

**HIGH TENSION
DYSPHORIA**

Anxiety
Panic
Anger
Guilty
Rage

**HIGH TENSION
EUPHORIA**

Excitement
Joy
Surprised
Energized
Bold

**EMOTIONS
Spectrum**

**LOW TENSION
DYSPHORIA**

Sadness
Numbness
Defeated
Annoyed
Discouraged

**LOW TENSION
EUPHORIA**

Content
Calm
Peace
Caring
Thankfu;