i>The cares of the world disappear!</i>	Feels like youthfulness, celebratory.	Delight, playfulness, amusement, hope and/or invigoration.	What am I celebrating? What possibilities have opened up? What emotions have been released or processed?	Lack of belief in possibilities or the future. Unwillingness to play. Inability to feel other emotions.
Pride <i>Well done!</i>	Feels like extreme satisfaction.	You or someone you care about did something well and/or achieved a desirable outcome.	What did I/they do well? Am I able to acknowledge/allow in the pride I feel? What connection do I have with the person I feel proud of?	Feel as if what you do is never good enough. Skewed filter from childhood experiences.
Love <i>You are valued</i>	An intense feeling of deep affection. Love goes beyond emotion; it is a state of being.	A strong bond, shared special experiences, deep connection, physical attraction, understanding and/or exceptional communion.	What is my definition of love? How do I experience love? What benefits does love bring to my life?	Unwilling to feel other emotions. Sense of unworthiness. Influenced by social conditioning. Unhealed trauma.
Joy Existential connection	Can feel fleeting, otherworldly.	A feeling of expansion, communion, inspiration, radiance, and bliss. Connection to something bigger than yourself.	What do I feel connected to? What is inspiring me? What changed in me to allow Joy to enter my life?	Inability to feel connected to humanity or the world. Unwillingness to feel other emotion.