Feelings As Messengers

	Mad	Sad	Scared
Tells me:	There has been a violation	Loss or an anticipated loss	Danger or anticipated danger
So right now:	I need to set limits or reestablish boundaries	I need support, space, time to grieve & let go	I need protection, support, & reassurance

Joyful	Peaceful	Powerful
"Keep on keepin' on"	"Keep on keepin' on"	"Keep on keepin' on"

Note: These are primary feeling families. Feeling words like "frustrated," "successful," "overwhelmed," "confident" and other feeling expressions are some re-presentations or combination of the above six primary feeling families.

Developed by Wekesa O. Madzimoyo of AYA Educational Institute

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