# 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

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