

THE MAP OF EMOTIONS

Textures, Contexts	Love	Compassion	Neutral	Nothingness
	Joy	Beautiful Sadness	Witness	Aloneness
	Peace	Amusement	Dispassion	Nowhereness
	Gratitude	Comfort	Curiosity	Out of Control
Emotions	Anger	Hurt	Fear	Powerlessness
	Rage	Grief	Terror	Loneliness, Emptiness
	Fury	Loss	Dread	Despair
	Envy	Sorrow	Horror	Hopelessness, Failure, Shame
Moods	Blame	Regret	Anxiety	Confusion
	Guilt	Self-pity	Panic	Loneliness
	Resentment	Victim	Worry	Desperation
	Hostility	Martyr	Doubt	Resignation, Disgust, Pride