



The Emotion Code Chart

	A	B
1 HEART OR SMALL INTESTINE	Abandonment Betrayal Forlorn Lost Love Unreceived	Effort Unreceived Heartache Insecurity Overjoy Vulnerability
2 SPLEEN OR STOMACH	Anxiety Despair Disgust Nervousness Worry	Failure Helplessness Hopelessness Lack of Control Low Self-Esteem
3 LUNG OR COLON	Crying Discouragement Rejection Sadness Sorrow	Confusion Defensiveness Grief Self-Abuse Stubbornness
4 LIVER OR GALL BLADDER	Anger Bitterness Guilt Hatred Resentment	Depression Frustration Indecisiveness Panic Taken for Granted
5 KIDNEYS OR BLADDER	Blaming Dread Fear Horror Peeved	Conflict Creative Insecurity Terror Unsupported Wishy Washy
6 GLANDS OR SEXUAL ORGANS	Humiliation Jealousy Longing Lust Overwhelm	Pride Shame Shock Unworthy Worthless