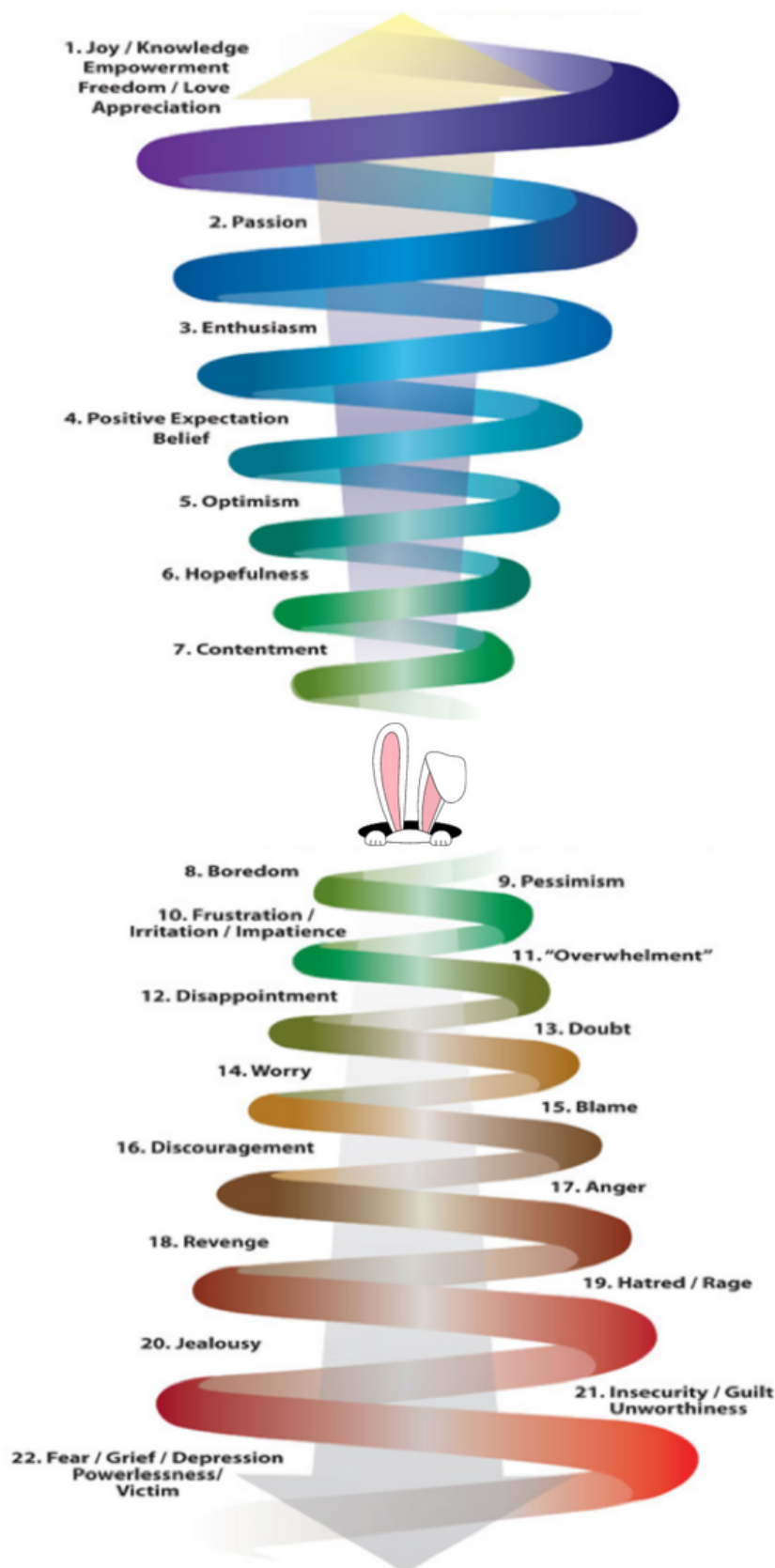


Emotional Guidance Spiral

-Moving Up & Down the Rabbit Hole



Positive Emotions
-Ascending Spiral
-Feeling Good
-Increasing Alignment



Getting what you
do want.



Negative Emotions
-Descending Spiral
-Feeling Bad
-Decreasing Alignment

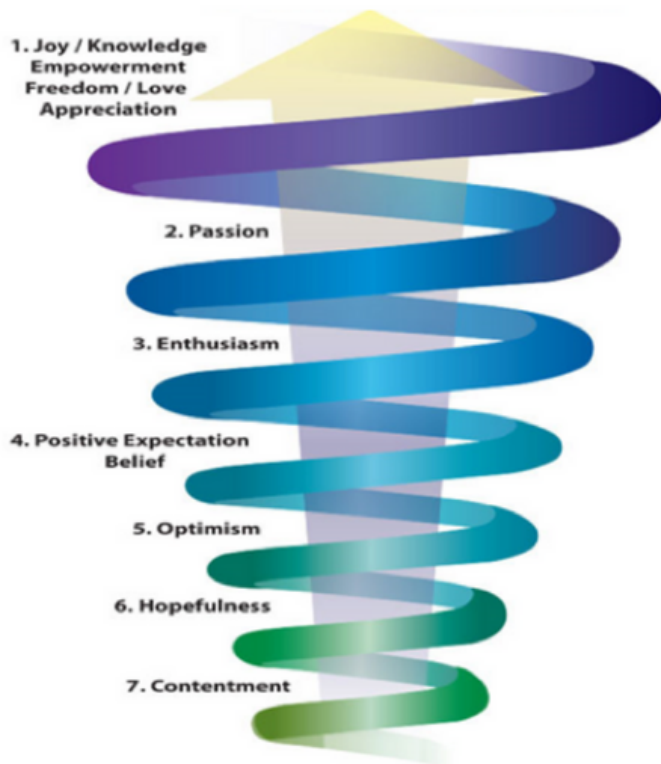


Getting what you
do not want.



Emotional Guidance Spiral

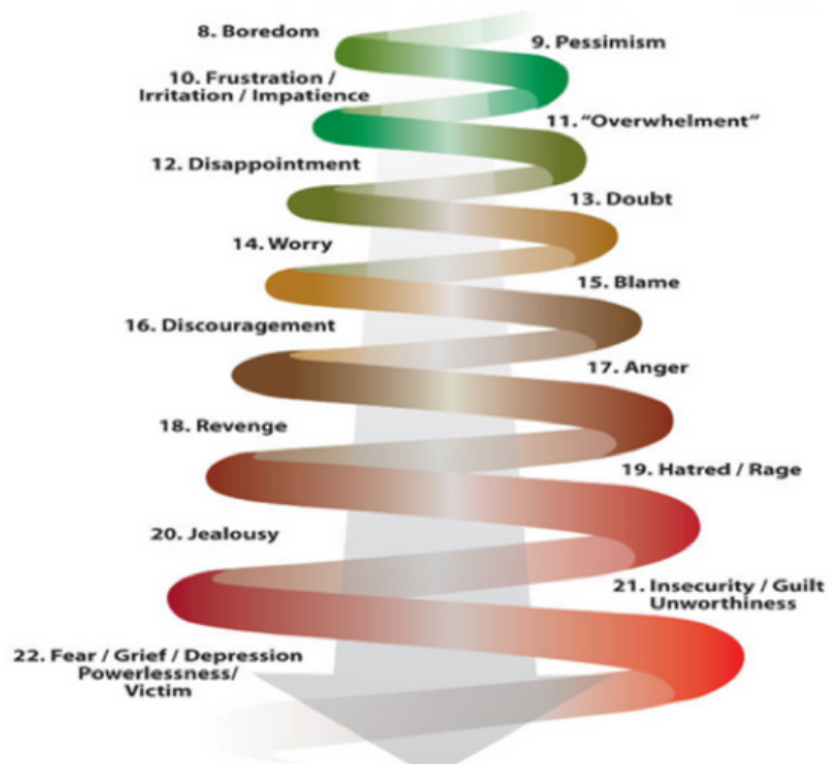
Positive Emotions
-Ascending Spiral
-Feeling Good
-Increasing Alignment



Getting what you want.



Negative Emotions
-Descending Spiral
-Feeling Bad
-Decreasing Alignment



Getting what you do not want.

