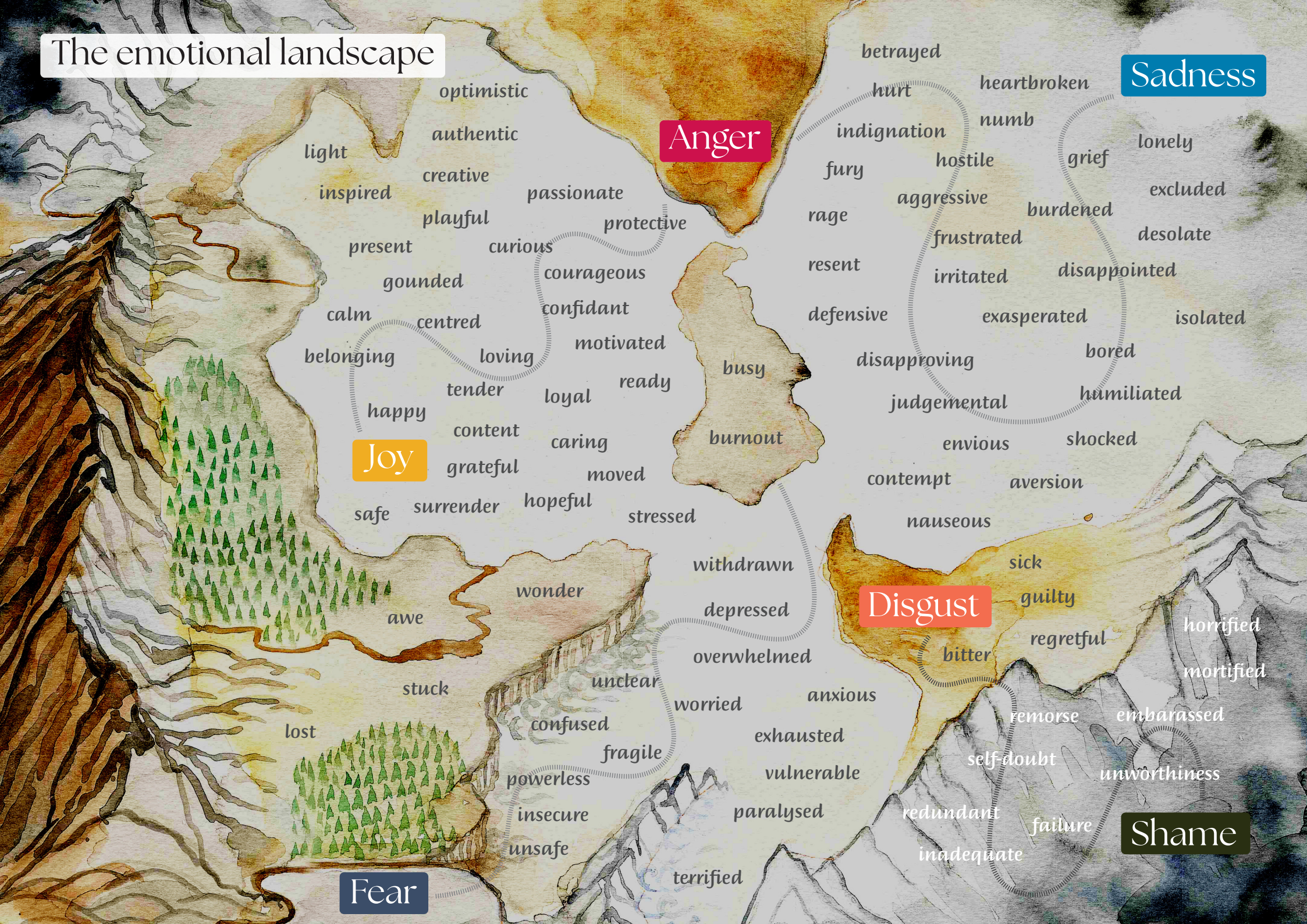


The emotional landscape



Joy

Anger

Sadness

Disgust

Fear

Shame

optimistic
light
inspired
present
gounded
calm
belonging
happy
safe
surrender
hopeful
wonder
awe
stuck
lost
powerless
insecure
unsafe
authentic
creative
playful
curious
courageous
confidant
motivated
loyal
caring
moved
stressed
wonder
unclear
confused
fragile
powerless
insecure
unsafe
passionate
protective
curious
courageous
confidant
motivated
loyal
caring
moved
stressed
wonder
unclear
confused
fragile
powerless
insecure
unsafe

busy
burnout

betrayed
hurt
indignation
fury
rage
resent
defensive
disapproving
judgemental
envious
contempt
nauseous
withdrawn
depressed
overwhelmed
worried
anxious
exhausted
vulnerable
paralysed
terrified
heartbroken
numb
hostile
aggressive
frustrated
irritated
exasperated
bored
humiliated
shocked
aversion
sick
guilty
bitter
regretful
remorse
self-doubt
redundant
inadequate
failure
lonely
excluded
desolate
disappointed
isolated
grief
burdened
disappointed
isolated
bored
humiliated
shocked
aversion
sick
guilty
regretful
remorse
self-doubt
redundant
inadequate
failure

horrified
mortified
embarrassed
unworthiness