

Feelings come and feelings go

# How do you feel today?



8 scales of emotions start from "peace"  
Please scan all the columns from down to up  
Counter emotion is reflected through "peace"  
Each emotion is surrounded by 24 near emotions

④

## mania

I'm manic  
>< emptiness ><

## fanaticism

I'm fanatical  
>< exhaustion ><

## lust

I'm greedy for  
>< inability ><

( value judgement )

## jealousy

It belongs to me  
>< submissiveness ><

## separation

I'm separated from  
>< dependence ><

## ⑤ hysteria

I screamed  
>< fascination ><

## cruelty

I'm ruthless with  
>< pleasure ><

## rage

I'm furious about  
>< connection ><

## deceitfulness

I was betrayed  
>< faithfulness ><

## panic

I'm in panic  
>< concentration ><

( avoidance )

## symptoms

I don't feel well  
>< vitality ><

## phobia

I'm terrified of  
>< energy ><

## ⑥ horror

I'm horrified by  
>< flow ><

③

## euphoria

I'm euphoric  
>< despair ><

## joy

I'm joyful because  
>< desertion ><

## surprise

I'm amazed by  
>< shock ><

( time management )

## ADMIRATION

I admire / I'm admired  
>< disgust ><

## appreciation

I value  
>< self-pity ><

## fulfillment

my dream came true  
>< pain ><

## alertness

I observe  
>< numbness ><

## GLADNESS

I have  
>< sadness ><

## wholeness

I'm happy  
>< brokenness ><

## freedom

I'm free from / to  
>< anxiety ><

## certainty

I'm sure of  
>< suspicion ><

## COURAGE

I'm brave enough  
>< fear ><

## teasing

I tease / I'm teased  
>< inferiority ><

## desire

I want  
>< antipathy ><

## hopefulness

I'm optimistic about  
>< apathy ><

## consolation

I take comfort from  
>< sorrow ><

## relief

I'm relieved  
>< worry ><

## gentleness

I take care of  
>< self-hatred ><

## skillfulness

I can  
>< helplessness ><

## confidence

I can trust  
>< unbelief ><

## calmness

I'll calm down  
>< busyness ><

## envy

I'm lacking  
>< shame ><

## temptation

I'm tempted to  
>< embarrassment ><

## expectation

I wait for  
>< disappointment ><

## timidity

I'm shy with  
>< frustration ><

## nearness

I'm close to  
>< irritation ><

## gratitude

I'm thankful for  
>< annoyance ><

## responsibility

I'm responsible for  
>< guilt ><

## contentment

I'm satisfied with  
>< demand ><

## safety

I'm safe from  
>< threat ><

## concentration

I'm concentrating on  
>< panic ><

## faithfulness

I'm loyal to  
>< deceitfulness ><

→ 1) Good relationship

↗ 2) Doing right

↑ 3) Presence of good

↘ 4) Pursuit

②

## flow

I'm in full flow  
>< horror ><

## energy

I'm energetic  
>< phobia ><

## vitality

I'm fit  
>< symptoms ><

( obedience )

← 5) Poor relationship

↙ 6) Doing wrong

↑ 7) Absence of good

↘ 8) Giving up

①

## fascination

I'm ecstatic  
>< hysteria ><

## connection

I'm connected with  
>< rage ><

## pleasure

I enjoy  
>< cruelty ><

## dependence

I'm dependent on  
>< separation ><

## submissiveness

I give in  
>< jealousy ><

( triviality )

## inability

I'm incapable of  
>< lust ><

## exhaustion

I'm worn out  
>< fanaticism ><

## emptiness

my life feels empty  
>< mania ><

⑧

⑦

## desertion

I feel rejected  
>< joy ><

## despair

I'm desperate  
>< euphoria ><



( immobility )

( inconsideration )

[www.emotions.name](http://www.emotions.name)

\*Soli Deo Gloria 7.10.2019

Let the peace of Christ rule in your heart

Col 3:15



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