

Emotional Equations

Emotions = Life

By Chip Conley

Dealing With Difficult Times

$$\text{Despair} = \text{Suffering} - \text{Meaning}$$

$$\text{Disappointment} = \text{Expectations} - \text{Reality}$$

$$\text{Regret} = \text{Disappointment} + \text{Responsibility}$$

$$\text{Jealousy} = \frac{\text{Mistrust}}{\text{Self-Esteem}} \quad \text{Envy} = \frac{(\text{Pride} + \text{Vanity})}{\text{Kindness}}$$

$$\text{Anxiety} = \text{Uncertainty} \times \text{Powerlessness}$$

Getting The Most Out of Your Work Life

$$\text{Calling} = \text{Pleasure} / \text{Pain}$$

$$\text{Workaholism} = \frac{\text{What Are You Running From?}}{\text{What Are You Living For?}}$$

$$\text{Flow} = \frac{\text{Skill}}{\text{Challenge}}$$

$$\text{Curiosity} = \text{Wonder} + \text{Awe}$$

Defining Who You Are

$$\text{Authenticity} = \text{Self-Awareness} \times \text{Courage}$$

$$\text{Narcissism} = (\text{Self-Esteem})^2 \times \text{Entitlement}$$

$$\text{Integrity} = \text{Authenticity} \times \text{Invisibility} \times \text{Reliability}$$

Finding Contentment

$$\text{Happiness} = \frac{\text{Wanting What You Have}}{\text{Having What You Want}}$$

$$\text{Joy} = \text{Love} - \text{Fear}$$

$$\text{Thriving} = \frac{\text{Frequency of Positive}}{\text{Frequency of Negative}}$$

$$\text{Faith} = \frac{\text{Belief}}{\text{Intellect}}$$

$$\text{Wisdom} = \sqrt{\text{Experience}}$$