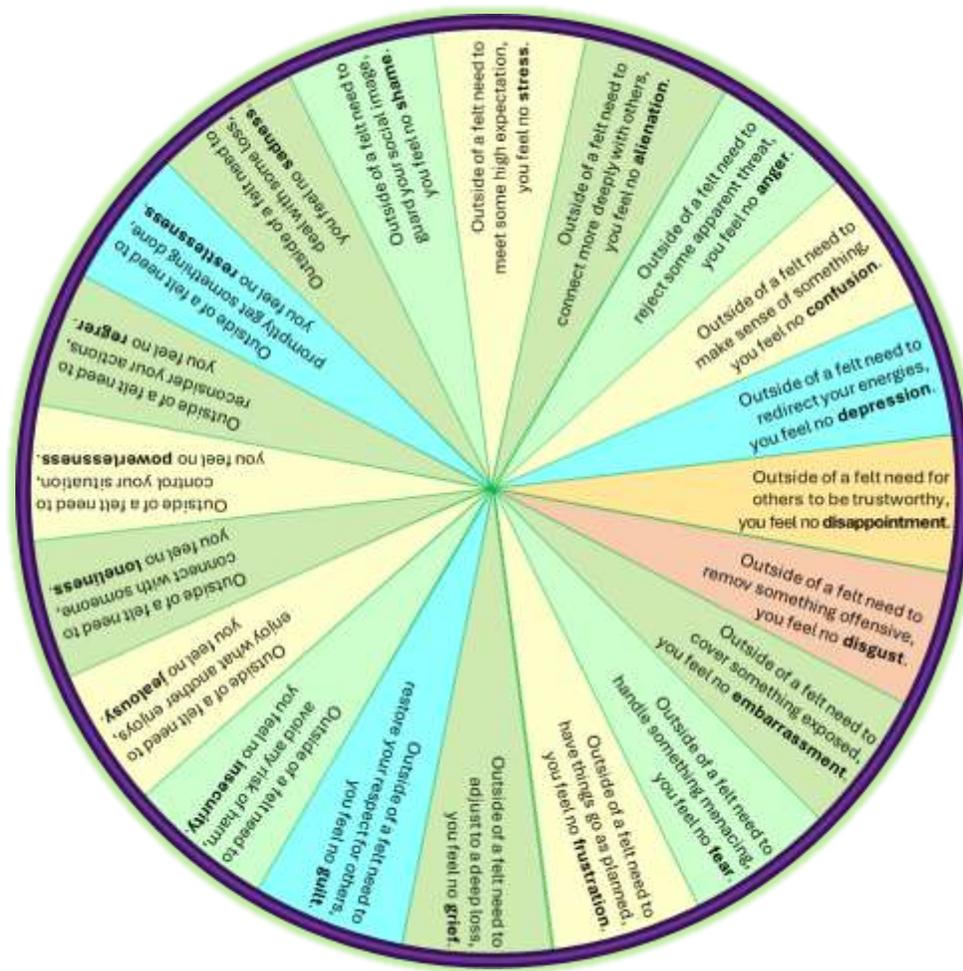


20 painful emotions conveying your needs



Apart from your unmet needs, you can never suffer pain.

1. Apart from a need to *connect more deeply with others*, you feel no **alienation**.
2. Apart from a need to *reject some apparent threat*, you feel no **anger**.
3. Apart from a need to *make sense of something*, you feel no **confusion**.
4. Apart from a need to *redirect your energies*, you feel no **depression**.
5. Apart from a need for *others to be trustworthy*, you feel no **disappointment**.
6. Apart from a need to *remove something offensive*, you feel no **disgust**.
7. Apart from a need to *cover something exposed*, you feel no **embarrassment**.
8. Apart from a need to *handle something menacing*, you feel no **fear**.
9. Apart from a need to *have things go as planned*, you feel no **frustration**.
10. Apart from a need to *adjust to a deep loss*, you feel no **grief**.
11. Apart from a need to *restore your respect for others*, you feel no **guilt**.
12. Apart from a need to *avoid any risk of harm*, you feel no **insecurity**.
13. Apart from a need to *enjoy what another enjoys*, you feel no **jealousy**.
14. Apart from a need to *connect with someone*, you feel no **loneliness**.
15. Apart from a need to *control your situation*, you feel no **powerlessness**.
16. Apart from a need to *rethink your actions*, you feel no **regret**.
17. Apart from a need to *promptly get something done*, you feel no **restlessness**.
18. Apart from a need to *deal with some loss*, you feel no **sadness**.
19. Apart from a need to *guard your social image*, you feel no **shame**.
20. Apart from a need to *meet some high expectation*, you feel no **stress**.