



Fire

Rage
Manic Elation
Detached Coldness
Lack of Empathy
Inappropriate Laughter
Existential Dread
Over Sharing
Codependency
Need to Be Loved

Wood

Anger
Irritation
Resentment
Inability to Sleep Well
Inability to Take Rest
Extreme Exhaustion
Reduced Short Term Memory
Need to Be Heard

Earth

Deep Sadness
Self Abandonment
Hermitting
Hoarding
The Sense of a Future Lost
Overeating
Need to Be Seen

Water

Overwhelm
Anxiety
Logical Need to Control
Fear
Fight
Flight
Sympathetic Response

Metal/Air

Grief
Chronic Pain
Depression
Emotional Need for Control
Freeze
Feign
Fawn
Dorsal Vagal Parasympathetic Response



The Tan Cycle

Emotional Symptom Affiliations for
Assessment and Evaluation