



ROSEWOOD®

CENTERS FOR EATING DISORDERS

## The Nine Core Feelings - From RosewoodRanch.com

Nine Core Feelings		Their Gifts
Anger	Resentment Irritation Frustration Annoyance Exasperation	Assertiveness Strength Energy
Fear	Apprehension Overwhelmed Threatened Concern Dread	Preservation Wisdom Protection
Pain	Hurt Pity Sad Shock Despair	Healing Growth Awareness
Joy	Happy Elated Hopeful Peace Pleasure	Abundance Happiness Gratitude
Passion	Enthusiasm Desire Zest Zeal Eagerness	Appetite Energy Excitement
Love	Affection Tenderness Compassion Warmth Fondness	Connection Life Spirituality
Shame	Embarrassment Humble Disgraced Exposed Unworthy	Humility Containment Humanity
Guilt	Regretful Contrite Remorseful Erring Sorrowful	Values Amends Containment
Loneliness	Abandoned Estranged Rejected Isolated Forlorn	Spirituality Awareness Introspection