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

(time management)

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 >< alienation ><

3

euphoria — I´m euphoric >< despair ><

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

surprise — I´m amazed by >< shock ><

(value judgement)

DESIRE — I want >< disgust ><

appreciation — I value >< self-pity ><

fulfillment — my dream came true >< pain ><

alertness — I observe >< numbness ><

GLADNESS — I have >< sadness ><

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 ><

jealousy — It belongs to me >< submissiveness ><

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 ><

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

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

defiance — I protest >< humbleness ><

delay — it is delayed >< belittling ><

yearning — I yearn >< eagerness ><

relaxation — I´m relaxed >< tension ><

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

deceitfulness — I was betrayed >< faithfulness ><

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 ><

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 ><

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 ><

(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 ><

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

stagnation — I was petrified >< liveliness ><

depression — I´m depressed >< creativity ><

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

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

(immobility)

desertion — I feel rejected >< joy ><

horror — I´m horrified by >< flow ><

6

despair — I´m desperate >< euphoria ><

7

(activity)

2

flow — I´m in full flow >< horror ><

energy — I´m energetic >< phobia ><

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

liveliness — I feel fresh >< stagnation ><

vitality — I´m fit >< symptoms ><

wholeness — I´m happy >< brokenness ><

freedom — I´m free from / to >< anxiety ><

certainty — I´m sure of >< suspicion ><

COURAGE — I´m brave enough >< fear ><

gentleness — I take care of >< self-hatred ><

skillfulness — I can >< helplessness ><

confidence — I can trust >< unbelief ><

calmness — I´ll calm down >< busyness ><

gratitude — I´m thankful for >< annoyance ><

responsibility — I´m responsible for >< guilt ><

contentment — I´m satisfied with >< demand ><

safety — I´m safe from >< threat ><

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

compassion — I listen to >< suffering ><

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

harmony — I agree with >< conflict ><

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 ><

1

fascination — I´m ecstatic >< hysteria ><

eagerness — I´m exited about >< yearning ><

belittling — I´m belittled >< delay ><

humbleness — I adapt myself to >< defiance ><

need — I need >< bitterness ><

frustration — I´ll quit >< timidity ><

disappointment — I failed >< expectation ><

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

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

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

apathy — nothing interests me >< hopefulness ><

antipathy — I dislike ><admiration ><

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

numbness — I´m numb >< alertness ><

pain — it hurts >< fulfillment ><

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

DISGUST — I´m sickened by >< desire ><

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

alienation — nobody cares about me >< cosiness ><

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

(inconsideration)

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

emptiness — my life feels empty >< mania ><

8

(obedience)

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

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

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

submissiveness — I give in >< jealousy ><

(triviality)

→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

BY NC ND

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Soli Deo Gloria 31.10.2023

Let the peace of Christ rule in your heart

Col 3:15