

# Core Feelings Chart

Adapted from Chip Dodd's "Voice of the Heart"

*"Unhealthy"*

*"Healthy"*

**Impaired**

**Feelings**

**Facilitated**

Depression  
(Resignation) ↔ Anger ↔ Passion  
(Clarifying boundaries)

Anxiety  
(Control/Rage) ↔ Fear ↔ Faith/Wisdom

Resentment ↔ Hurt ↔ Courage/Healing  
(seeking help/ Forgiving)

Apathy  
(isolation) ↔ Lonely ↔ Intimacy

Self-pity ↔ Sad ↔ Acceptance  
(Honoring Loss)

Paranoia/pride  
(self-condemnation) ↔ Guilt ↔ Freedom/  
Forgiveness

Inadequacy  
/contempt  
(Toxic identity) ↔ Shame ↔ Humility  
(Empathy)

Indulgence  
(Sensuality without  
heart) ↔ Glad ↔ Joy with  
sadness/hope