

SAT COUNSELING SHEET (2001 edition)

(c Tsunetsugu Munakata)

| Basic emotions | (Table A) Secondary emotions | (Table B) Inner voices of the emotion | (Table C) Method of clarifying the meaning of emotions | (Table D) Clarify the basic need of the heart | (Table E) Key situation |
|----------------|---|---|--|--|--|
| Joy | Delightful; enjoyable; pleasant feeling; empathy; hope; interest; happiness; free from care; self-confidence; goodwill; gratitude; be impressed; will; growth; expectation; courage; sense of fulfillment; determination; dear; satisfaction; desire; sense of mission; feeling of freedom; peace of mind; reverence; longing for | Feel relieved; in high spirits; good; feel like dancing; delighted; feel refreshed; enjoyable; fully satisfied; wow! fascinating; lucky; gung ho; I can do it; I want to do that; I hope it turns out that way; dear; cute; that would be good; agreed; interesting; be touched; be carried away; be thankful; be grateful; longing for | What kind of expectation or desire is realized or about to be realized? | What sort of demand on the self will be met when that expectation is realized? <Affection seeking demand> I want to be recognized by others I want to be loved by others I want to be accepted by others I want to be praised by others I want to be treated considerately by others I want others to place their hopes on me I want things to turn out the way I want them to I want others to understand my values | While confronted with difficulties While coping with consecutive problem While trying hard alone While doing something with no support While doing something with endurance While compelled to do something you are not good at While making required self-sacrifice While denying yourself comfort While doing something for yourself |
| Anxiety | Anxiety; concern; slight impatience Impatience with confusion; panic; fear; dread. | How is it going to turn out? As I thought, I can't do it; Will I be criticized?; Help! What should I do?; I'm in a fix; be afraid; be in suspense; forgive me; don't leave me; I'm scared; how stupid of me; stop!; I don't deserve to live; I'm drawing a blank; there's nothing you can do; blackout. | Which of the things you placed your hopes on have proved difficult to project? How would you like to see things turn out? | I want others to understand my values <Self-trust demand> Regardless of what others may think: | While confronting something with no good prospect While doing something with no appreciation by others |
| Anger | Contempt; regret; dissatisfied; hostility; distrust; desire to take the offensive; desire to refuse; anger; indignation; hatred; grudge; aversion embarrassment; self-hatred; sympathy; regret; self-reproach; sense of guilt; (deep) sense of pity | (To others) Don't talk rubbish; don't make fun of me; do it right; you fool; you're so selfish; why you and not me? Why don't you understand me? (To the self) Woe to me? What am I doing? Don't lose heart; Am I being selfish? I'm very sorry; don't be lazy; sorry about that. | (To the self or others) What do you expect as a matter of course? Truthfully, how do you want things to be? | I want to recognize myself I want to love myself I want to believe in myself I want to grow to like myself I want to see myself grow I want to take care of myself | |
| Grief | Sorrow; lonely; solitude; powerlessness; hopelessness; sense of deprivation; emptiness; heart-rending; absurdity; disappointment; (slight) sadness; misery; resignation | Help; I'm all alone; somebody help; if only I take the rap; at any rate, I'm no good; oh well, that's about expected; it doesn't mean anything; I lack confidence; others might not like me; it can't be helped; what a let down! I'm no good, anyway. | (To the self or others) What have you given up hope on or about to give up hope on? Truthfully, how do you want things to be? | <Affection for others demand> I want to recognize others unconditionally I want to love others unconditionally I want to respect others unconditionally I want to accept others unconditionally I want to praise others unconditionally I want to watch over others unconditionally I want to be kind to others unconditionally | |
| Pain | Trying; painful; exhausting; suffering | | Ask which emotion, anxiety, anger, or loneliness continues to torment the client and clarify each emotion when it is mentioned | | |