

The Emotion Code

By Dr. Bradley Nelson

| | A | B |
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| 1 Heart or Small Intestine | Abandonment Betrayal Forlorn Lost Love Unreceived | Effort Unreceived Heartache Insecurity Overjoy Vulnerability |
| 2 Spleen or Stomach | Anxiety Despair Disgust Nervousness Worry | Failure Helplessness Hopelessness Lack of Control Low Self-Esteem |
| 3 Lungs or Colon | Crying Discouragement Rejection Sadness Sorrow | Confusion Defensiveness Grief Self-Abuse Stubbornness |
| 4 Liver or Gallbladder | Anger Bitterness Guilt Hatred Resentment | Depression Frustration Indecisiveness Panic Taken for Granted |
| 5 Kidneys or Bladder | Blaming Dread Fear Horror Peeved | Conflict Creative Insecurity Terror Unsupported Wishy Washy |
| 6 Glands or Sexual Organs | Humiliation Jealousy Longing Lust Overwhelm | Pride Shame Shock Unworthy Worthless |