# Emotions within the Energy Centre System

Each energy centre holds certain types of emotions, depending on what kind of emotion you hold will depend whether or not the energy centre will block. Unhelpful emotions block and close off the energy centre whilst helpful emotions allow the energy to flow freely and keep the energy centre open.

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| Energy centre | Unhelpful Emotion | Helpful Emotion |
| Crown | Unhelpful emotions  Fear  Despair  Attachment  Lack of self-forgiveness | Empowering thoughts  Confidence  Hope  Release / Decision  Forgiveness of self |
| Pineal | Lack of purpose  Lack of direction | Clarity  Clear planning |
| Throat | Lack of communication  Unhelpful thoughts  Resentment  Frustration  Anger  Jealousy | Expression of self  Helpful thoughts (reframe)  Forgiveness  Acceptance  Love  Contentment / Proud of them |
| Heart | Hate  Blame  Sadness | Love  Responsibility  Happiness |
| Abdominal | Procrastination  Grief  Pride  Regret  Guilt | Motivation  Release  Awareness of others  Letting go of control  Acknowledgement |
| Pelvic | Avoidance  Suppression of sexuality | Acknowledgement  Expression |
| Base | Survival  Lack of trust  Self-doubt  Worry  Disappointment  Shame  Stress | Plan to meet needs  Boundaries & safety  Confidence  Peace / let go of control  Understanding  Acknowledgement  Being present / peace |