

Negative Thoughts and the Emotions

The primary emotions generated by the Fight or Flight Response are anger (the emotional energy to fight) and fear (the emotional energy to flee).

Contained within these two are most of the feelings we generally associate with the word *negative*.

Consider these lists:

ANGER

hostility
resentment
guilt (anger at oneself)
rage
seething
depression
hurt (you're usually upset with someone else, or yourself, or both)

FEAR

terror
anxiety
timidity
shyness (a general fear of others)
withdrawal
reticence
apprehension
grieving (fear that you'll never love or be loved again)