

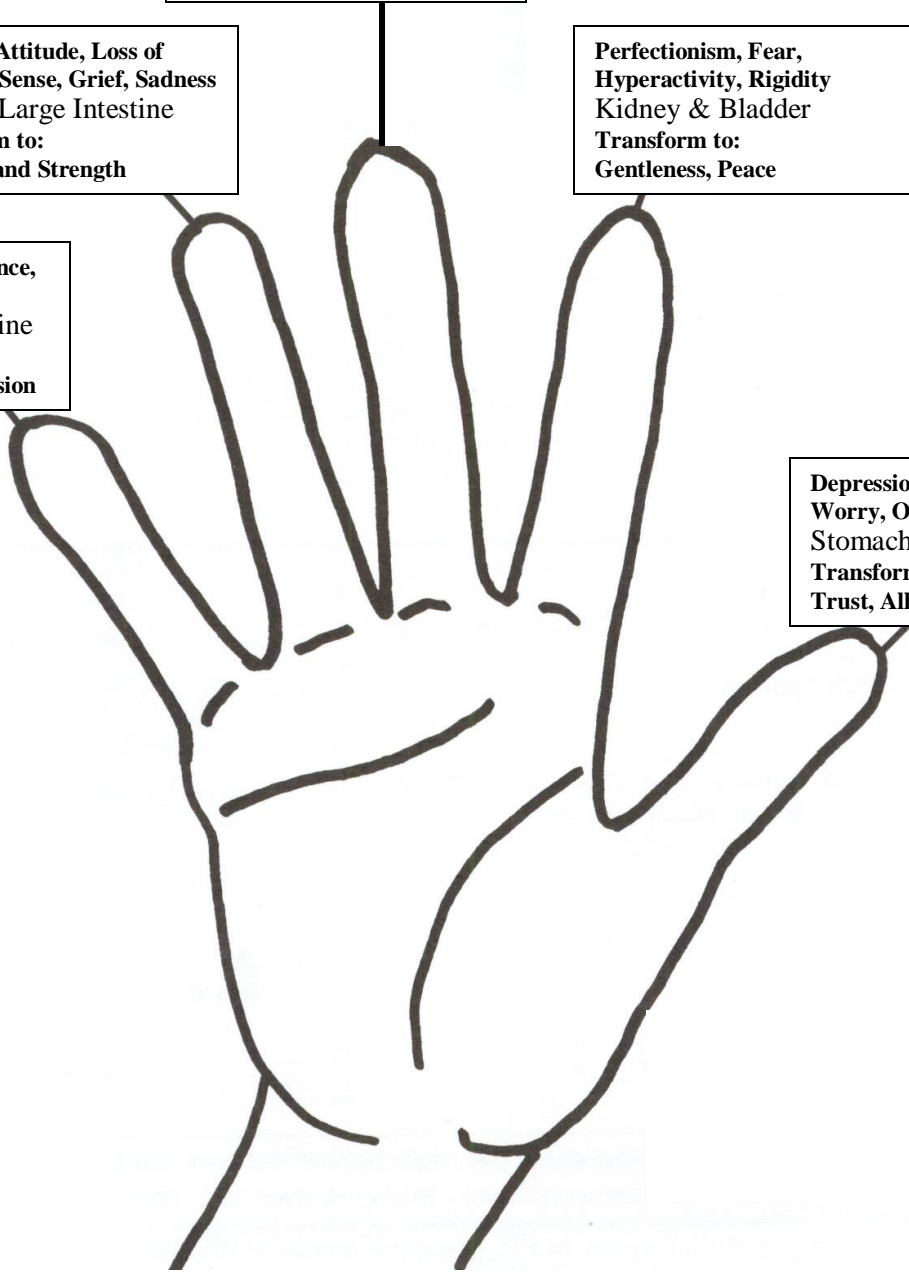
**Indecision, Powerlessness,  
Anger, Frustration**  
Liver & Gall Bladder  
Transform to:  
**Kindness and Equality**

**Negative Attitude, Loss of  
Common Sense, Grief, Sadness**  
Lung & Large Intestine  
Transform to:  
**Courage and Strength**

**Perfectionism, Fear,  
Hyperactivity, Rigidity**  
Kidney & Bladder  
Transform to:  
**Gentleness, Peace**

**Pretense, Hate, Impatience,  
Confusion**  
Heart & Small Intestine  
Transform to:  
**Love & Joy & Compassion**

**Depression, Guilt, Nostalgia,  
Worry, Obsession**  
Stomach & Spleen  
Transform to:  
**Trust, Allow, Accept**



## Relationships of the 5 Attitudes