

### **Four Basic Negative Emotions Make You SAAG**

<b>Sad</b>	<b>Angry</b>	<b>Afraid</b>	<b>Guilty</b>
Depressed	Frustrated	Jealous	Ashamed
Hurt	Irritated	Lonely	Embarrassed
Down	Suspicious	Anxious	Stupid
Overwhelmed	Disgusted	Vulnerable	Bad
Exhausted	Smug	Shy	Responsible