



WHAT ARE OUR FEELINGS
TELLING US?

ANGER

"I NEED TO PROTECT MYSELF"

"A BOUNDARY HAS BEEN
CROSSED"

"I'M FEELING VULNERABLE"

Dr Maxine Champion
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Sadness

"I've lost something"

"I'm hurting"

"Something's gone wrong"

Joy

"I enjoy this"

"I can be myself"

"I'm getting what I need"

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Fear/Anxiety

"Something's not quite right"

"I can't be myself"

"I need to protect myself"

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Disappointment

"My expectations haven't been met"

"There was something I wanted and I didn't get it"

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Envy

"There's something I need that I don't have"

"I think I am lacking in some way"

"I'm missing something or someone"

Guilt

**"I've done something that
doesn't align with who I want
to be"**

"I need to make amends"

HOW DO THESE MESSAGES FIT FOR YOU?

DO YOU THINK THERE'S SOME
MISSING?

WHAT ELSE MIGHT YOUR FEELINGS BE
SAYING?

Dr Maxine Champion
[@relatingpsychology](https://www.instagram.com/relatingpsychology)