

Soul Aligned

What Your Emotions Might Be Showing You...



Bitterness shows you where you need to heal, where you are still holding judgments on others and yourself.

Jealousy shows you where you feel lack, comparing yourself to someone else or wanting what someone else has.

Depression shows you where you need to focus your attention, something in your life isn't working anymore, a change is needed.

Anger shows you what you're passionate about, where your boundaries are, and what you believe needs to change about the world.

Disappointment shows you how your expectations differ from reality, shows you that you still care about something or your desired outcome.

Guilt shows you your values, where you were wrong and that you need to correct the situation.

Shame shows you that you are internalizing other people's beliefs about you and that you need to reconnect with yourself.

Anxiety shows you that you need to take a breath and reconnect with the present moment, that you are stuck in the past or living in fear of the future.

Sadness shows you the depth of your feeling, the depth of your care of others and this world.