

HAPPY, SAD, ANGRY, SCARED, ASHAMED

This chart indicates how the inner child acting in place of the adult experiences' feelings (overwhelming because they are too big); how the pretend or 'faux' adult handles things; and how the true adult experiences feelings.

FEELINGS CHART

CHILD (in place of adult)	"FAUX" ADULT (Adapted child)	TRUE ADULT (mature, centered)
------------------------------	---------------------------------	----------------------------------

FEAR

terror/panic	mask/pretend/perfection	attention, may be danger
--------------	-------------------------	--------------------------

ANGER

rage/violence	mask/pretend/perfection	something is wrong-- needs to be redressed
---------------	-------------------------	-----------------------------------------------

SADNESS

despair/depression	mask/pretend/perfection	mourn losses--feel them and heal them
--------------------	-------------------------	------------------------------------------

SHAME

worthless	mask/pretend/perfection	slight embarrassment. "I am not perfect and that's OK."
-----------	-------------------------	------------------------------------------------------------