

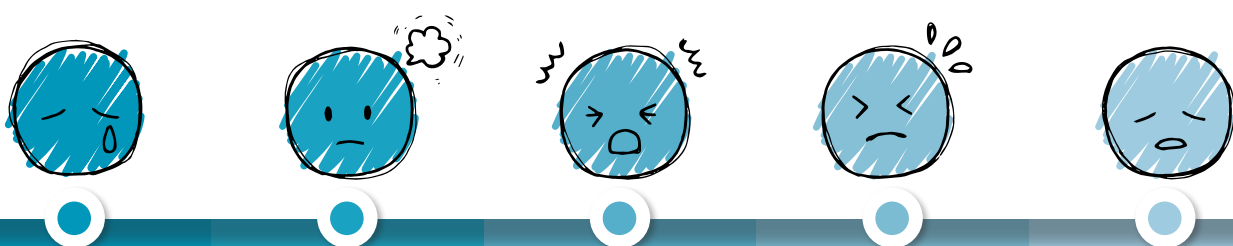
# STREAMLINE YOUR EMOTIONS:

## THE BIG 5

Of the hundreds of different emotions that we experience as humans, each has it's unique nuance that provides important information.

However, when learning to work with our emotions from an empowered framework, it can be initially beneficial to drill down our emotional experiences to one of the top 5 most common negative feelings. By learning to work with the “**Big 5,**” we can more readily remember what the signal and antidote is in order to begin to diminish our negative emotional experience. Most negative feelings can be boiled down to one of these top 5 negative feelings. Below is a chart to support you to help identify, which of the big 5 your emotional experience may best fit. What is important is to trust your gut on the best way to drill down your emotional experience. For instance, if you feel overwhelmed, which is under the category of anxiety, but your overwhelm feels more like guilt, trust what your experience is telling you. These are simply guidelines rather than hard and fast rules that must be strictly followed.

*(If you would like support with 50+ negative feelings and how to address them from an empowered approach in 5 minutes or less, check-out our online course Emotional Empowerment On-the-Go.)*



DISAPPOINTED/ SAD:	ANXIOUS	ANGRY	FRUSTRATED	GUILTY
Foolish Helpless Hopeless Inadequate Longing Lost Misunderstood Sorry for myself Unsupported Useless	Apprehensive Doubtful Dread Insecure Intimidated Misunderstood Nervous Overwhelmed Pressure Scared Self-Conscious Tense Worried	Deceived Disrespected Fed up Manipulated Powerless Rejected Resentful Rage Used Violated	Annoyed Bored Confused Impatient Irritated Jealous Run-down Trapped	Embarrassed Obligated Regret Remorseful Shame/Ashamed Unworthy