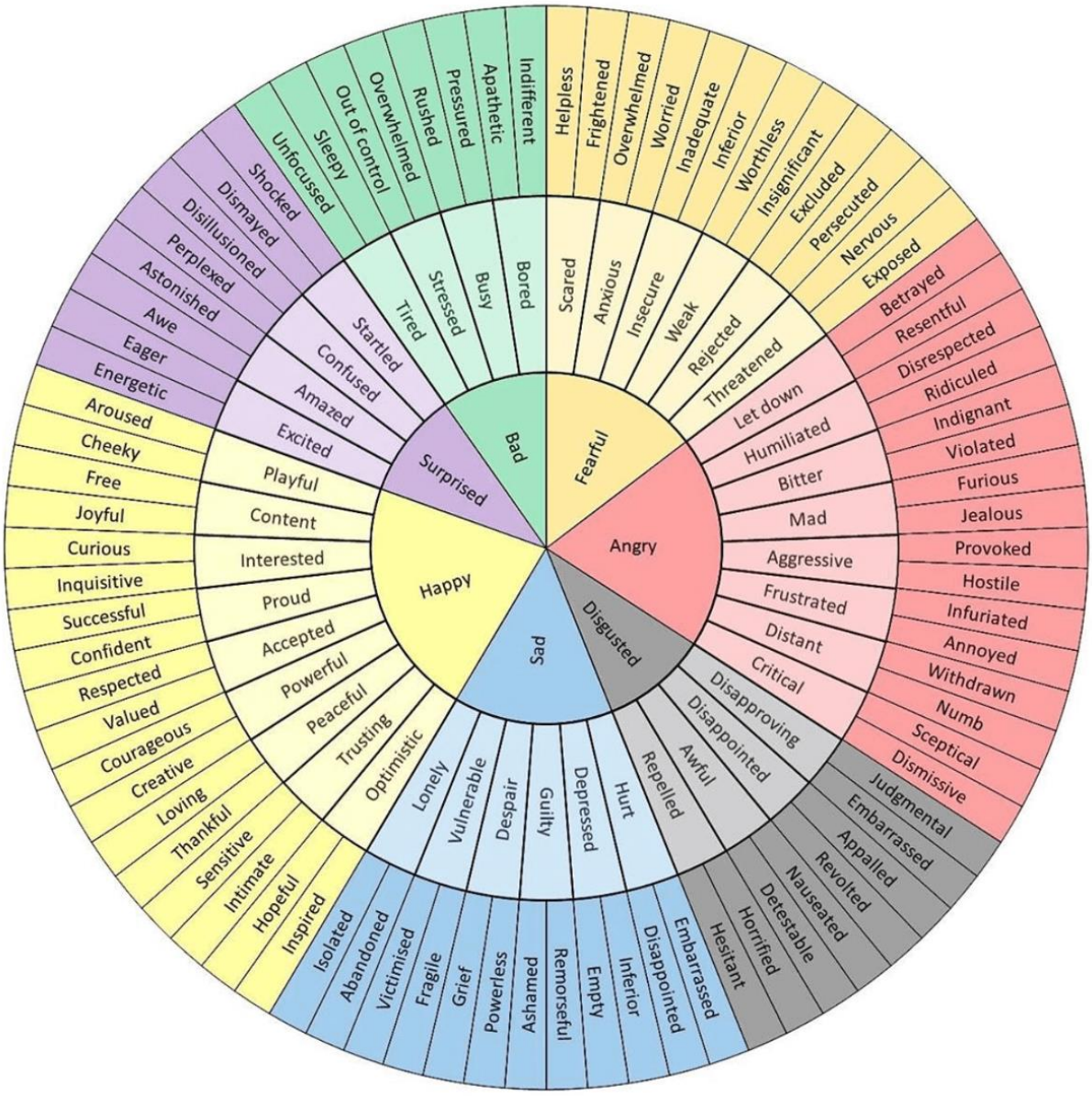
Emotion Sliding Scale:

desperate pessimistic despondent **neutral** engaged optimistic happy joyful

Emotion Wheel:



What are my emotions telling me?

JOY farming