

The Gift of Feelings

Through feeling your feelings, telling the truth, and giving it to God (the process) in **Willingness and Patience and Work and Time**, you will receive the **Gifts**.

W+P+W+T=Gifts

Impairment	Truth	Gift
Resentment	HURT	Healing (Courage)
Apathy	LONELY	Being Known (Intimacy)
Self-Pity	SAD	Acceptance
Depression & Pride	ANGER	Passion
Anxiety	FEAR	Wisdom (Development of Trust & Faith)
Toxic Shame/Shamelessness (Contempt for Being Human)	SHAME	Humility
Pride (Shamelessness) & Toxic Shame	GUILT	Freedom & Forgiveness
Sensuous or Sensual Pleasure without Heart (Heartless Entertainment)	GLAD	Joy with Sadness

