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 (time management)

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 >< alienation ><

3 (activity)

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 ><

2 (obedience)

flow — I´m in full flow >< horror ><
energy — I´m energetic >< phobia ><

(value judgement)

DESIRE — I want >< disgust ><
appreciation — I value >< self-pity ><
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 ><
admiration — I admire >< 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 ><
separation — I´m separated from >< dependence ><

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 ><

bitterness — I´m left without >< need ><
defiance — I protest >< humbleness ><
delay — it is delayed >< belittling ><
boredom — I´m bored >< 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 ><
panic — I´m in panic >< concentration ><

threat — I´m in danger >< safety ><
demand — I´m required >< contentment ><
guilt — I did the wrong thing >< responsibility ><
annoyance — It´s a shame >< 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 ><

dependence — I´m dependent on >< separation ><
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 ><admiration ><
inferiority — I´m worse than >< teasing ><

→1) Good relationship
↗ 2) Doing right
↑ 3) Presence of good
↖ 4) Pursuit
←5) Poor relationship
↙ 6) Doing wrong
↑ 7) Absence of good
↘ 8) Giving up

(avoidance)

FEAR — I´m afraid of >< courage ><
suspicion — I have a hunch >< 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 — I´m sickened by >< desire ><

(triviality)

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

phobia — I´m terrified of >< energy ><
desertion — I feel rejected >< joy ><
exhaustion — I´m worn out >< fanaticism ><

(immobility)

(inconsideration)

horror 6 — I´m horrified by >< flow ><
despair 7 — I´m desperate >< euphoria ><
emptiness 8 — my life feels empty >< mania ><

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Soli Deo Gloria 15.1.2024

Let the peace of Christ rule in your heart

Col 3:15