



# THE MAP OF EMOTIONS

<b>Textures, Contexts</b>	Love	Compassion	Neutral	Nothingness
	Joy	Beautiful Sadness	Witness	Aloneness
	Peace	Amusement	Dispassion	Nowhereness
	Gratitude	Comfort	Curiosity	Out of Control
	Anger	Hurt	Fear	Powerlessness
<b>Emotions</b>	Rage	Grief	Terror	Loneliness, Emptiness
	Fury	Loss	Dread	Despair
	Envy	Sorrow	Horror	Hopelessness, Failure, Shame
				Confusion
<b>Moods</b>	Blame	Regret	Anxiety	Loneliness
	Guilt	Self-pity	Panic	Desperation
	Resentment	Victim	Worry	Resignation, Disgust, Pride
	Hostility	Martyr	Doubt	

Provided courtesy of the Mental Health America (859) 431-1077