

Ego and Love

by Craig Paardekooper

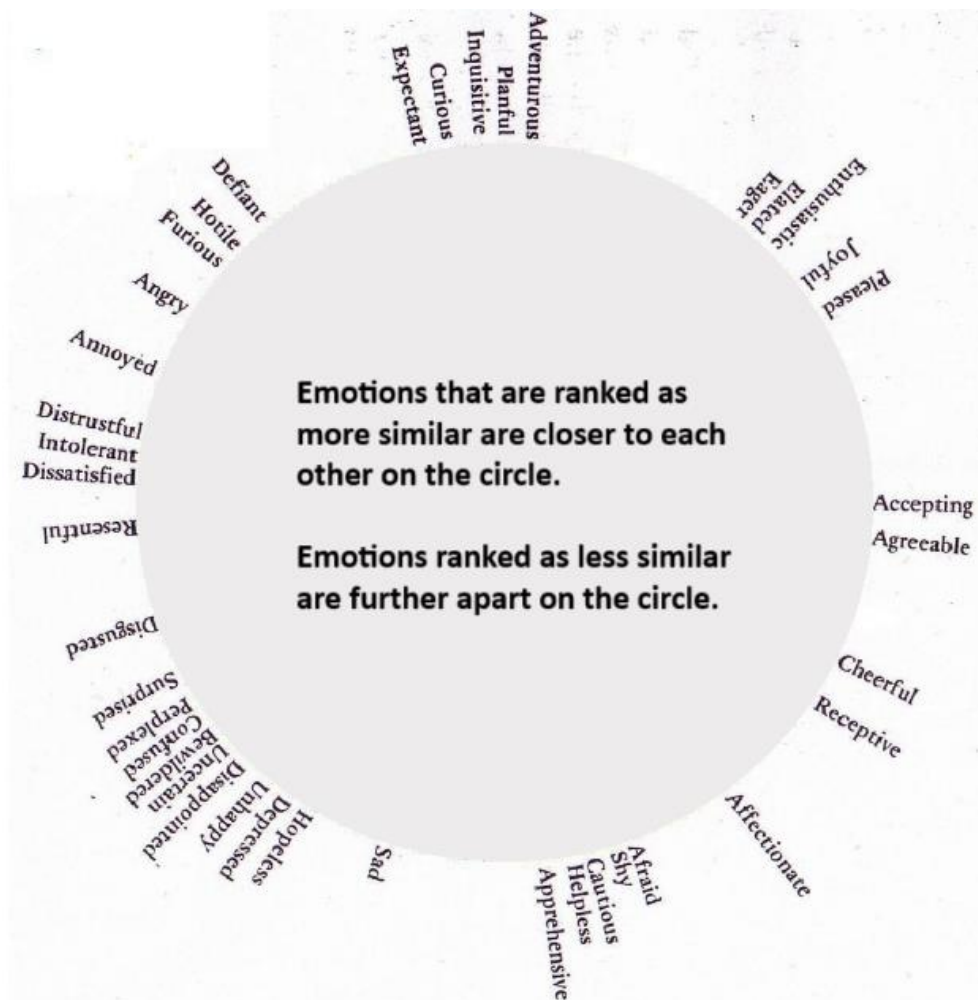
Map of the Emotions

In "Map of the Emotions" it is shown that all emotions form a circle consisting of 4 opposites - 4 positive emotional categories, and 4 negative categories. There are two primary dimensions to this circle of emotions - the love-hate axis, and the power axis. Please take a moment to familiarize yourself with this map, since what follows is based upon it. You can see the map here –

- <https://howbad.info/map-emotions.pdf>.
- Plutchik – “Emotion: A Psychoevolutionary Synthesis” p170- 198
- Plutchik – “Circumplex Models of Personality and Emotion” chapter 9

Researchers in the psychology of the emotions set out to make a list of all the emotions. This list is shown below. The researchers then asked many thousands of subjects to rate each emotion according to its similarity or dissimilarity to each of the other emotions. When this was completed, analysis of the results revealed an incredible and remarkable pattern.

The relationship between all of the emotions could be represented on a circle. The nearer an emotion is to another emotion on the circumference of the circle – the more similar it is to that emotion, where-as emotions that are opposite one another on the circle are least similar – in fact they are polar opposites.



*Angular Placements for a Population
of Emotion Terms*

<i>Emotion</i>	<i>Angular placement (degrees)</i>	<i>Emotion</i>	<i>Angular placement (degrees)</i>	<i>Emotion</i>	<i>Angular placement (degrees)</i>
Accepting	0.0	Rejected	136.0	Impatient	230.3
Agreeable	5.0	Bored	136.0	Grouchy	230.0
Serene	12.3	Disappointed	136.7	Defiant	230.7
Cheerful	25.7	Vacillating	137.3	Aggressive	232.0
Receptive	32.3	Discouraged	138.0	Sarcastic	235.3
Calm	37.0	Puzzled	138.3	Rebellious	237.0
Patient	39.7	Uncertain	139.3	Exasperated	239.7
Obliging	43.3	Bewildered	140.3	Disobedient	242.7
Affectionate	52.3	Confused	141.3	Demanding	244.0
Obedient	57.7	Perplexed	142.3	Possessive	247.7
Timid	65.0	Ambivalent	144.7	Greedy	249.0
Scared	66.7	Surprised	146.7	Wondering	249.7
Panicky	67.7	Astonished	148.0	Impulsive	255.0
Afraid	70.3	Amazed	152.0	Anticipatory	257.0
Shy	72.0	Awed	156.7	Boastful	257.3
Submissive	73.0	Envious	160.3	Expectant	257.3
Bashful	74.7	Disgusted	161.3	Daring	260.1
Embarrassed	75.3	Unsympathetic	165.6	Curious	261.0
Terrified	75.7	Unreceptive	170.0	Reckless	261.0
Pensive	76.7	Indignant	175.0	Proud	262.0
Cautious	77.7	Disagreeable	176.4	Inquisitive	267.7
Anxious	78.3	Resentful	176.7	Planful	269.7
Helpless	80.0	Revolted	181.3	Adventurous	270.7
Apprehensive	83.3	Displeased	181.5	Ecstatic	286.0
Self-conscious	83.3	Suspicious	182.7	Sociable	296.7
Ashamed	83.3	Dissatisfied	183.0	Hopeful	298.0
Humiliated	84.0	Contrary	184.3	Gleeful	307.0
Forlorn	85.0	Jealous	184.7	Elated	311.0
Nervous	86.0	Intolerant	185.0	Eager	311.0
Lonely	88.3	Distrustful	185.0	Enthusiastic	313.7
Apathetic	90.0	Vengeful	186.0	Interested	315.7
Meek	91.0	Bitter	186.0	Delighted	318.6
Guilty	102.3	Unfriendly	188.0	Amused	321.0
Sad	108.5	Stubborn	190.4	Attentive	322.4
Sorrowful	112.7	Uncooperative	191.7	Joyful	323.4
Empty	120.3	Contemptuous	192.0	Happy	323.7
Remorseful	123.3	Loathful	193.0	Self-controlled	326.3
Hopeless	124.7	Critical	193.7	Satisfied	326.7
Depressed	125.3	Annoyed	200.6	Pleased	328.0
Worried	126.0	Irritated	202.3	Generous	328.0
Disinterested	127.3	Angry	212.0	Ready	329.3
Grief-stricken	127.3	Antagonistic	220.0	Sympathetic	331.3
Unhappy	129.0	Furious	221.3	Content	338.3
Gloomy	132.7	Hostile	222.0	Cooperative	340.7
Despairing	133.0	Outraged	225.3	Trusting	345.3
Watchful	133.3	Scornful	227.0	Tolerant	350.7
Hesitant	134.0	Unaffectionate	227.3		
Indecisive	134.0	Quarrelsome	229.7		

Further analysis revealed that the emotions cluster into 8 main groups -

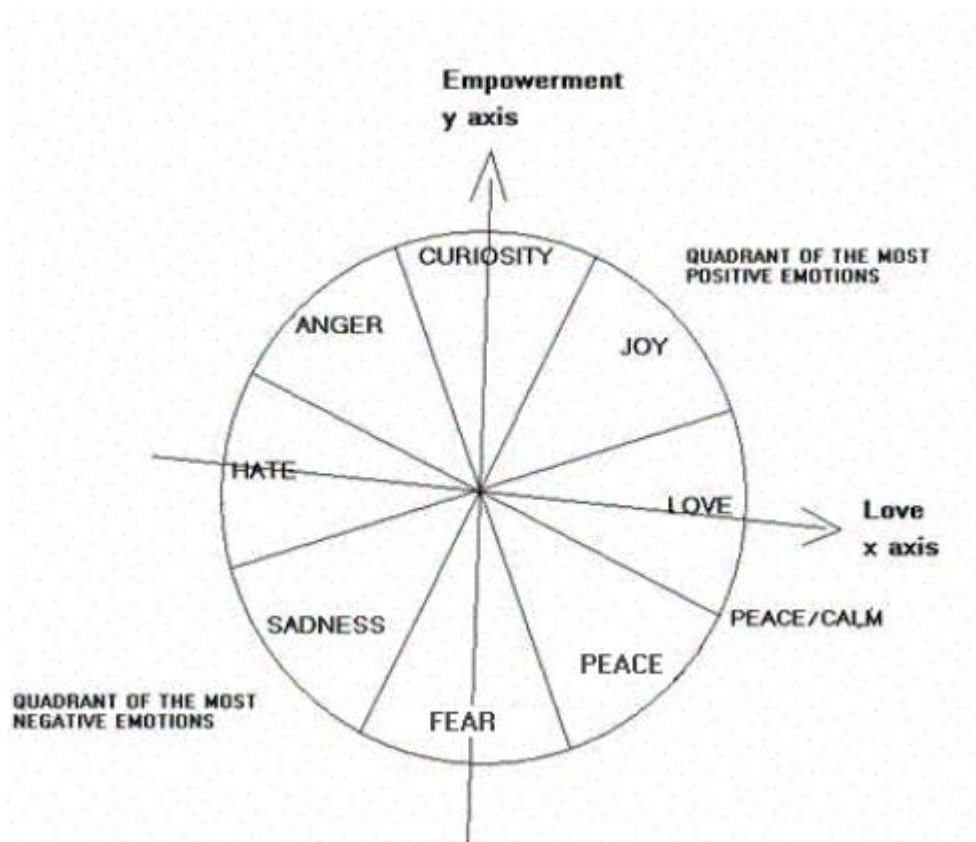
1. Joy
2. Love
3. Peace
4. Fear
5. Sadness
6. Hate
7. Anger
8. Curiosity

These 8 groups form 4 pairs of opposites.

1. Love and Hate
2. Joy and Sadness
3. Anger and Peace
4. Exploration and Fear

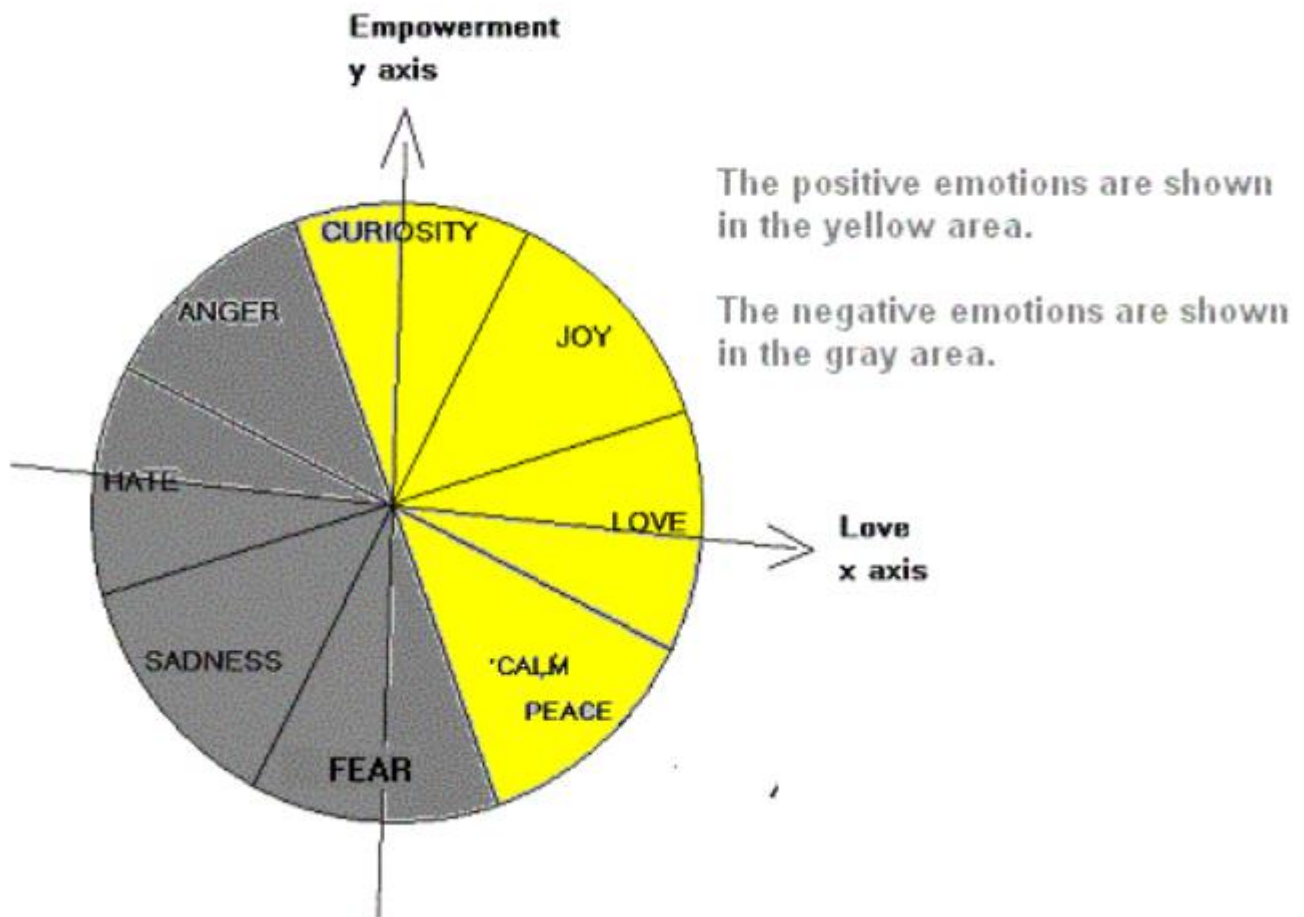
There are 2 main axes or dimensions

1. X-axis – representing approach-avoidance, inclusion-exclusion, warmth-cold
2. Y-axis – representing empowerment-helplessness



Each of these emotions were also rated in terms of their positive-ness and desirability. The emotion-circle furnishes us with a map as to where the positive emotions lie in relation to the other darker emotions.

POSITIVE AND NEGATIVE



Ego

Ego is where the power dimension predominates without love, so we end up in the anger category on the emotion circle.

Ego is strong when we are excessively proud of our achievements, and the assertion of power is intrinsically rewarding just as love is. So it is possible to "get-off" on a power trip.

Most crime, probably all crime, is an emotional state where the offender exerts power without love.

The Map of the Emotions tells us that when find ourselves not respecting others, or acting in a destructive attitude towards them, then we are in fact in a state of anger.

Transforming Ego into Joy

The Map of the Emotions also shows that we can transform this egotism into joy by combining it with love - or service.

This is quite a remarkable transformation. In the Bible, when asked who is the greatest in the Kingdom of God, Jesus replied that we should serve one another - the greatest is the servant of all. What the Map of the Emotions shows is that as soon as you detect ego in yourself you can transform it into joy by combining it with love.

Think of the power axis as the Y vector, and the love axis the X vector. By combining both, the resultant vector is joy. And joy is the most positive of all emotions - and the most healthy.

Antidote to Egoism

This understanding of ego and love is powerful because it acknowledges the value of ego whilst also acknowledging that ego on its own without love (service) may tend to hostility, impatience and anger.

It is a realization that we don't have to give up ego but rather can transform it through service into joy. A tyrannical leader, for example, becomes a humanitarian one.

Love is the antidote to egotism, rather than ego annihilation .

There has always been much talk of the virtue of selflessness, but now you can see on the Map of the Emotions how self and service integrate. You are not being asked to give up anything good, but rather to transform it into something better.