# THE MAP OF EMOTIONS

<table>
<thead>
<tr>
<th>Textures, Contexts</th>
<th>Emotions</th>
<th>Moods</th>
</tr>
</thead>
<tbody>
<tr>
<td>Love</td>
<td>Compassion</td>
<td>Neutral</td>
</tr>
<tr>
<td>Joy</td>
<td>Beautiful Sadness</td>
<td>Witness</td>
</tr>
<tr>
<td>Peace</td>
<td>Amusement</td>
<td>Dispassion</td>
</tr>
<tr>
<td>Gratitude</td>
<td>Comfort</td>
<td>Curiosity</td>
</tr>
<tr>
<td>Anger</td>
<td>Hurt</td>
<td>Fear</td>
</tr>
<tr>
<td>Rage</td>
<td>Grief</td>
<td>Terror</td>
</tr>
<tr>
<td>Fury</td>
<td>Loss</td>
<td>Dread</td>
</tr>
<tr>
<td>Envy</td>
<td>Sorrow</td>
<td>Horror</td>
</tr>
<tr>
<td>Blame</td>
<td>Regret</td>
<td>Anxiety</td>
</tr>
<tr>
<td>Guilt</td>
<td>Self-pity</td>
<td>Panic</td>
</tr>
<tr>
<td>Resentment</td>
<td>Victim</td>
<td>Worry</td>
</tr>
<tr>
<td>Hostility</td>
<td>Martyr</td>
<td>Doubt</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Confusion</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Loneliness</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Desperation</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Resignation, Disgust, Pride</td>
</tr>
</tbody>
</table>

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