

9:41



FaceTime



Calendar



Photos



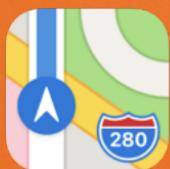
Camera



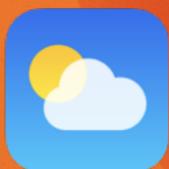
Mail



Clock



Maps



Weather



Reminders



Notes



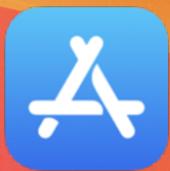
Stocks



News



Books



App Store



Podcasts



TV



Health



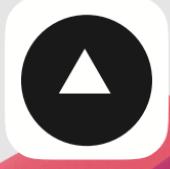
Home



Wallet



Settings



AoE

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ATLAS OF EMOTIONS



Welcome to the Atlas of Emotions

SUPPORTED BY THE DALAI LAMA

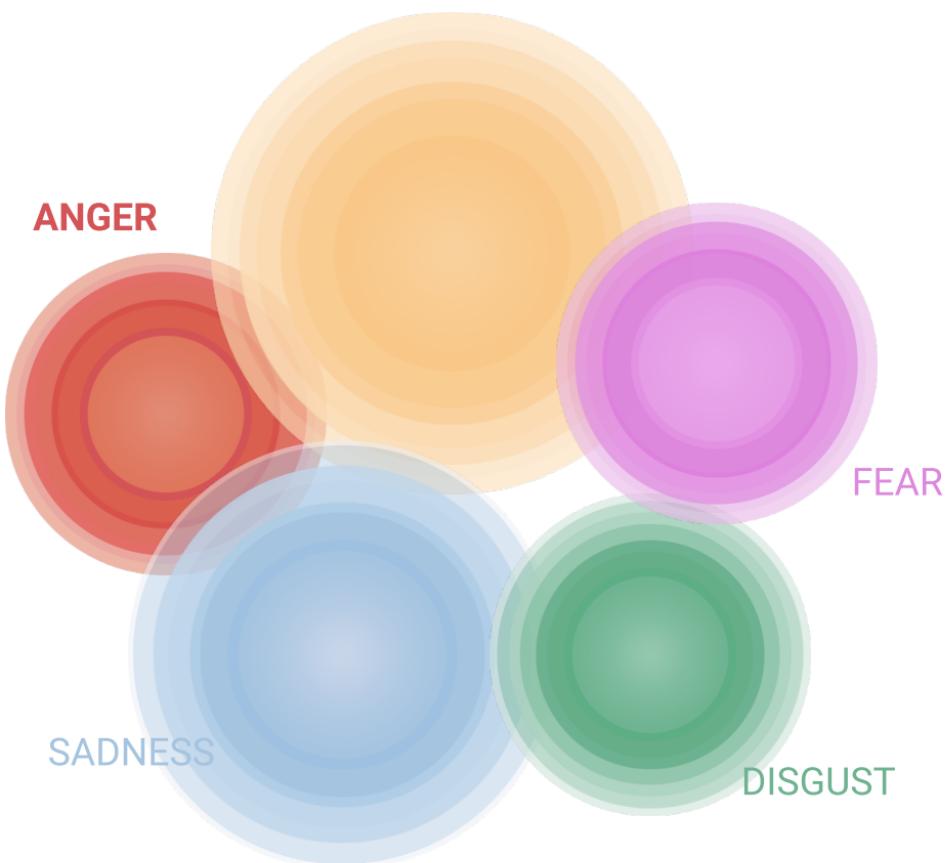
Start



ATLAS OF EMOTIONS

Select an emotion to learn more.

Enjoyment

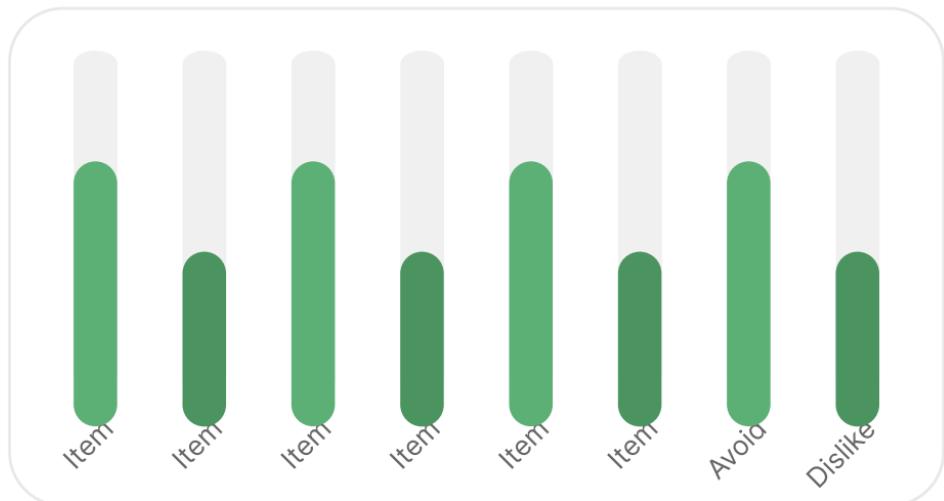
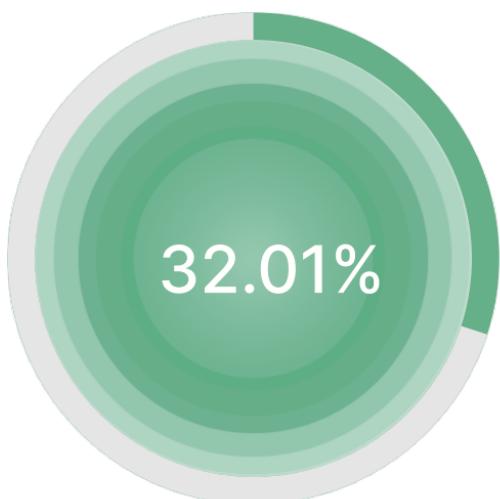


We feel enjoyment when we experience novelty or comfort. Enjoyment varies in strength and frequency in our lives.



ATLAS OF EMOTIONS

DISGUST



	Dislike	28 pts
	Avoid	60 pts
	Aversion	30 pts



9:41



March

Mo Tu We Th Fr Sa Su

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

	Enjoyment	28 pts
	Anger	60 pts
	Disgust	30 pts
	Sadenss	15 pts
	Fear	28 pts



[Back](#)

Insights

Reflection

Can you identify one or more causes of your emotion?

Did something happen or did you have a thought that triggered what you are feeling?
Compose your thoughts here...

[Add Awareness](#)

Q	W	E	R	T	Y	U	I	O	P
A	S	D	F	G	H	J	K	L	
↑	Z	X	C	V	B	N	M		✖
123	space					Go			

