



# Paradigm Transformation

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## Eleven Toxic Emotions

1. Hurt – victimization, helplessness, blame
2. Sadness – self-pity, regret
3. Shame – humiliation, embarrassment
4. Hopelessness – loneliness, despair, desperation
5. Fear – anxiety, panic, immobilization
6. Anger – resentment, bitterness
7. Hate – meanness, vengefulness
8. Jealousy – envy, possessive
9. Pride – better than, self-righteousness
10. Greed – insatiable emotional hunger
11. Guilt – self-blame, false responsibility