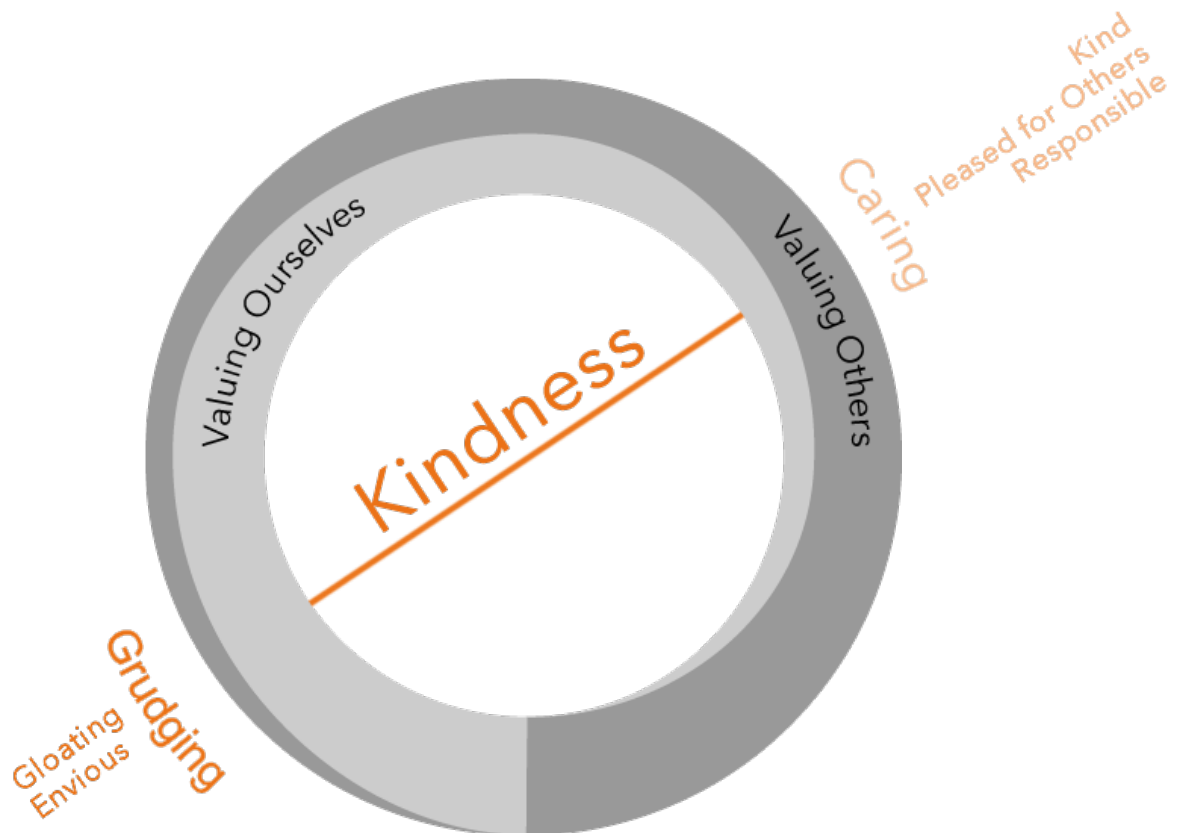


# Grudging Zone

*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 Special Value

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.