

6.9 Module 4: Feelings 2

Exploring fear

Other words for fear:

Anxious	Avoidant	Cautious	Concerned
Frozen	Insecure	Intimidated	Guarded
Panicked	Stressed	Tense	Terrified

Danger

Fear is the feeling that we experience when we feel in danger.



Escape

It motivates us to avoid threat or to escape threat.



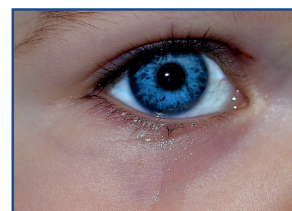
Help or reassurance

Fear has a social request for help or reassurance.



Accept limitations

To process fear fully we need to accept our own limitations.



Exploring joy

Satisfaction

We feel joy when something positive has happened.



Go towards

It makes us want to connect with other people so that we can share our positive feelings.



Acceptance of good

We fully process joy when we accept that good things can happen in our lives.

Other words for joy:

Blissful	Connected	Energised	Excited
Friendly	Happy	Hopeful	Loved
Relaxed	Thankful	Rebellious	Ecstatic

