

## Authentic and False Emotions Chart

These are some of the most common false emotions and the authentic emotions they mask. This is NOT meant to be a comprehensive listing of human emotional expression.

<i>Authentic Emotions</i>	<i>False Emotions</i>
Anger	Blame Righteousness Resentment Punishment Entitlement
Hurt	Hostility Apathy Arrogance Vindication Self-pity
Fear	Scarcity Competition Manipulation Control
Loneliness	Self-pity
Love	Martyr Nobilization Co-dependency
Sorrow/Remorse	Guilt Obligation Self-pity