

		Column A		Column B
Row 1 Heart or Small Intestine	1	Abandonment	1	Effort Unreceived
	2	Betrayal	2	Heartache
	3	Forlorn	3	Insecurity
	4	Lost	4	Overjoy
	5	Love Unreceived	5	Vulnerability
Row 2 Spleen or Stomach	1	Anxiety	1	Failure
	2	Despair	2	Helplessness
	3	Disgust	3	Hopelessness
	4	Nervousness	4	Lack of Control
	5	Worry	5	Low Self-Esteem
Row 3 Lung or Colon	1	Crying	1	Confusion
	2	Discouragement	2	Defensiveness
	3	Rejection	3	Grief
	4	Sadness	4	Self-Abuse
	5	Sorrow	5	Stubbornness
Row 4 Liver or Gallbladder	1	Anger	1	Depression
	2	Bitterness	2	Frustration
	3	Guilt	3	Indecisiveness
	4	Hatred	4	Panic
	5	Resentment	5	Taken for Granted
Row 5 Kidneys or Bladder	1	Blaming	1	Conflict
	2	Dread	2	Creative Insecurity
	3	Fear	3	Terror
	4	Horror	4	Unsupported
	5	Peeved	5	Wishy Washy
Row 6 Glands or Sexual Organs	1	Humiliation	1	Pride
	2	Jealousy	2	Shame
	3	Longing	3	Shock
	4	Lust	4	Unworthy
	5	Overwhelm	5	Worthless