

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 can be found below each emotion
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 ><
decisiveness "I'm determined to do" >< fickleness ><
cosiness "It feels like home" >< shock ><
euphoria "I'm euphoric" >< despair ><
joy "I'm joyful because" >< desertion ><
surprise "I'm amazed by" >< shock ><
creativity "I have a great idea" >< depression ><
liveliness "I feel fresh" >< stagnation ><
vitality "I'm fit" >< symptoms ><
energy "I'm energetic" >< phobia ><
flow "I'm in full flow" >< horror ><

(will) (activity) (obedience)

ADMIRATION "I admire" >< disgust ><
appreciation "I value" >< self-pity ><
teasing "I tease / I'm teased" >< inferiority ><
envy "I'm lacking" >< shame ><
bitterness "I'm left without" >< need ><
jealousy "It belongs to me" >< submissiveness ><
separation "I'm separated from" >< dependence ><
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fulfillment "my dream came true" >< pain ><
alertness "I observe" >< numbness ><
hopefulness "I'm optimistic about" >< apathy ><
consolation "I take comfort from" >< sorrow ><
relief "I'm relieved" >< worry ><
gladness "I have" >< sadness ><
wholeness "I'm happy" >< brokenness ><
gentleness "I take care of" >< self-hatred ><
thankfulness "I'm grateful for" >< annoyance ><
responsibility "I'm responsible for" >< guilt ><
contentment "I'm satisfied with" >< demand ><
safety "I'm safe from" >< threat ><
calmness "I'll calm down" >< busyness ><
harmony "I agree with" >< conflict ><
concentration "I'm concentrating on" >< panic ><
faithfulness "I'm loyal to" >< deceitfulness ><

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delay "It is delayed" >< belittling ><
boredom "I'm bored with" >< eagerness ><
relaxation "I'm relaxed" >< tension ><
calling "I'm interested in" >< repentance ><
sympathy "I listen to" >< suffering ><
respect "I'm allowed to be" >< disapproval ><
harmony "I agree with" >< conflict ><
concentration "I'm concentrating on" >< panic ><
faithfulness "I'm loyal to" >< deceitfulness ><

injustice "I'm wronged" >< openness ><
confusion "I'm puzzled by" >< clearness ><
PEACE forgiveness >< confusion ><
clearness "I understand" >< confusion ><
openness "I reveal" >< injustice ><
acceptance "I'm accepted" >< anger ><
affection "I like" >< hatred ><
pleasure "I enjoy" >< rage ><
connection "I'm connected with" >< cruelty ><
fascination "I'm ecstatic" >< hysteria ><

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repentance "I regret" >< calling ><
tension "I'm nervous about" >< relaxation ><
eagerness "I'm exited about" >< boredom ><
belittling "I'm belittled" >< delay ><
humbleness "I adapt myself to" >< defiance ><
need "I need" >< bitterness ><
dependence "I'm dependent on" >< separation ><
submissiveness "I give in" >< jealousy ><

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irritation "I want to get rid of" >< nearness ><
worry "I'm worried about" >< relief ><
sorrow "I'm grief-stricken" >< consolation ><
numbness "I'm numb" >< alertness ><
apathy "nothing interests me" >< hopefulness ><
antipathy "I dislike" >< desire ><
inferiority "I'm worse than" >< teasing ><

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anxiety "I'm distressed" >< freedom ><
brokenness "I have a problem" >< wholeness ><
SADNESS "I lost" >< gladness ><
shock "I'm shocked by" >< surprise ><
desertion "I feel rejected" >< joy ><
despair "I'm desperate" >< euphoria ><

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(immobility) (inconsideration)

symptoms "I don't feel well" >< vitality ><
stagnation "I was petrified" >< liveliness ><
depression "I was shocked by" >< surprise ><
desertion "I feel rejected" >< joy ><
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phobia "I'm terrified of" >< energy ><
horror "I'm horrified by" >< flow ><

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⑤ **hysteria** "I screamed" >< fascination ><
cruelty "I'm ruthless with" >< connection ><
rage "I'm furious about" >< pleasure ><
HATRED "I'm so angry" >< affection ><
anger "I'm bad-tempered" >< acceptance ><
conflict "I disagree with" >< sympathy ><
disapproval "It's frowned upon" >< respect ><
threat "I'm in danger" >< safety ><
busyness "I'm doing too much" >< calmness ><
FEAR "I'm afraid of" >< courage ><
deceitfulness "I was betrayed" >< faithfulness ><
panic "I'm in panic" >< concentration ><

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(avoidance) (triviality)

inability "I'm incapable of" >< lust ><
exhaustion "I'm worn out" >< fanaticism ><
emptiness "my life feels empty" >< mania ><

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⑧



emotions.name
*Soli Deo Gloria 21.2.2017
Name your emotions



⑦

Let the peace of Christ rule in your heart

Col 3:15