| **Card Name** | **Four of Cups** |
| --- | --- |
| Yes/No | No |
| +/- | Negative (Negative in all aspects) |
| Soul | Emotional withdrawal and apathy, sulking under a tree symbolizing self-isolation from opportunities, **person wearing green clothes sitting in depressed state**, surrounded by positive green environment indicating unfounded upset, creating self-inflicted anxiety by overreacting to minor issues, **exhibiting "रूठ के बैठ जाना" (sitting in sulk) behavior** |
| Essence/Prediction | Person upset over minor issues in emotions or relationships, overreacting and withdrawing emotionally, ignoring chances to fix situations, creating self-inflicted anxiety and insecurity, refusing to see offered opportunities like the cup from clouds **which represents blessings**, **possibly depressed**, **closing room, switching off phone, installing latch (कुंडी लगा लेते) but repeatedly checking for missed calls and attention** |
| Example | Like sitting under a tree with three upright cups but ignoring a fourth offered from clouds, representing sulking (रूठ के बैठ जाना) over small things without real problems, such as closing the door and switching off phone to avoid communication, while the environment remains positive and opportunities are available, persistently checking for attention while isolated, like ears tuned outside despite withdrawal, **"मुंह फुला के बैठ गए" (sitting with puffed face) behavior**, **wife making breakfast at 5 AM with effort, husband rushing and not eating, leading to all-day sulking**, **all cups standing upright showing no real problems** |
| Past | Overreacted to small things and stayed upset, withdrawing emotionally and creating self-anxiety, ignoring chances to resolve minor issues |
| Present | Currently overreacting to minor emotional issues, sulking and restricting yourself from seeing the positive reality, ignoring opportunities to resolve, creating anxiety by fixating on perceived slights, **doing exactly what guidance warns against** |
| Future | Will continue overreacting and withdrawing unless you change, leading to ongoing self-created anxiety and missed chances, potentially becoming habitual if not addressed now, **people will console first time, but by second/third time will say "इसकी रोज की आदत है छोड़ दो" (this is their daily habit, leave them)**, **adults get abandoned even faster than children for this behavior** |
| Health | Self-created stress, anxiety, insomnia, and insecurity without actual illness, mentally disturbing yourself through emotional restriction, stop to recover, as you're not sick but self-tormenting, **"आप बीमार नहीं हो, मेंटली परेशान हो क्योंकि आप खुद को कर रहे हो" (you're not sick, you're mentally disturbed because you're doing it to yourself)** |
| Profession | Overreacting to minor criticism (like a boss's comment), sulking at home and missing work opportunities like meetings, need to let it go to avoid being seen as habitually difficult, risking professional isolation if withdrawal persists, **"घर आके बैठ गए फोन ऑफ करके वहां मीटिंग है बॉस तुमको ढूंढे जा रहा है" (came home and sat with phone off while there's a meeting and boss is looking for you)** |
| Relationship | Upset over small relational matters (like a spouse skipping breakfast made with effort), sulking all day without communication, creating unnecessary distance despite no major issue, insisting on being coaxed while ignoring resolution opportunities, **wife example: "5 बजे से लगी हुई थी" (working since 5 AM) making breakfast, husband leaves in hurry, wife sulks entire day thinking "मेरी कदर नहीं करते" (doesn't value me)** |
| Guidance | Don't overreact to small things, come out of emotional restriction, let it go and address situations directly instead of withdrawing, recognize there's no big issue and seize opportunities to fix, avoid creating self-anxiety by planning ahead and communicating, **"Let it go" emphasized repeatedly**, **"जाके बात कर लो ना भाई" (just go and talk about it)**, **warning that this behavior pattern will lead to being abandoned**, **"अपने इमोशनल रिस्ट्रिक्शन से बाहर निकलो और चीजों को ठीक कर लो" (come out of your emotional restriction and fix things)** |