

The 7 Messengers of Fear

and Their Descendants

1. ANGER

- Rage & Resentment

2. WORRY

- Anxiety & Regret

3. JUDGEMENT

- Superiority, Inferiority, & Hate

4. SELFISHNESS

- Greed, Jealousy, & Envy

5. SHAME

- Guilt, Embarrassment, & Perfectionism

6. LONELINESS

- Vulnerability & Pride

7. UNCERTAINTY

- Change, Doubt, & Procrastination

