

TEER: Emotion Grid

ROW	COLUMN A	COLUMN B	COLUMN C	COLUMN D
1	Guilty Suicidal Betrayed Over-Responsible Dogmatic Anxious	Irresponsible Abuse of Power No Control Impatient Hesitant Desperate	Frustrated Helpless Shocked Jittery Dreading Unappreciated	Stubborn Indecision Fearful Doubtful No Choice Heartache
2	Cynical Terrified Paranoid Paralyzed Panic Insecure	Stuck Self-Destructive Controlling / ed Exhausted Hasty Vulnerable	Troubled Sexually Insecure Unaccepting Annoyed Worried Failure	Resistant Abandoned Forlorn Lost Unloved Hopeless
3	Nervous Angry Despised Critical Low Self-Esteem Discouraged	Humiliated Jealous Pride Blamed Unsupported Disgusted	Lustful Worthless Shame Horror Bitter Rejected	Longing Unworthy Overwhelm Restricted Taken for Granted Conflicted
4	Depressed Confused Defensive Grief / Sorrow Self-abuse Hated / Hating	Despairing Sadness Guilty Unaccepted Disconnected Apathetic	Abused Self-Righteous Embarrassed Disillusioned Overlooked Needy	Greedy Vengeful Disappointed Unforgiving Secretive Deceived