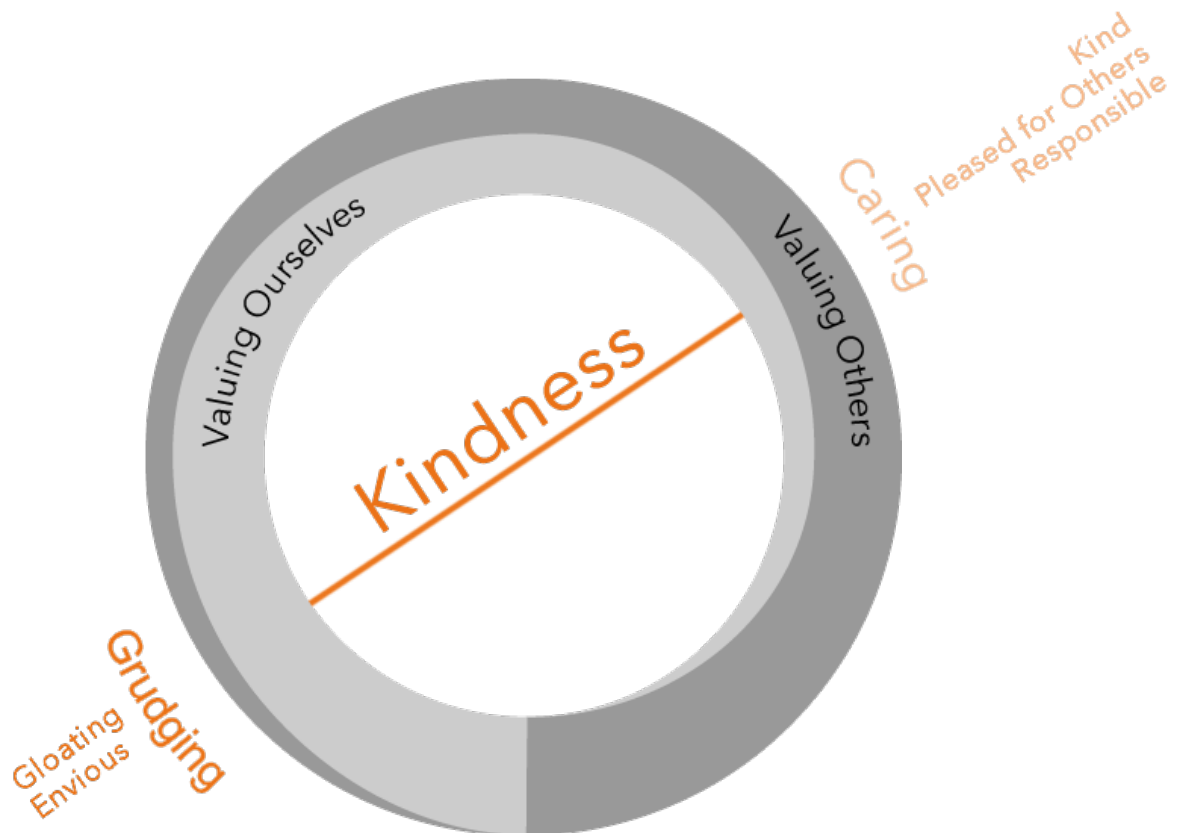


Grudging Zone

feeling envious, gloating

I'm not happy that others are doing better than me, or have more than me. My pride is hurt. I think I'm just as good as them, and I should have what they have. I'm pleased when something bad happens to others; it lets me feel better about myself. I want to get what they have or be like them.



Kindness

The feeling of goodwill towards others and lending them our strength. It's doing things for others and giving to them without wanting anything back.