

## Map of Emotions

↑  Expansive Emotions	compassion empathy commitment devotion  caring appreciation respect acceptance admiration infatuation tolerance connection acceptance self-acceptance	passion enthusiasm excitement eagerness desire optimism mindfulness openness honesty sincerity curiosity determination perseverance courage self-confidence	wonder awe beauty gratitude imagination curiosity mirth, fun playfulness interest amusement innocence surprise thoughtfulness willingness self-awareness	LOVE joy, ecstasy peace happiness enjoyment certainty belief hope expectation calmness contentment satisfaction comfort relief self-love
↓  Contracting Emotions	ego-pride arrogance annoyance impatience resentment frustration hostility stubbornness anger rage powerlessness bitterness regret sadness grief	pity judgment dislike disgust contempt revulsion condemnation defensiveness doubt worry despair resignation exhaustion depression apathy	nostalgia yearning pining envy jealousy hurt shock loss paranoia hopelessness victim martyr rejection loneliness guilt	distraction confusion naughtiness caution vulnerability embarrassment shyness self-pity suffering remorse dread desperation hysteria terror shame FEAR

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