

We are all faced with situations that compel responses involving our beautiful and painful human emotions. The challenge is to know the difference between an appropriate response and a fixed pattern of repetitive reactions – which at first seem to protect our heart, but over time can result in a Broken Heart.

- Sometimes anger is focused appropriately. However, the **Body**/Gut Center habitually reacts to all stress with anger (8), passive-aggressiveness (9), and resentment (1) towards our self or others.
- Sometimes fear is the appropriate response to real danger. However, the **Head** Center can be overly sensitive to any perceived threats, reacting with withdrawal (5), phobic or counter-phobic behaviors (6), and distraction (7).
- Sometimes we need to *not* engage and respond in a given situation for valid reasons. However, the **Heart** Center regularly represses their own emotions and submits to others by responding to others' emotions (2), wanting others' approval (3), and fantasy or symbolic displacement of their true feelings (4).

Passive-aggressive Sloth / sadness--

Shattered Heart, broken into pieces

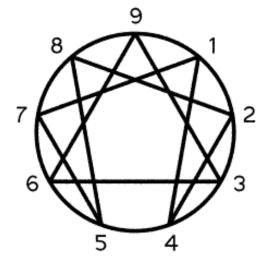
Lust, anger--

Resentment & anger--Grief Stricken Heart

Dying Heart, cold, lifeless

Distraction, gluttony--Starving Heart, not getting what it needs

Fear, doubt-Panic-seized, Heart,
crushed, can't
breathe



Pride, sadness-Responding to
other's emotions-Severed, Cut-off
Heart, cut off from all
other hearts

Vanity, deceit--Seeking others' approval--Empty Heart, nothing there

Withdrawal, avarice-Desert Heart, dried and
desiccated

Envy, fantasizing--Stabbed, Heart, pierced, uncontrolled bleeding

¹ Russ Hudson and Keyes' *Emotions & the Enneagram*

² Russ Hudson