

## In What Emotion Do You Live with Most Often?

What % Do You Live in Your Life	Natural Emotions	In the Moment
0%	<p><b>Fear</b></p> <p>Natural First Instinct - Fight or Flight Response - To Be Safe            Motivates you to take action            Brings up personal, family, and cultural fears            Often our fear holds us back from moving forward</p>	<p>Acknowledge your fear response            If not life threatening, take a breath            Mentally check in with you body            Breathe into acceptance to what is</p>
0%	<p><b>Anger</b></p> <p>Natural response to Fight or Flight            Creates boundaries between you and others            Often at the core of our fear            Creates separation between you and the world</p>	<p>Acknowledge your anger response            If not life threatening, take a breath            Breathe into acceptance to what is</p>
0%	<p><b>Sadness</b></p> <p>Feeling and processing the loss(es)            Feelings of your own mortality may rise up            Often at the core of our anger            Opportunity for acknowledgement of deep loss(s)</p>	<p>Acknowledge your sadness response            Breathe into your sadness            Mentally go to the sadness in your body</p>
0%	<p><b>Joy</b></p> <p>Acceptance to what is            Sense our deep love and connection to God, others, and creation            Feel that we are loved and have always been loved by God            Lives life more in present moment, rather than past or future</p>	<p>Delight in your Joy response            Breathe into the present moment            Express love in some way</p>