



EMOTION ATLAS

REGION ONE

The Shadow Region

The emotions we were taught to hide.

Envy · Jealousy · Resentment · Bitterness · Contempt · Guilt · Shame · Insecurity ·
Hatred · Vengeance

*Four clusters. Ten emotions. Descriptions, side-by-side comparisons, and
awareness exercises to help you name exactly what you feel.*

EVERY FEELING HAS A PLACE

MAPPING THE HUMAN EXPERIENCE

Why Map the Shadow?

Shadow emotions are the ones we were taught were wrong — envy, resentment, shame, contempt. So we hide them, and hidden things run us from underneath. But none of them is a flaw. Each is a messenger we were told to stop listening to.

The problem is rarely that we can't feel them. It's that we can't tell them apart. We call jealousy “envy,” call shame “guilt,” and reach for the wrong repair. This region groups the shadow emotions into the families they belong to, and teaches the fine distinctions between them — because the moment you can name a feeling precisely, it stops running you.

HOW EACH CLUSTER WORKS

- | | |
|---------------------------|---|
| The thread | — what links these emotions into one family |
| The emotions | — each one's essence, where it lives in the body, and the need beneath it |
| Tell them apart | — the fine line between the ones we most often confuse |
| Awareness exercise | — a short practice to feel the difference for yourself |

Read one cluster at a time. Do the exercise before moving on.

The Wanting Cluster

Envy · Jealousy

Both rise from comparison and lack — but they are not the same feeling, and confusing them keeps you from meeting the real need.

ENVY

Wanting something another person has — a trait, a life, a success. Two people. “I want what you have.”

BODY A tight, hollow ache in the chest; a downward pull; eyes that can't look away.

UNDER To feel you are enough — and a signpost toward what you actually want.

JEALOUSY

Fear of losing something you already have to a rival. Three people. “I'm afraid you'll be taken from me.”

BODY Hot, agitated, guarded; a racing heart; scanning for threat.

UNDER Security inside a connection that matters to you.

TELL THEM APART

Envy has two people — you want what they have. Jealousy has three — you fear losing what you have. Envy covets; jealousy guards.

◆ AWARENESS EXERCISE · THE ENVY COMPASS

Name one person you envy, then write the specific thing you envy. That thing is not an enemy — it is a signpost pointing at an unmet want. What is one small step toward it?

The Souring Cluster

Resentment · Bitterness · Contempt

This is anger that was never spoken — and what it becomes when it is left to age.

RESENTMENT

Anger at an unfairness you didn't or couldn't voice. Still fresh. “That wasn't fair, and I said nothing.”

BODY A clench in the jaw or gut; replaying the scene on a loop.

UNDER To be treated fairly — and to have a voice.

BITTERNESS

Resentment aged and hardened into a worldview. “It's always like this.”

BODY Heaviness, fatigue, a downturned mouth.

UNDER Acknowledgment — and grief for what was lost.

CONTEMPT

Looking down on someone as beneath you. The most corrosive to any relationship. “You're not worth my respect.”

BODY A sneer, cold distance, a subtle upward pull of the nose.

UNDER Usually guards an old wound of feeling disrespected.

TELL THEM APART

Resentment still wants justice. Bitterness has given up on it. Contempt has written the person off. Resentment burns, bitterness smoulders, contempt freezes.

◆ AWARENESS EXERCISE · THE UNSENT SENTENCE

Resentment is a truth left unspoken. Write the sentence you never said: “What wasn't fair was ____.” You don't have to send it. Naming it is what stops it aging into bitterness.

The Self-Judgment Cluster

Guilt · Shame · Insecurity

All three point inward — but at very different targets. Telling them apart is the single most useful skill in this whole region.

GUILT

“I did something bad.” About behaviour. Useful — because behaviour can be repaired.

BODY A sinking heaviness; a pull toward making amends.

UNDER To live in line with your values, and to repair.

SHAME

“I am bad.” About identity. Corrosive — there is nothing to fix, only a self to hide.

BODY Heat in the face, shrinking, avoiding eyes, wanting to disappear.

UNDER To be worthy of belonging.

INSECURITY

Chronic doubt about your own adequacy. “Am I enough?”

BODY Bracing, comparing, reaching for reassurance.

UNDER Safety in your own worth, independent of others.

TELL THEM APART

Guilt is about a thing you DID — it can be acted on. Shame is a story about who you ARE — it only makes you hide. Catching the moment guilt slides into shame changes everything.

◆ AWARENESS EXERCISE · BEHAVIOUR VS. BEING

Write what you feel bad about. Then ask: is this about something I did, or about who I am? Rewrite any “I am” statement as an “I did” statement. Guilt can be answered; shame only shrinks you.

The Destruction Cluster

Hatred · Vengeance

These are the emotions that want to harm — and almost always, they are standing guard over a deep hurt.

HATRED

Sustained, organised hostility. “I want you gone.”

BODY Cold tension, fixation, a hardening in the body.

UNDER Protection — from a threat, or from unhealed pain.

VENGEANCE

The wish to make someone suffer as you did, to balance the scale. “You should pay.”

BODY Restless, rehearsing the moment, tunnel-focused.

UNDER Justice — and acknowledgment of the harm done to you.

TELL THEM APART

Hatred wants distance and erasure. Vengeance wants the other to FEEL what you felt. Hatred pushes away; vengeance pulls you back toward the wound.

◆ AWARENESS EXERCISE · UNDERNEATH THE FIRE

Vengeance and hatred sit on top of hurt. Complete the sentence: “Beneath wanting them to pay is the pain of ____.” Meeting that pain is what finally loosens the grip.

Mapping Your Shadow Week

For the next seven days, each time a shadow emotion visits, catch it here. Don't judge it — just name it precisely. At week's end, look for your pattern.

DAY	WHICH EMOTION	WHAT TRIGGERED IT	IN THE BODY
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

At the end of the week: which emotion appeared most? What was it most often protecting? That is the doorway into your next piece of work.



EMOTION ATLAS

This is one region of nine.

The full Emotion Atlas maps the entire human emotional landscape — core, social, motivational, mental, existential and shadow — one region at a time. The Shadow Region is where most people find their first real language for what they feel.

FOLLOW THE JOURNEY

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GET THE WEEKLY EMOTION MAP

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

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