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 ><

(time management)

③ **euphoria** — I´m euphoric >< despair ><

(activity)

② **flow** — I´m in full flow >< horror ><

fanaticism — I´m fanatical >< exhaustion ><

joy — I´m joyful because >< desertion ><

energy — I´m energetic >< phobia ><

lust — I´m greedy for >< inability ><

decisiveness — I´m determined to do >< fickleness ><

cosiness — it feels like home >< alienation ><

surprise — I´m amazed by >< shock ><

creativity — I have a great idea >< depression ><

liveliness — I´m active >< stagnation ><

vitality — I´m fit >< symptoms ><

(value judgement)

(obedience)

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 ><

jealousy — it belongs to me >< submissiveness ><

concentration — I´m concentrating on >< panic ><

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 ><

separation — I´m separated from >< dependence ><

faithfulness — I´m loyal to >< deceitfulness ><

→1) Good relationship
↗ 2) Doing right
↑ 3) Presence of good
↖ 4) Pursuit

bitterness — I´m left without >< need ><

defiance — I protest >< humbleness ><

delay — it is delayed >< belittling ><

boredom — I´m bored with >< eagerness ><

relaxation — I´m relaxed >< tension ><

calling — I´m interested in >< repentance ><

compassion — I listen to >< suffering ><

respect — I´m allowed to be >< disapproval ><

harmony — I agree with >< conflict ><

⑤ **hysteria** — I screamed >< fascination ><

cruelty — I´m ruthless with >< pleasure ><

rage — I´m furious about >< connection ><

HATRED — I´m so angry >< affection ><

anger — I´m bad-tempered >< acceptance ><

injustice — I´m wronged >< openness ><

confusion — I´m puzzled by >< clearness ><

PEACE

forgiveness

clearness — I understand >< confusion ><

openness — I reveal >< injustice ><

acceptance — I´m accepted >< anger ><

AFFECTION — I like >< hatred ><

connection — I´m connected with >< rage ><

pleasure — I enjoy >< cruelty ><

fascination ① — I´m ecstatic >< hysteria ><

conflict — I disagree with >< harmony ><

disapproval — it´s frowned upon >< respect ><

suffering — he / she suffers from >< sympathy ><

regret — 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 ><

deceitfulness — I was betrayed >< faithfulness ><

dependence — I´m dependent on >< separation ><

←5) Poor relationship
↙ 6) Doing wrong
↑ 7) Absence of good
↘ 8) Giving up

threat — I´m in danger >< safety ><

demand — I´m required >< contentment ><

guilt — I did the wrong thing >< responsibility ><

annoyance — I had a bad day >< thankfulness ><

irritation — I want to get rid of >< nearness ><

frustration — I´ll quit >< timidity ><

disappointment — I failed >< expectation ><

embarrassment — I´m embarrased by >< temptation ><

shame — I wasn´t good enough >< envy ><

panic — I´m in panic >< concentration ><

submissiveness — I give in >< jealousy ><

busyness — I´m doing too much >< calmness ><

unbelief — I don´t believe >< confidence ><

helplessness — I can´t >< skillfulness ><

self-hatred — I hate myself >< gentleness ><

worry — I´m worried about >< relief ><

sorrow — I´m grief-stricken >< consolation ><

apathy — nothing interests me >< hopefulness ><

antipathy — I dislike >< desire ><

inferiority — I´m worse than >< teasing ><

(avoidance)

(triviality)

FEAR — I´m afraid of >< courage ><

suspicion — I´m suspicious >< certainty ><

anxiety — I´m distressed >< freedom ><

brokenness — I have a problem >< wholeness ><

SADNESS — I lost >< gladness ><

numbness — I´m numb >< alertness ><

pain — it hurts >< fulfillment ><

self-pity — I´m a loser >< appreciation ><

DISGUST — it disgusts me >< admiration ><

symptoms — I don´t feel well >< vitality ><

stagnation — I was petrified >< liveliness ><

depression — I´m depressed >< creativity ><

shock — I´m schocked by >< surprise ><

alienation — nobody cares about me >< cosiness ><

fickleness — I can´t decide >< decisión ><

inability — I´m incapable of >< lust ><

phobia — I´m terrified of >< energy ><

(immobility)

desertion — I feel rejected >< joy ><

(inconsideration)

exhaustion — I´m worn out >< fanaticism ><

⑥ **horror** — I´m horrified by >< flow ><

despair ⑦ — I´m desperate >< euphoria ><

emptiness ⑧ — my life feels empty >< mania ><

CC BY NC ND
P.Gudsson

tunteeni.fi

Soli Deo Gloria 14.2.2023

Let the peace of Christ rule in your heart

Col 3:15