

1. Grief

Suffering due to loss of a loved one, death of a dream, disaster, misfortune, etc. A universal reaction to bereavement. Can also arise from unmet expectations.

Inherited from Father, from his Mother, from 12x Great-grandfather. Also released for Brayden.

2. Longing

To miss someone or something; A yearning, pining or aching for; to have a strong desire or craving; to want something you do not have.

Inherited from Mother, from her Mother, from 11x Great-grandfather. Also released for Damon.

3. Love Unreceived

A feeling that one's love has been rejected. Feeling unwanted, not cared for; not accepted; a lack of love where it is desired.

4. Panic

A sudden, overwhelming fear that produces hysterical behaviour, unreasonably fearful thoughts or physical symptoms such as trembling and hyperventilation; a strong feeling of impending doom.

5. Guilt

The feeling of having done wrong or committed an offence. Taking responsibility for the harmful actions of another (e.g., abuse, parents' divorce, death, etc.) Often accompanied by feelings of depression, shame and self-abuse.

6. Rejection

Feeling denied, refused or rebuffed; discarded as useless or unimportant; cast out; unwanted; forsaken.

7. Sadness

Unhappy; sorrowful; mournful; affected by grief.

8. Horror

A strong emotion of alarm, disgust, or outrage caused by something frightful or shocking (e.g. an event of extreme violence, cruelty, or macabre.)

9. Wishy Washy

Weak, spiritless; undecided; irresolute; without strength of character. To lack conviction; without a

backbone.

10. **Shock**

A sudden or violent disturbance of the emotions or sensibilities; extreme surprise; to feel traumatised or stunned.