



## EMOTIONS CHART

**Enlightenment** / Expansion / Peace

Joy / Knowledge / Empowerment / Freedom / Appreciation / Passion

**Joy / Bliss / Empathy**

Enthusiasm / Eagerness / Happiness / Positive Expectation / Belief

**LOVE**

Optimism / Hopefulness / **Reason** / Contentment

Understanding / Compassion / Revelation

Trust / Sacred / Abundant / Thoughtful / Wise

**Acceptance**

Spontaneity / Harmony / Awareness / Praise / Uplifting / Lightness / Optimism / Comforted /

Playful / Relief / Relaxed / Satisfied

↑ EXPANDED EMOTIONS ↑

**GRATITUDE – CONSCIOUSNESS**

↓ CONTRACTED EMOTIONS ↓

**Willingness / Neutrality / Boredom**

**Ambivalent / Cautious / Indifferent / Perplexed / Puzzled / Undecided**

**Courage**

Permitting / Feasible / Determined / Empowered / Responsible / Consideration / Releasing /

Flexible / Optional / Convincing / Insecurity / Pessimism

**Pride**

Demanding / Scornful / Judgmental / Worry / Excessive / Persuading / Vengeful / Coerce /

Arrogant / Bitter / Determined / Pity / Smug

Frustration / Irritation / Impatience / "Overwhelm" / Disappointment / Doubt Worry /

Blame / Discouragement

**Anger**

Aggression / Hate / Denying / Corrupt / Disappointing / Craving / Arrogant / Insistent

Exasperation / Rage / Loathing / Fury / Paranoia

**Desire**

Jealousy / Insecurity / Guilt / Unworthiness

Anxiety / Withdrawn / Apologetic / Alienated / Bashful / Embarrassment / Envy Humiliation /

Grouchy / Hostility / Resentment / Suspicion

**Fear / Grief**

Depression / Despair / Powerlessness

Regret / Despondency / Aloneness / Agony / Distress

**Apathy / Guilt**

Blame / Destructive / Vindictive / Evil / Contempt /

Disgust / Disapproving / Dread / **Shame**

Misery / Despised / Hurt / Pain / Humiliation / Horror / Suffering

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