



EMOTION ATLAS

The Starter Pack

Your Guide to the Human Emotional Landscape

*Six emotions, mapped — their psychology, where you feel them in the
body, their hidden gift and their shadow.*

EVERY FEELING HAS A PLACE

MAPPING THE HUMAN EXPERIENCE

How to Read a Feeling

Most of us were taught to judge our emotions — good ones to chase, bad ones to escape. The Emotion Atlas offers a different map. Every feeling is information. Every feeling has a place. Here is the five-step path we use to move through any emotion, and the one you'll practise with the cards that follow.

- 01 Feel**
Let the emotion be here without rushing to fix it. Name it plainly: “This is fear.” Naming alone begins to settle the nervous system.
- 02 Observe**
Notice where it lives in your body and what it makes you want to do. The body speaks before the mind explains.
- 03 Understand**
Ask what this emotion is protecting or seeking. Every feeling has a core need underneath it.
- 04 Grow**
Find the hidden gift. Fear sharpens attention; boredom points toward meaning; ambition reveals what you value.
- 05 Detach**
Let it pass. You are the one who feels the weather, not the weather itself.



E M O T I O N A T L A S

AWE

FAMILY

Wonder · Existential

VALENCE · ENERGY

Mixed-positive · Expansive

CORE NEED

To connect with something larger than the self

HIDDEN FEAR

Insignificance

BODY EXPERIENCE

Goosebumps, chills, stillness, watery eyes, upward gaze

SHADOW SIDE

Escapism — using wonder to avoid your own life

NEIGHBOURS

Wonder · Reverence · Admiration · Astonishment

OPPOSITE

Indifference

Awe is the moment the self goes quiet so something larger can be heard.

EVERY FEELING HAS A PLACE



E M O T I O N A T L A S

CARING

FAMILY

Social · Connection

VALENCE · ENERGY

Positive · Warm, steady

CORE NEED

To protect and stay close to what you love

HIDDEN FEAR

Helplessness — being unable to help

BODY EXPERIENCE

Softening chest, warmth, forward lean, a tender ache

SHADOW SIDE

Self-abandonment — caring for everyone but yourself

NEIGHBOURS

Tenderness · Compassion · Protectiveness · Empathy

OPPOSITE

Indifference

Caring is love with its sleeves rolled up.

EVERY FEELING HAS A PLACE



E M O T I O N A T L A S

TRUST

FAMILY

Core · Social Bonding

VALENCE · ENERGY

Positive · Calm, grounded

CORE NEED

Safety inside connection

HIDDEN FEAR

Betrayal

BODY EXPERIENCE

Loosened shoulders, slow breath, open posture,
settled stomach

SHADOW SIDE

Naivety — or dependence that stops you standing
alone

NEIGHBOURS

Vulnerability · Belonging · Faith · Safety

OPPOSITE

Suspicion

*Trust is one of the invisible structures of human life. We rarely notice it —
we simply stand upon it.*

EVERY FEELING HAS A PLACE



E M O T I O N A T L A S

PANIC

FAMILY

Fear & Protection

VALENCE · ENERGY

Negative · Extreme high

CORE NEED

Safety, right now

HIDDEN FEAR

Loss of control

BODY EXPERIENCE

Racing heart, tunnel vision, shallow breath, cold limbs

SHADOW SIDE

Paralysis — freezing when action is needed

NEIGHBOURS

Anxiety · Dread · Overwhelm · Terror

OPPOSITE

Calm

Panic is your body sounding an alarm it hasn't checked with your mind.

EVERY FEELING HAS A PLACE



E M O T I O N A T L A S

BOREDOM

FAMILY

Emotional State

VALENCE · ENERGY

Negative-neutral · Low, restless

CORE NEED

Meaning and genuine engagement

HIDDEN FEAR

Emptiness — that nothing matters

BODY EXPERIENCE

Heaviness, restlessness, sighing, foggy attention

SHADOW SIDE

Numbness — filling the void instead of listening to it

NEIGHBOURS

Restlessness · Apathy · Longing · Emptiness

OPPOSITE

Absorption

Boredom is not the absence of things to do. It's the absence of meaning in the things you could.

EVERY FEELING HAS A PLACE



E M O T I O N A T L A S

AMBITION

FAMILY

Motivational State

VALENCE · ENERGY

Positive-mixed · High, driving

CORE NEED

To grow, to become more

HIDDEN FEAR

Wasted potential — irrelevance

BODY EXPERIENCE

Restlessness, forward tension, a body that won't sit still

SHADOW SIDE

Burnout — the never-enough that outruns the joy

NEIGHBOURS

Determination · Drive · Longing · Envy

OPPOSITE

Contentment

Ambition doesn't feel like excitement. It feels like a restlessness that won't let you rest.

EVERY FEELING HAS A PLACE

Your Turn

Which of these emotions visited you this week?

What was it trying to tell you?

Keep this page. Come back to it. The map is only useful when you walk it.



EMOTION ATLAS

More emotions are being mapped
every week.

This is six of them. The full atlas of the human emotional landscape is being drawn one feeling at a time — its psychology, its body, its gift, its shadow.

FOLLOW THE JOURNEY

@emotionatlas

GET THE WEEKLY EMOTION MAP

*One emotion, one insight, one reflection — in your inbox every Monday.
Sign up at the link in our bio.*

EVERY FEELING HAS A PLACE