PLACES WE GO WHEN
THINGS ARE UNCERTAIN OR TOO MUCH
stress, overwhelm, anxiety, worry, avoidance, excitement, dread, fear, vulnerability

PLACES WE GO WHEN
THINGS DON’T GO AS PLANNED
boredom, disappointment, expectations, regret, discouragement, resignation, frustration

PLACES WE GO WHEN
IT’S BEYOND US
awe, wonder, confusion, curiosity, interest, surprise

PLACES WE GO WHEN
THINGS AREN’T WHAT THEY SEEM
amusement, bittersweetness, nostalgia, cognitive dissonance, paradox, irony, sarcasm

PLACES WE GO WHEN
WE FEEL WRONGED
anger, contempt, disgust, dehumanization, hate, self-righteousness

PLACES WE GO WHEN
LIFE IS GOOD
joy, happiness, calm, contentment, gratitude, foreboding joy, relief, tranquility

PLACES WE GO WHEN
WE COMpare
comparison, admiration, reverence, envy, jealousy, resentment, schadenfreude, freudenfreude

PLACES WE GO WHEN
THE HEART IS OPEN
love, lovelessness, heartbreak, trust, self-trust, betrayal, defensiveness, flooding, hurt

PLACES WE GO WHEN
WE SEARCH FOR CONNECTION
belonging, fitting in, connection, disconnection, insecurity, invisibility, loneliness

PLACES WE GO WHEN
WE’RE HURTING
anguish, hopelessness, despair, sadness, grief

PLACES WE GO WITH OTHERS
compassion, pity, empathy, sympathy, boundaries, comparative suffering

PLACES WE GO WHEN
WE FALL SHORT
shame, self-compassion, perfectionism, guilt, humiliation, embarrassment

PLACES WE GO TO SELF-ASSESS
pride, hubris, humility