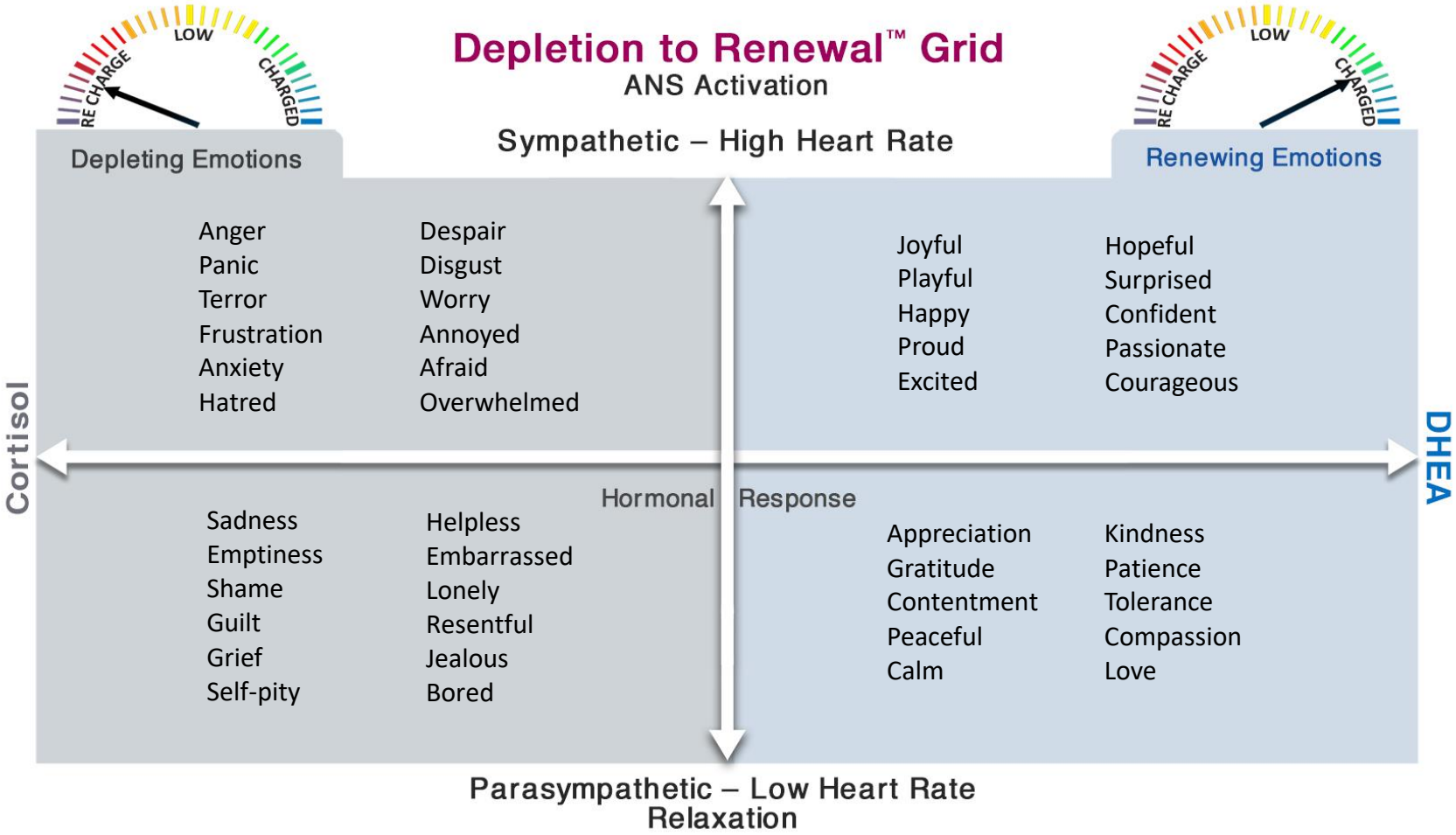
Depletion to Renewal™ Grid
ANS Activation
Sympathetic – High Heart Rate
LOW
RE CHARGE
CHARGED
Depleting Emotions
Renewing Emotions
Anger
Panic
Terror
Frustration
Anxiety
Hatred
Despair
Disgust
Worry
Annoyed
Afraid
Overwhelmed
Joyful
Playful
Happy
Proud
Excited
Hopeful
Surprised
Confident
Passionate
Courageous
Cortisol
DHEA
Hormonal Response
Sadness
Emptiness
Shame
Guilt
Grief
Self-pity
Helpless
Embarrassed
Lonely
Resentful
Jealous
Bored
Appreciation
Gratitude
Contentment
Peaceful
Calm
Kindness
Patience
Tolerance
Compassion
Love
Parasympathetic – Low Heart Rate
Relaxation