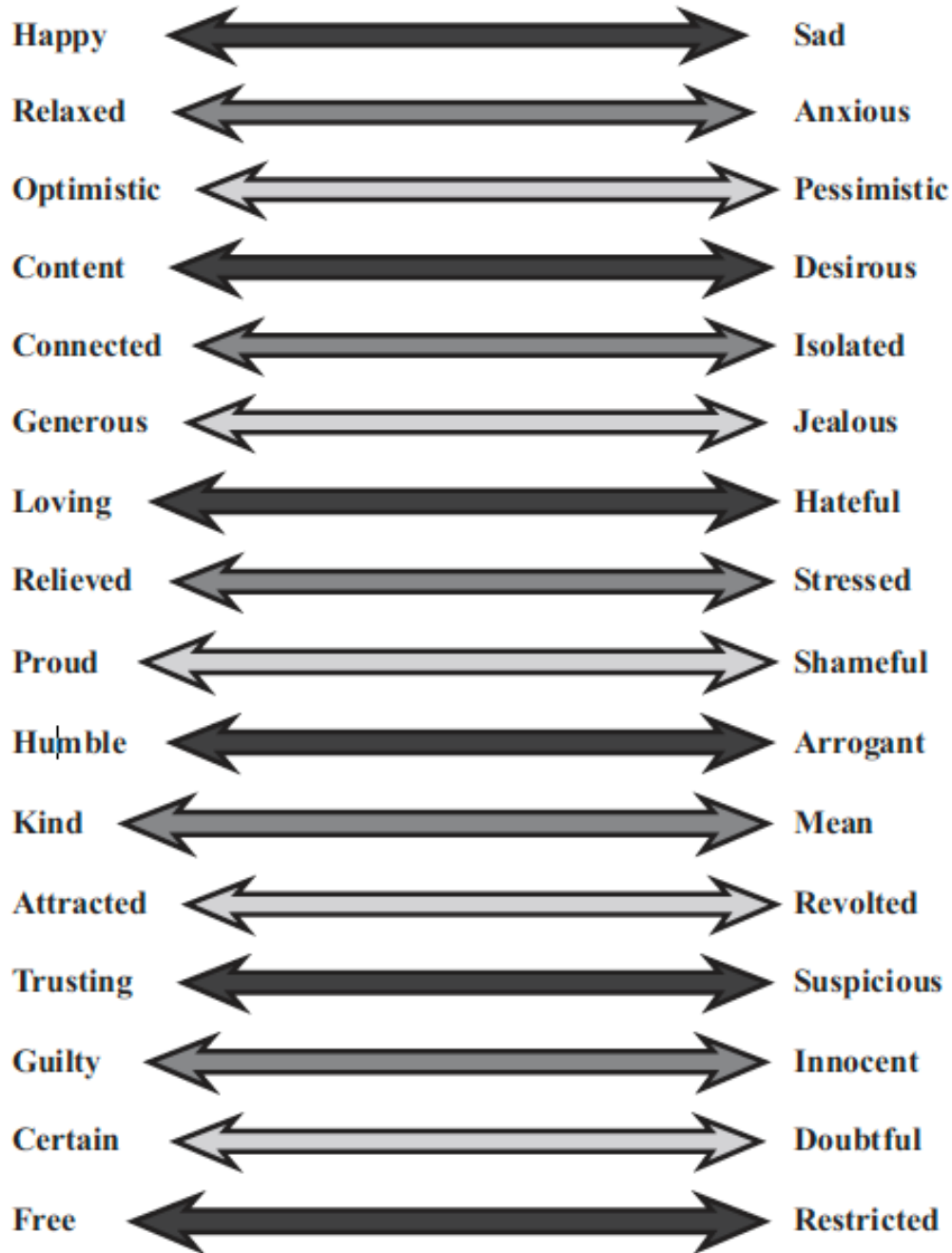


BASIC EMOTIONS AND THEIR OPPOSITES

CORE CONCEPT: Emotions have dialectical opposites with intensities on a continuum.

Following is a list of basic emotions and their opposites. Start to think about and discuss emotions to gain a better understanding of them, using the diagram below.



Note that we use Mood Momentum to continue or increase the emotions we want to keep around and Opposite to Emotion to decrease the emotions we want to change.