

# SDG\*emotions

## explanation for the chart of emotions

### THE STRUCTURE OF [SDG CHART OF EMOTIONS](#) :

1. Emotions that are understood as positive are situated mainly in the right upper quarter.
2. The **basic emotions** of this chart are printed with capital letters.
3. From the central point to other basic emotions you'll see **8 pointed emotion scales**.
4. Other emotion scales form up and down from the axis rage – connection. The small triangles show some examples of the emotional dynamics.
5. **The counter emotion** or the explanatory emotion is written below each emotion.
6. Each emotion is surrounded by **near emotions** in connection with it by 3 circles.
7. The emotion missing from the chart can be placed between the emotions close to it.
8. **Observing your breath** helps you to recognize your emotions:  
 -scales of emotions directing towards admiration, hatred, fear and sadness are based on strong inhale as the sympathetic nervous system is activated.  
 -scales of emotions directing towards disgust, affection, daring and happiness are based on strong exhale as the parasympathetic nervous system is activated.
9. The scale for Christianity and growing in faith goes from phobia to energy.  
 On this scale you will also find many emotions that are based on wrong assumptions.
10. On the edges of the chart choices in life have been listed in brackets.
11. You can imagine the counter emotion (disappearance of self) for the emotion in the central point (peace), when you see the chart as the shape of a ball.
12. This chart is compiled manually following the principle of self-organizing maps.

### INSTRUCTION FOR READING [SDG CHART OF EMOTIONS](#) :

- A. Please concentrate first on emotions printed with red/dark green font.
- B. You will get the basic idea by reading through the 8 basic emotion scales.  
 The emotion scale of sadness goes from desertion to peace.
- C. Then you'll find the counter emotion pairs of emotions printed in with red/dark green font.
- D. It's worthwhile to find 8 near emotions around emotions printed with red/dark green font.
- E. When glancing at the chart it will start to make sense little by little.
- F. When a certain emotion specially catches your attention:  
 -you can look to see if it is connected to some near emotions or their counter emotions.  
 -you can study its position on the emotional scale.  
 -you might divide the emotion into two parts. ( e.g. affection+disgust=shame)
- G. For simplification all feelings, emotions, moods etc. mentioned on the chart are named as emotions in this explanation.
- H. This chart seems to be quite useful especially for men.
- I. For more information please visit [the SDG\\*Chart of Emotions -blog](#).

### GENERAL PRINCIPLES FOR WORKING WITH EMOTIONS:

1. Emotions reflect your **attitude towards your environment** and yourself.
2. Emotions are connected with your own **memories and observations**.
3. It is possible to experience deep joy only after you have **recognized and lived through** the negative emotions stored in your subconscious and your body.
4. The possible emotional locks will open in their own time without breaking the ego only in a mutually respectful, **safe and loving atmosphere**.
5. Repressed emotions may break out as symptoms in the body, crying, gestures, expressions, dreams or exaggerations in the emotional life.
6. An emotion that has not been dealt with will come up to the conscious level when you are ready to cope with it.
7. Working with emotions may be more exhausting than mental or physical struggle.
8. While **breathing** is becoming freer it will also create a freer expression of emotions – and vice versa.
9. Emotions can lead you astray or hide behind each other.
10. Inner healing is possible because of Jesus' atoning work. ([Isaiah 53: 4,5](#))
11. **Verbalizing of your thoughts** crucially affect your emotional life. ([Mark. 7: 15](#))
12. Faith is not dependent on emotions. ([Psalm 23: 4](#))

This chart of emotions has been created to make it easier to recognize emotions and to explain something about the emotional dynamics. It has been constructed during a process lasting couple of decades. It all started from writing an essay called "Faith and Emotions". Following this, names for emotional moods have been collected from different sources. Drafts for charts of emotions numbered several hundred altogether. The accuracy of the chart has been tested by comparing it to one's own experiences and to the ideas found in books, articles, lectures and human relationship programmes on the radio. The aim was to place EVERY emotion on the chart.

Variations of this chart are not allowed to produce, but you are welcome to copy and deliver this chart of emotions as a whole for non-commercial purposes. [CC BY-NC-ND 3.0](#) If you are a teacher, a counselor, a lecturer or a therapist, you can freely use this chart as a handout or as a part of your PowerPoint shows or on your website. The smaller picture of the main emotions may also be suitable for that purpose.

Glory to God alone ! (\*SoliDeoGloria)

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