

What emotion do I feel?	Information and quality of this emotion	Question to that emotion
Fear	Protection from danger, high energy; inhibits thinking in the case of adrenaline overproduction; fear can overwhelm	What exactly is the danger here? What could happen in the worst case? What happens if I do nothing? What exactly should I be aware of so that I notice the danger quickly? What do I have to do and not do in order to protect myself from danger?
Anger	Energy for the struggle to survive; Defend identity; Setting boundaries; Anger, too, can overwhelm	Where are my boundaries challenged? Where exactly are my boundaries? To whom do I need to communicate them? Where is it necessary to set a boundary? Where have I possibly not communicated clearly? How can I communicate this clearly without causing harm? Who could support me in this?
Sadness	Loosen ties and attachments; freeing energy for the new	To what do I have to say goodbye because it will not come back again? What do I also need to let go of consciously? Which ritual could help me? Who could support me in this?
Curiosity/Interest	Generates concentration, openness, and attention	What needs to be discovered or explored here? What requires my concentration and attention?
Joy	Strengthens bonding and connection in relationships	What have we achieved? What do we want to celebrate here?