

Meridian	Negative Emotional States	Positive Emotional States	Meridian	Negative Emotional States	Positive Emotional States
<b>Central</b>	Overwhelm Shyness Shame Confused Disconnected	Self-respect Success Connected	<b>Governing</b>	Embarrassment Unsupported Dishonesty Distrust Burdened	Supported Honesty Trust Integrity
<b>Small Intestine</b>	Shock Sadness Internalisation Unappreciated Nervousness Over-excited Discouraged	Joy Joy Appreciated Assimilation Nourishing Grateful Alive	<b>Triple Warmer</b>	Despair Despondent Heaviness Hopeless Solitude Exhausted	Elation Lightness Hope Service Balance Bouyancy Self-realisation
<b>Heart</b>	Broken-hearted Secretive Self-doubt Insecure Anger Hate	Forgiveness Compassion Self-confidence Secure Passionate Self-esteem Self-worth Love	<b>Circulation-Sex</b>	Gloomy Renounce the past Hysteria Stubborneess Jealousy Remorse Worried	Relaxation Satisfied Playful Tranquility Responsible Generosity Calm
<b>Spleen</b>	Rejected Disapproved Anxiety about the future Alienation Brooding Cynicism Envy	Assurance Approved Faith in the future Consideration Togetherness Recollection Confidence Sympathy Empathy	<b>Stomach</b>	Unreliable Criticism Disappointment Deprivation Hunger Empty Nausea Greed Disgust Doubt Bitter	Reliable Contentment Satisfied Sympathy Empathy Harmony
<b>Lung</b>	Depressed False Pride Haughty Disdain Intolerance Prejudice Contempt Smothered Unfulfilled Stoical Scorn	Cheerful Humility Modesty Openness Tolerance Fulfilled	<b>Large Intestine</b>	Guilt Grief Regret Depression Apathy Unmerciful Sadness Toxic Shame Powerless	Release Self-worth Enthusiasm Letting Go Merciful Compassion Powerful
<b>Kidney</b>	Anxiety Phobia Creative isecurity Superstition Paranoia Cautious Careless Reckless Indecisive Unloyal Suspiscious	Creative security Decisive Loyal Resourceful On Top	<b>Bladder</b>	Fear Anxiety Dread Terror Panic Restless Frustration Impatient Inadequate Futile	Peace Assured Resolute Patient Inner direction Confidence Adequate Courage
<b>Liver</b>	Anger Rage Wrath Distressed Vengefulness Resentment Unhappiness Irritability Hostility Blamed Bitter	Transformation Responsibility Happiness Content	<b>Gall Bladder</b>	Anger Helpless Forbearance Judgement Boredom Proud	Love Despair Reaching out with love Motivated/Assertive Adoration Passive Humble Choice