

The Feelings Chart

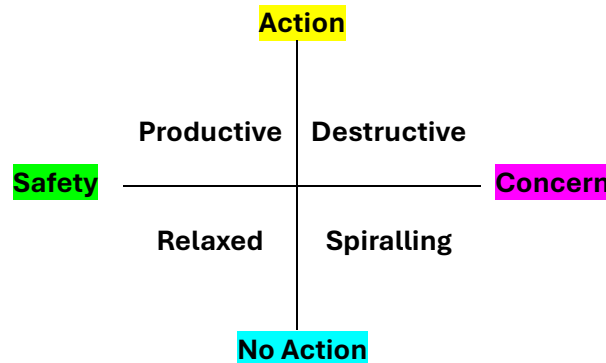
	Threat to...	Too much...	Increase in...	Decrease in...	Not enough...
... Resources	Rage AAAAA	Lazy SNNNN	Gratitude SSSSA	Sad CCCCN	Stress CCCCA
...Identity	Hate CAAAA	Arrogance SSNNN	Clarity SSSAA	Lost CCNNN	People Pleasing CCCCA
... Status	Anger CCAAA	Arrogance SSNNN	Pride SSSNN	Shame CCCCN	Resentment CCCCA
... Life	Fear CCCAA	Mania SAAAA	Joy SSSSA	Mourning CCNNN	Depression CNNNN
... Autonomy	Terror CCCCA	Arrogance SSNNN	Joy SSSSA	Numb NNNNN	Depression CNNNN
... Support	Dread CCCCC	Arrogance SSNNN	Joy SSSSA	Guilt CCCCN	Depression CNNNN
... Pleasure	Anxiety CCCCN	Lazy SNNNN	Joy SSSSA	Annoyed CCAAA	Bored SSSSS
... Pain	Hope SSSAA	Overwhelm CCCNN	Sad CCCNN	Joy SSSSA	Bored SSSSS
... Choice/s	Anxiety CCCCN	Overwhelm CCCNN	Stress CCCAA	Focus SSAAA	Sad CCCCN

Resources
Influence your chance of survival.

Identity
Established facts about yourself.

Status
Your perceived value to the group.

Life
The health of yourself and loved ones.



Autonomy
Your freedom to make choices.

Support
Your emotional support network.

Pleasure / Pain
Your external and internal stimuli.

Choices
All the options you currently have.

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Feeling	Your Brain is Saying...	Facts	How to Fix
Rage	We are not going to survive this situation... ACT NOW!	Fighting a bear requires all action and no thinking. That barbaric rage is essential for life in the wilderness – society, not as much.	Think! Is this life and death? ...or is it just seething hatred?
Hate (Disgust)	This “thing” is out to get us and our people... KILL IT!	Truth is you might be right, but murder is a crime. Hate is generally instinctive rather than a properly thought-out response.	Think... is this a threat to my values or my just my status?
Anger	We are about to lose status in the tribe... CORRECT IT!	As social creatures that die when we’re solo, our status is very important to us, sometimes more important than our own lives.	Think... is this really a threat to my status, or just a bad day?
Resentment (Jealousy)	We are not being treated fairly... START PLOTTING!	We tend to believe we deserve to be treated in a particular way. Better treatment correlates with better resources – it makes sense.	Do you deserve better treatment, or is it just a bad day?
Annoyed	We are about to lose a privilege... DEFEND IT?	Life is a constant struggle. The fact that you get pleasure from something means it is a finite resource. It’s part of the game.	You are having a bad day. Congrats, be grateful.
Fear	We are going to die... DO SOMETHING!?	There are a lot of things that can kill you, both in the wilderness and the city. Chances are if you don’t understand it, it might kill you.	How is this going to kill you? How can you prevent that?
Stress	This is not an ideal situation to be in... MAXIMUM EFFORT!	Stress and cortisol may help you survive a night in the wilderness, but they’ll also give you a heart attack in your 40s. Use sparingly.	Is this really an emergency? Take a minute to breath.
Terror	We are about to lose control of our life... FIND OPTIONS!	Your ability to make good choices has kept you alive until this point. If you lose your ability to make choices, you might lose your life.	Breath, try to regulate, what your next best option? Maybe try that.
People Pleasing	We don’t have any values or self-worth... JUST OBEY?	Children are adorable, they also have no experience, values, morals, or preferences (beyond ice-cream). They <i>usually</i> just follow orders.	Figure out what you want. Be prepared to hurt feelings.
Dread	This will not go well, we should... THINK HARDER!	Having a hard conversation is a lot like jumping off a cliff when its pitch black . You want more information, but you won’t get any.	Assuming you won’t die... Just do it.

Feeling	Your Brain is Saying...	Facts	How to Fix
Bored	Things are too easy, don’t trust it... FIND PROBLEMS.	The wild is a scary place. We generally distrust a lack of negative stimulus because relaxed cavemen get eaten by sabre tooth tigers.	Are you safe right now? Good. Either be grateful or go play.
Joy (Curiosity)	Holy crap, things are going well... GO PLAY.	Occasionally there’s food, safety, and no politics. This is when humans find new skills, resources, and unique perspective.	No fix required. Play, explore, learn new things.
Clarity	We finally made a decision, good... WHAT’S NEXT?	The brain uses 20% of our daily calories. Thinking is hard and we are incentivised to act on our decisions once we have a solution.	Make the plan, love the plan, work the plan, live the plan.
Hope	We may have a solution on our hands... START WORKING.	Thinking about a better future is one of our favourite past times. Hope gets us through bad times, it gives us motivation, it’s awesome.	Don’t just think about it, you need to go make it actually happen.
Focus	We’ve only got one option left buddy, just... DO IT.	Sustained focus is how humans built fire, tools, and skyscrapers. It is one of the few things that separate us from all the other monkeys.	Congrats! You are focused. You are winning.
Mania	We have the power of the gods... GO FULL-THROTTLE!	Mania (basically hyper-focus) is rare for most humans, a state in which nothing else exists beyond completing the task. Dangerous.	Bruh, the gods can’t stop you, I can’t either. Try taking a nap?

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Overwhelm	We can not handle this situation... GET HELP.	When our burdens outweigh our capacity, we get overwhelmed. We need to either decrease our burdens or our increase capacity.	If you can't solve it within 5 minutes, get help. Don't suffer.
Guilt	We've hurt someone we care about, can we... FIX IT?	Guilt can eat away at your soul for years. Fun fact, sometimes we feel guilty for absolutely no reason what-so-ever. It's a wild ride.	Honesty and transparency go a very long way... usually.
Shame (Shyness)	We messed up, let's avoid making it worse... GO HIDE.	If we are not valuable to the tribe, we get less food and possibly left behind. Shame helps protects us from being abandoned	How do you bring value to the group? Try doing more???
Anxiety	I don't know what to do, oh, ah, ummm... LET'S PANIC!?	Anxiety happens when we have absolutely no idea what to do next and in the wild, bad decisions result in death. Your boss is not a tiger.	Breath, play out scenarios, list option, commit to the best one.
Lost	Everything we thought we knew was a lie... GO REFLECT.	It is very difficult to move forward, on anything, when your perspective on yourself and the universe has been utterly shattered.	What did you believe? What has changed?
Sad (Mourning)	We have run out of options, life sucks now... GO NAP.	When bad things happen, we need to remember them as to avoid repetition. That's why sadness sucks so bad, so we remember.	Write down the bad thing and how it happened, what's next?
Depression	We can't continue like this... *SHUTTING DOWN*	This is the most dangerous feeling of them all. Your brain has the capacity to shut down your executive functions. Very bad. Avoid.	There is only one true option, violence of action – therapy helps.
Numb	We don't have a choice in this, just... STOP THINKING.	Sometimes your starving, in the middle of a snowstorm, 5 days from camp. You don't need to think, that takes energy, you need to move.	Write out what is making you stressed, get a friend to help.

Feeling	Your Brain is Saying...	Facts	How to Fix
Lazy	We've got absolutely nothing to do let's... JUST RELAX.	Moving and thinking requires energy, food is hard to find, so preserving energy is a highly beneficial trait... in the wild.	Do you need a break? If not, go clean, or find a project.
Arrogance	We're fantastic and clearly immortal let's... PUSH IT!	All organisms (especially men) have the biological imperative to reproduce while they are winning. It's hard wired, but not an excuse.	You won't matter in a thousand years, and you don't now. Chill.
Pride	Hell yeah! That was awesome, we'll... REMEMBER THAT!	Having a little pride in yourself, your appearance, and your work is a good thing – in moderation. Pride is the deadliest sin for a reason.	Think about something you suck at, humility is good, be grateful.
Gratitude	Life is good... APPRECIATE IT.	Sometimes life is good.	Why would you want to fix it?

Eurica

Hope + Clarity + Joy

Apathy

Sad + Anger

Stage Freight

Anxiety + Hope + Terror

Ambition

Pride + Focus + Hope

Love

Gratitude + Joy

Grief

Lost + Sad + Overwhelm

Self-Loathing

Hate + Resentment +
Anger at yourself

Determination (Grit)

Clarity + Rage

Falling in Love

Mania + People Pleasing
+ Overwhelm

Self-Doubt

Overwhelm + People Pleasing
+ Anxiety

Nihilistic Calm

Clarity + Numb in a bad situation.

Manifestation

Daydreaming so hard that it
eliminates self-doubt.

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