

Map of the Emotions



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THE EMOTIONAL LANDSCAPE

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		

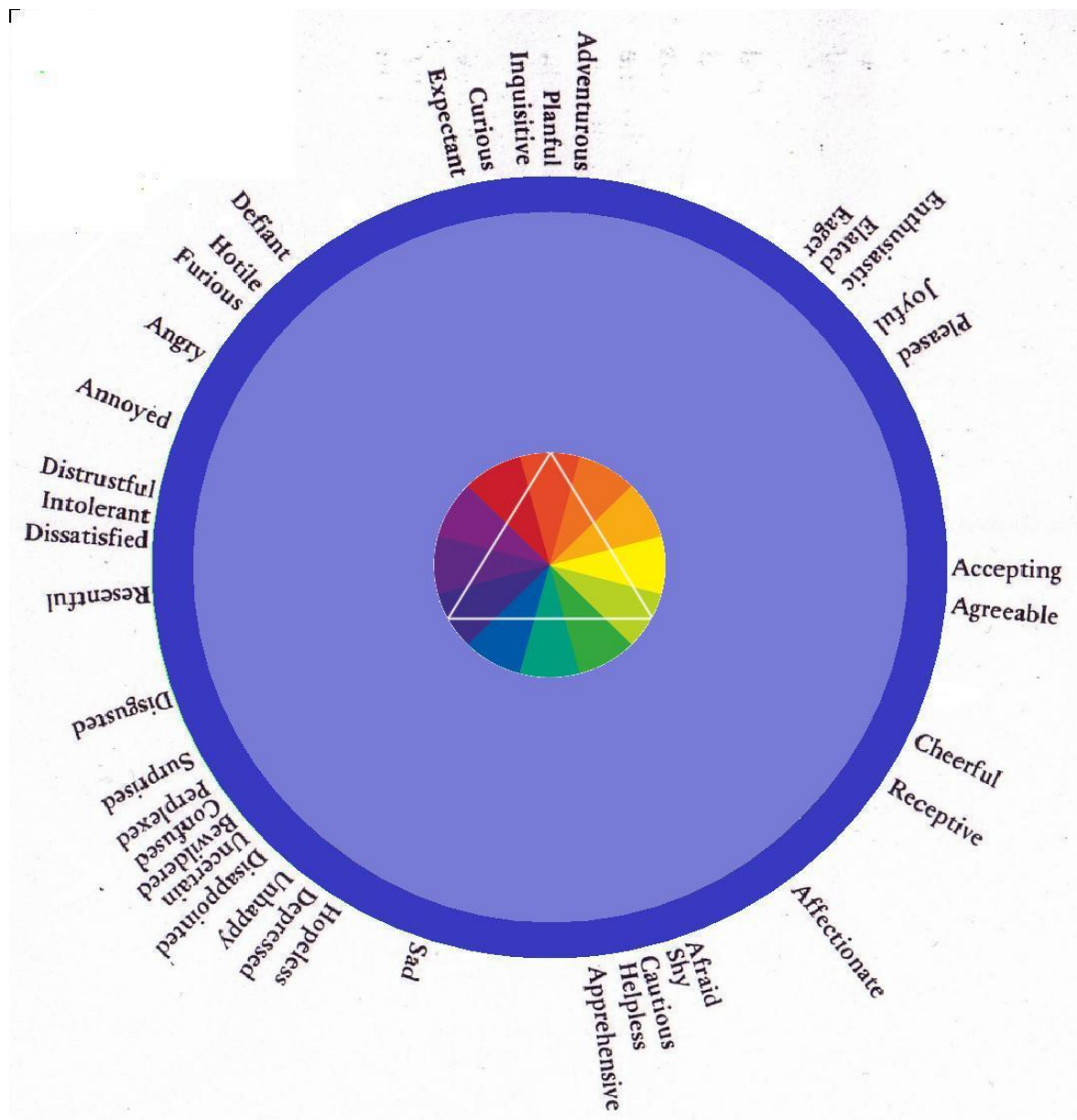
Researchers in the psychology of the emotions set out to make a list of all the emotions. This list is shown above. See bibliography for references.

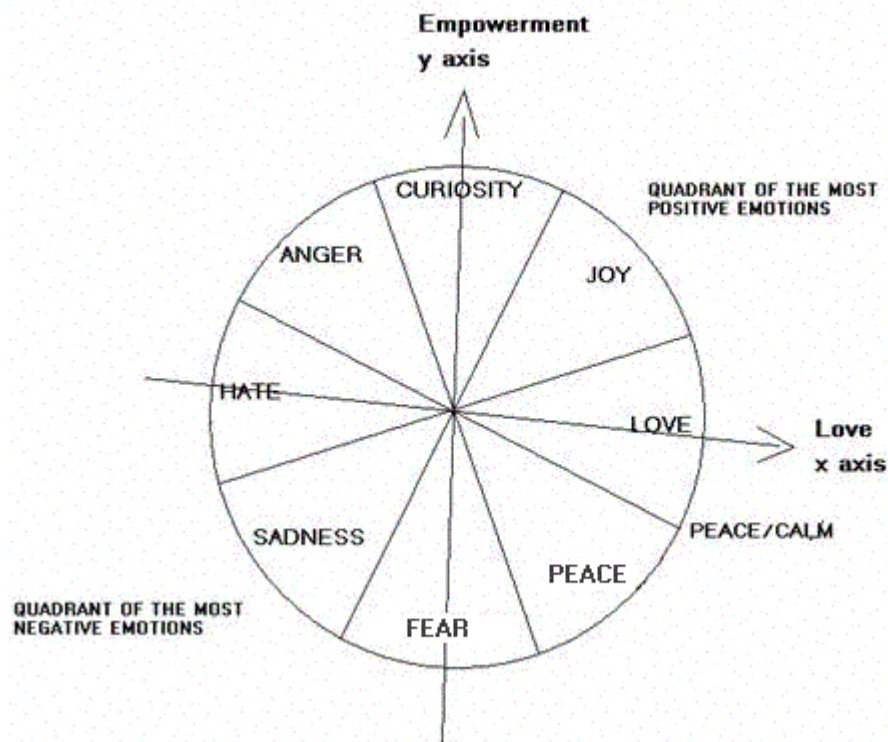
The researchers then asked many thousands of subjects to rate each emotion according to its similarity or dissimilarity to each of the other emotions. When this was completed, analysis of the results revealed an incredible and remarkable pattern. What they uncovered was a veritable road-map of all the emotions.

The emotions were arranged in a CIRCLE as shown in diagram 1 below.

Note that 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.

It is curious that the human psyche should reveal such a perfect geometry.





Further analysis revealed that the emotions cluster into 8 main groups characterised by the following 8 labels. (Diagram 2)

Joy
Love
Peace
Fear
Sadness
Hate
Anger
Curiosity

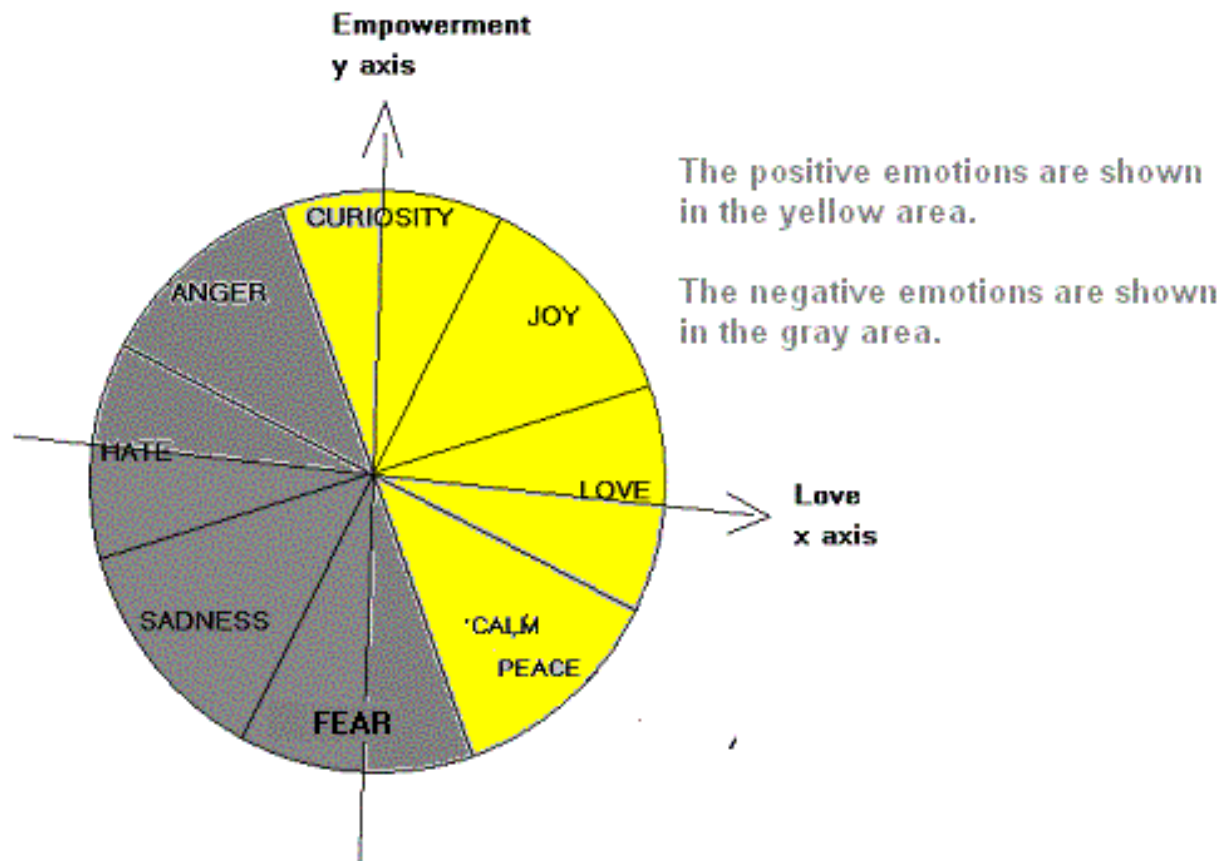
These 8 groups form 4 pairs of opposites.

Love and Hate
Joy and Sadness
Anger and Peace
Exploration and Fear

There are 2 main axes or dimensions

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

POSITIVE AND NEGATIVE



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.

If happiness is defined as being in a positive emotional state, then this simple map may serve as a guide to and definition of happiness. Happiness resides in love, peace, joy and exploration.

LIGHT

I was pondering on the circle of emotions when it occurred to me that I associate certain emotions with certain colours –

Love	warmth, bright	yellow, orange
Anger	blood, hot	red
Sadness	cold, empty, dark	blue
Calm, Peace	restful, warm	green, yellow

When I placed these colours on the emotion-circle next to their corresponding emotions, I was very surprised to find that they fell in the same order as do the colours in a RAINBOW – that is, in the order of the spectrum of LIGHT.

Furthermore, just as anger and calm are opposites on the emotion circle, it turns out that their colours - red and green - are exact opposites on the colour circle used by artists.

Similarly, just as joy and sadness are opposites, so it happens that their colours – orange and blue – are also exact opposites.

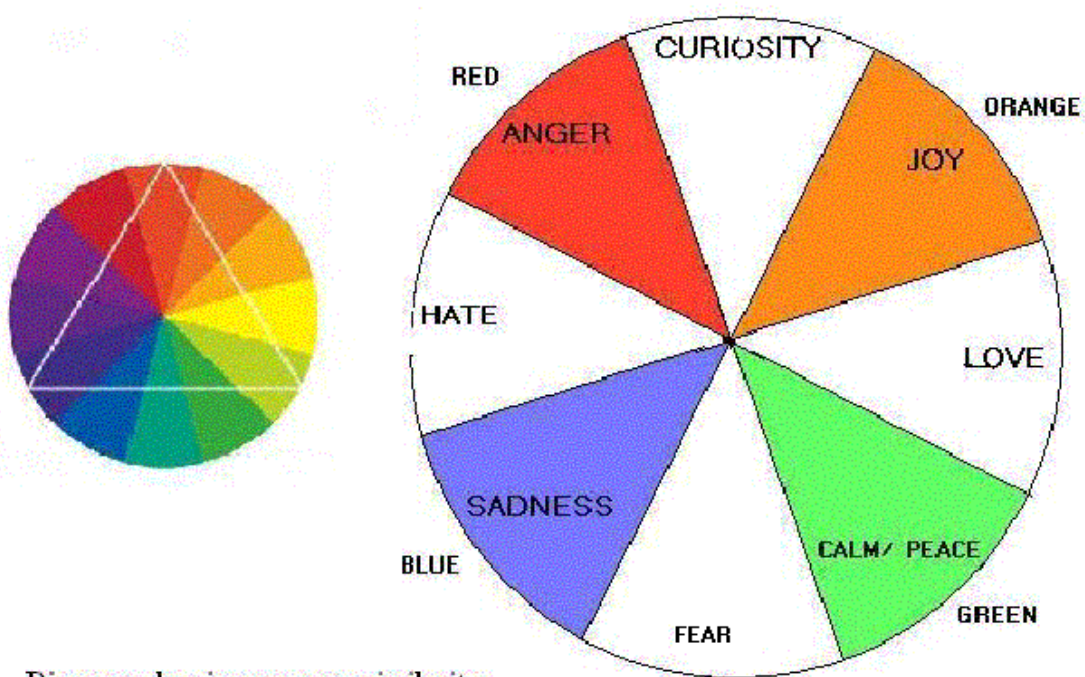


Diagram showing uncanny similarity between the colours associated with emotions (right) and the spectrum of light (left).

This led me to take a closer look at colour and its relationship to emotion.

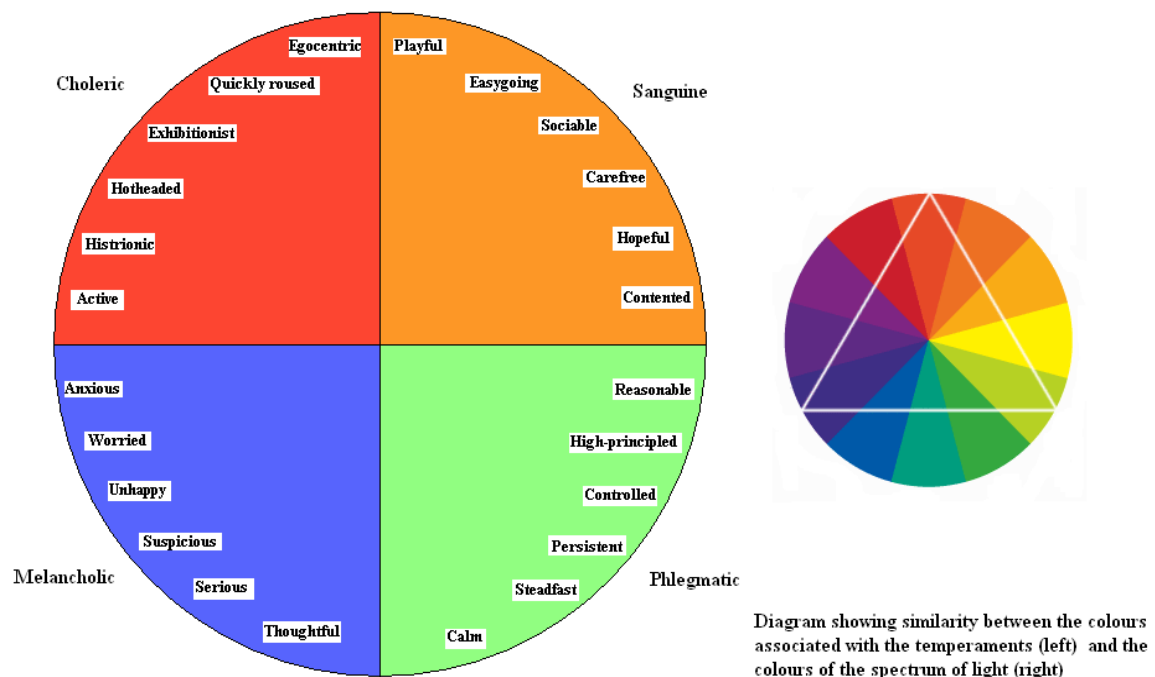
The characteristic emotions of the four personality temperaments are shown in the diagram below.

Sanguine: Sociable, playful, carefree, Hopeful, Contented

Choleric: Hot headed, quickly aroused, egocentric, exhibitionist, active

Melancholic: Unhappy, thoughtful, anxious, worried, suspicious, serious

Phlegmatic: Calm, steadfast, persistent, controlled, reasonable, high



Notice how the circular arrangement and order of the temperaments corresponds closely with the emotion circle shown previously

And again, the colour arrangement seems to follow the rainbow sequence;-

- aggression of the Choleric personality going with red;
- playfulness, easy-going and sociable-ness of the Sanguine personality going with a bright cheerful colour like yellow or orange;
- calmness of the phlegmatic personality going with the calmest colour – green;
- sadness and withdrawal of the melancholic personality going with dark shades of blue, indigo and purple.

Now here are summarised the findings of psychology

THE ENERGETIC COLOURS:

The energetic colours are red, orange and yellow. These colours increase heart rate and general arousal. They are the energetic colours associated with activity.

Red is associated more with aggression and anger, whereas yellow and orange are not aggressive, but rather cheerful and festive. Red is more domineering, whilst orange and yellow are more friendly.

THE CALMING COLOURS:

The calming and restful colours are green, blue and violet. These colours have a relaxing effect on physiology. Green, in particular, is associated with rest, calm, healing and nurturance.

Blue and purple are associated with more remoteness than green.

THE FRIENDLY COLOURS:

These colours are orange, yellow and green. Orange and yellow are energetic but cheerful and friendly. Green is calm but nurturing and healing

THE REMOTE COLOURS:

These colours are blue, purple and red. Blue is calm but it is remote, cold and withdrawn. Red is energetic, but it is energy against, as in confrontation. Red says “stop”. Red is dominance. Aggression and dominance create separation and distance.

The intriguing result is that the spectrum of our emotions seems to correspond to the spectrum of light. This sounds extra-ordinary and unbelievable, yet it is a picture that begins to emerge. Obviously emotions are not the same as light; emotions are mental/spiritual whereas light is physical. Could the emotions be a kind of spiritual spectrum – defining spiritual light?

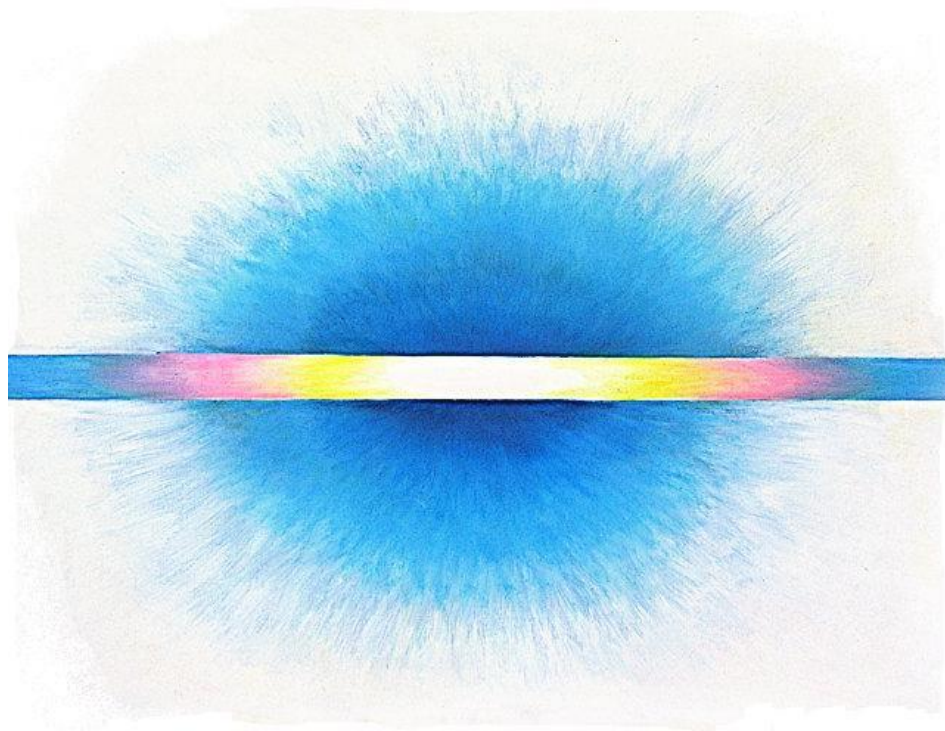
Emotions certainly act as an inner light in guiding us as to whether our decisions are good or bad.

PURPOSE and MEANING

2000 years ago Aristotle (“The Nichomachean Ethics” Book 1, Chapter 4), proposed that the purpose of life is to be happy – that all men continually strive for happiness. He saw that different people seek happiness in different ways – some seek it in pleasure, others in honour and glory, and others in wisdom.

Today, we can see how happiness is related to the other emotions – and so we can see that its’ realisation is found in love, joy, peace and overcoming fear ... in following the Light within.

Our primary purpose may be found deep within the positive emotional states. After all, what do we seek if not happiness?



A PEARL OF GREAT PRICE

Consider for a moment what we have found –

- An awareness of the Good within each one of us based on
- The positive-ness and goodness of certain emotional states (Love, Joy, Peace, exploration), and the negative-ness of the other emotional states (sadness, hate, anger, fear)
- taking the geometric form of a perfect circle
- corresponding (it would seem) to the colour sequence of a rainbow

If happiness is the meaning and purpose of our lives, then it follows that meaning and purpose will be found in

Encouraging conditions that foster the positive emotional states of love, joy and peace
Overcoming the conditions that foster the negative emotional states

AN EXPERIMENT WITH COLOUR

Take 7 cards and label each one with one of the emotions – Joy, Love, Calm, Sad, Hate, Anger, and curiosity/empowerment.

Take another 7 cards and colour them red, orange, yellow, green, blue indigo, violet.

Mix all the emotion cards up

Ask a friend to place one colour card next to one emotion card. They cannot use the same colour card twice.

Finally write the results onto the emotion circle.

It is quite likely you will find that the colours allotted occur in the rainbow sequence.

REFERENCES:

1. Plutchik – “Emotion: A Psychoevolutionary Synthesis” p170- 198
2. Plutchik – “Circumplex Models of Personality and Emotion” chapter 9
3. Aristotle – “Nichomachean Ethics” Book 1 Chapter 4
4. Internet articles accessed via Google keywords – Emotion, Colour, Psychology