

A Typology Of Positive and Negative Emotions, Attitudes, and Actions

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You can find the slides of the talk at
http://haralick.org/typology_emotions.pdf

Giving and Receiving

- A gives something to B
 - A is the giver
 - B is the receiver
- B says to A “I will enjoy wearing it. Thankyou”
 - B is the giver
 - A is the receiver
- A becomes a complete giver and receiver
- B becomes a complete giver and receiver

Positive and Negative Emotions and Actions

- Positive emotions, attitudes, and actions
 - Virtues
 - Increase the possibility of complete giving and receiving
- Negative emotions, attitudes, and actions
 - Vices
 - Decrease the possibility for complete giving and receiving

The Onion Story

- How we will
- How we understand giving and receiving
- How we interpret situations
- How we feel
- How we decide to act

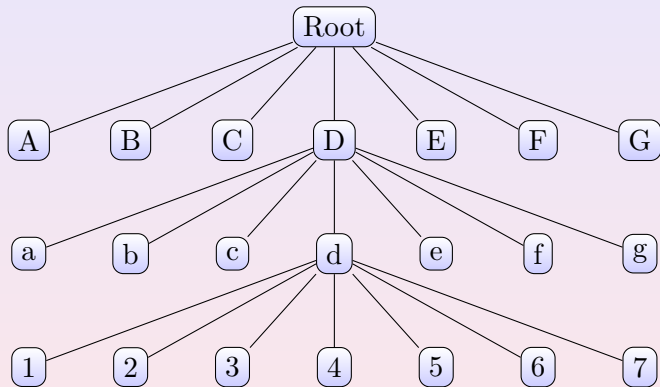
Ethical Theories

- Virtue Ethics
 - Living virtuously
- Utilitarianism
 - Greatest good for the greatest number
- Kantianism
 - Universal principals
- Contract Theory
 - Abiding by agreements
- Care Ethics
 - Care for relationship with others

The Trees

- There are two trees
 - Tree of Vices
 - Tree of Virtues

The Trees



Vices

Insatiableness

Insatiableness

Insensitiveness

Inconsiderateness

Impoliteness

Unappreciativeness

Apathy

Unkindness

Angriness

Hardheartedness

Angriness

Domination

Regretfulness

Offensiveness

Depression

Malevolence

Arrogance

Cowardliness

Contemptuousness

Arrogance

Insecurity

Pretentiousness

Untrustworthiness

Corruptness

Example

Suppose two people are in an interaction and one of them is insensitive, or inconsiderate or impolite or unkind. What would you expect about how the interaction will turn out. Will one of them be able to influence the other?

Vices

Arrogance

Cowardliness

Contemptuousness

Arrogance

Insecurity

Pretentiousness

Untrustworthiness

Corruptness

Lustfulness

Frivolity

Irreverence

Joylessness

Lustfulness

Loathfulness

Faithlessness

Bigotry

Deceitfulness

Gossip

Defensiveness

Stubbornness

Ignorance

Deceitfulness

Ineffectiveness

Dishonesty

Vices

Deceitfulness

Gossip

Defensiveness

Stubbornness

Ignorance

Deceitfulness

Ineffectiveness

Dishonesty

Slothfulness

Neglectfulness

Recklessness

Carelessness

Aimlessness

Irresoluteness

Slothfulness

Disorderliness

Avariciousness

Miserliness

Immorality

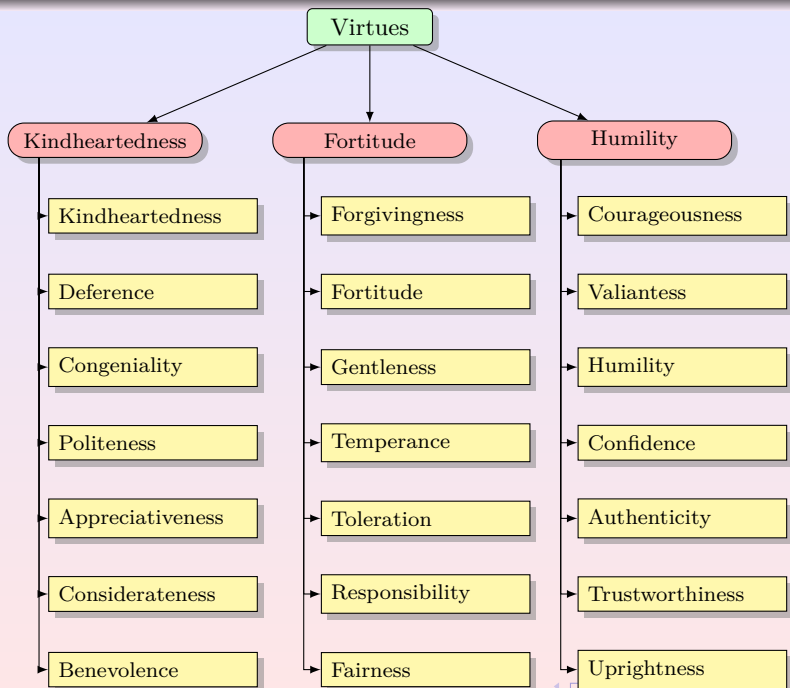
Extravagance

Upsetability

Awkwardness

Spiritlessness

Avariciousness



Virtues

Humility

Courageousness

Valiantness

Humility

Confidence

Authenticity

Trustworthiness

Uprightness

Dedicatedness

Fervency

Reverence

Joyfulness

Dedicatedness

Sincerity

Devoutness

Enthusiasm

Rationality

Openmindedness

Intelligence

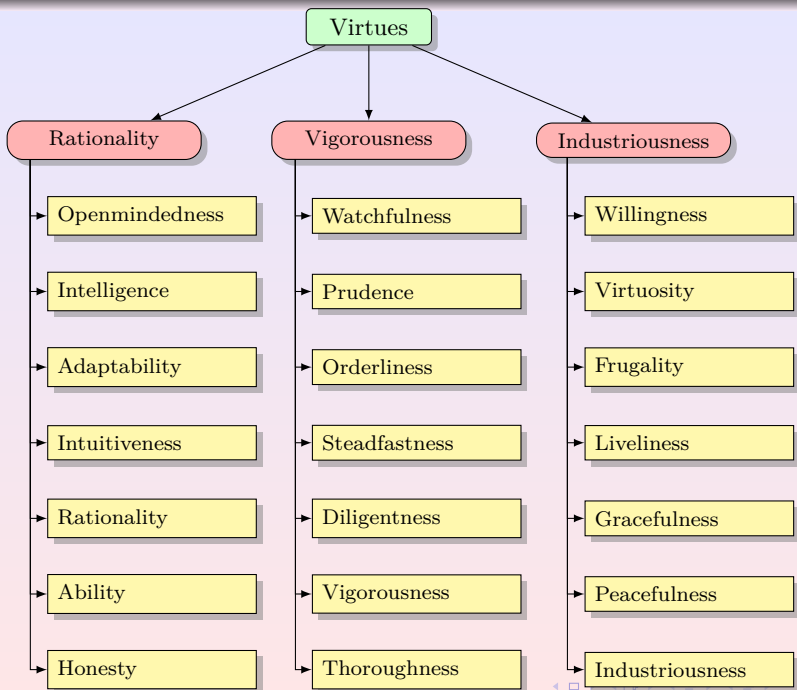
Adaptability

Intuitiveness

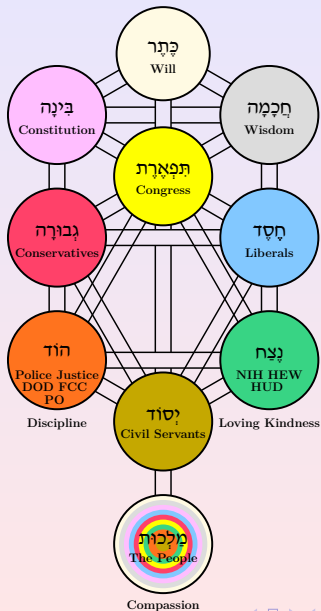
Rationality

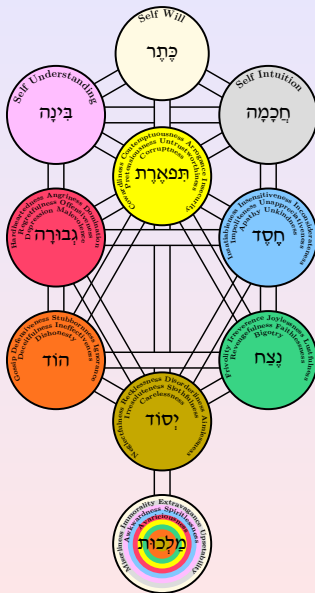
Ability

Honesty

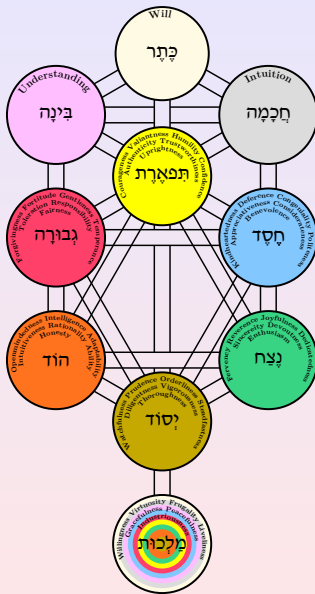


Democratic Republic

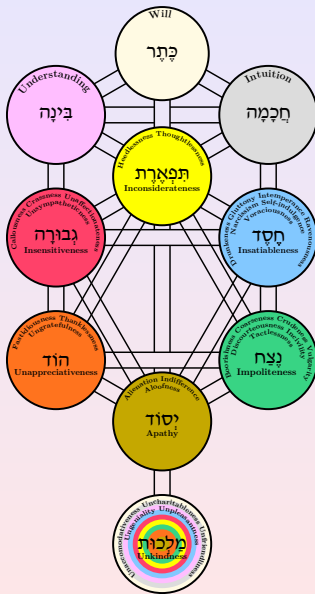




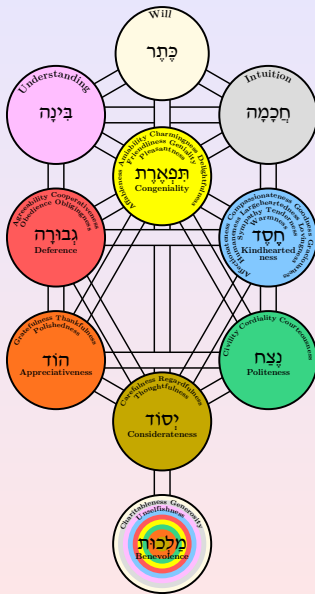
Virtues



Chesed Vices



Chesed Virtues



Chesed Vice and Virtues

Vice	Virtue
Insatiableness	Kindheartedness
Angriness	Fortitude
Arrogance	Humility
Lustfulness	Dedicatedness
Deceitfulness	Rationality
Slothfulness	Vigorousness
Avariciousness	Industriousness

Definitions: Chesed of Chesed

Insatiableness

The quality of character which inclines one to have excessive desires that can never be satisfied.

Kindheartedness

The quality of character inclining one to have a good benevolent nature, consistently being helpful and showing consideration for others.

Definitions: Gevurah of Chesed

Angriness

The quality of character which inclines one to an emotional feeling of strong displeasure against the person who provoked the displeasure.

Fortitude

The quality of character inclining one to have strength, moral endurance, patience and courage even under conditions of pain, privation, affliction, or temptation.

Definitions: Tiferet of Chesed

Arrogance

The quality of character which inclines one to be unduly or excessively superior, overbearing, exhibiting haughtiness, claiming more for oneself and conceding little to others.

Humility

The quality of character inclining one to be modest in feeling and manifesting one's own merits, self worth, or importance.

Definitions: Netzach of Chesed

Lustfulness

The quality of character inclining one to such an intense eagerness and enthusiasm for the satisfaction of a desire, often a sexual desire, that the end becomes more important than the means.

Dedicatedness

The quality of character inclining one to be wholly committed to an ideal, a goal, a cause, a job, a family, or a project etc.

Definitions: Hod of Chesed

Deceitfulness

The quality of character which inclines one to have injurious intent while leading another person to believe something one knows is false.

Rationality

The quality of character inclining one to be agreeable to employ reason in developing an understanding of anything.

Definitions: Yesod of Chesed

Slothfulness

The quality of character which inclines one to be habitually lazy and move slowly when one knows that exertion or speed is essential.

Vigorousness

The quality of character inclining one to intense action which is full of energy and force.

Definitions: Malchut of Chesed

Avariciousness	The quality of character inclining one to excessive desire to acquire or collect more things than one needs or deserves.
Industriousness	The quality of character inclining one to work energetically and devotedly to produce things of value.

Gevurah Vice and Virtues

Vice	Virtue
Hardheartedness	Forgivingness
Angriness	Fortitude
Domination	Gentleness
Regretfulness	Temperance
Offensiveness	Toleration
Depression	Responsibility
Malevolence	Fairness

Hardheartedness	The quality of character marked by lack of feeling, unsympathetic understanding and pitilessness.
Forgivingness	The quality of character inclining one to grant free pardon, without resentment, for an offense done to one by another.

Angriness

The quality of character which inclines one to an emotional feeling of strong displeasure against the person who provoked the displeasure.

Fortitude

The quality of character inclining one to have strength, moral endurance, patience and courage even under conditions of pain, privation, affliction, or temptation.

Domination

That quality of character which inclines one to desire and tend to control another.

Gentleness

The quality of character inclining one to act in a kind, mild, refined, and polite manner, with complete absence of any kind of harshness or roughness.

Regretfulness

The quality of character which inclines one to continually feel grief, disappointment, or remorse about what one has done.

Temperance

The quality of character inclining one to exert moderation and self restraint in an action or statement; demonstrating habitual moderation in the indulgence of a natural appetite or passion.

Offensiveness

Behavior which is displeasing and annoying, causing displeasure and resentment.

Toleration

The quality of character inclining one to allow and endure the existence, presence, practice or action of that which or to which one is negatively disposed.

Depression

A mental and emotional state filled with sadness, dejection, inactivity, and difficulty in thinking or concentrating.

Responsibility

The quality of character marked by reliably being able to carry out duties correctly.

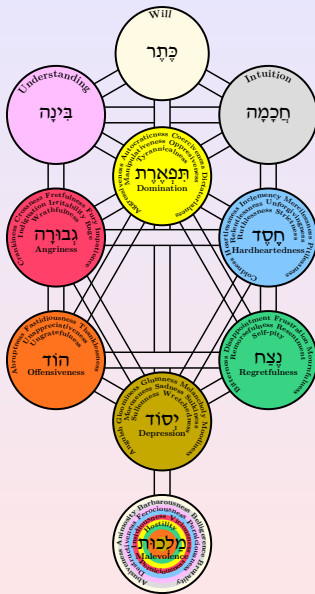
Malevolence

The quality of character which inclines one to a deep-seated dislike, vicious ill will, spite, or hatred.

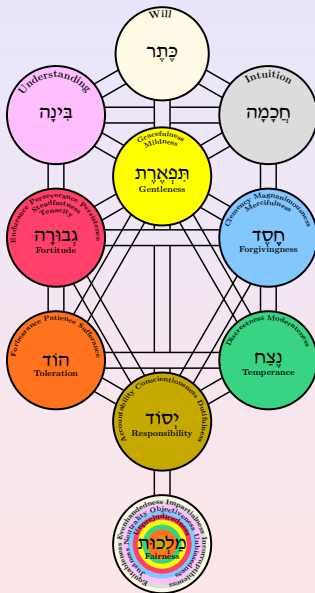
Fairness

The quality of character inclining one to be able to treat all sides alike, justly, equitably, and without bias or any kind of partiality.

Gevurah Vices



Gevurah Virtues



Tiferet Vices and Virtues

Vice	Virtue
Cowardliness	Couragousness
Contemptuousness	Valiantness
Arrogance	Humility
Insecurity	Confidence
Pretentiousness	Authenticity
Untrustworthiness	Trustworthiness
Corruptness	Uprightness

Definitions: Chesed of Tiferet

Cowardliness

The quality of character which inclines one to avoid facing opposition and challenges with firmness, resolve, and courage.

Courageousness

The quality of character inclining one to be able to face perils and difficulties without fear and with enthusiasm, especially for higher and nobler purposes.

Definitions: Gevurah of Tiferet

Contemptuousness	The quality of character inclining one to willfully display disrespect and to disregard authority or propriety.
Valiantness	The quality of character inclining one to encounter difficulty and danger with firmness, strength, excellence, and courageousness.

Definitions: Tiferet of Tiferet

Arrogance

The quality of character which inclines one to be unduly or excessively superior, overbearing, exhibiting haughtiness, claiming more for oneself and conceding little to others.

Humility

The quality of character inclining one to be modest in feeling and manifesting one's own merits, self worth, or importance.

Definitions: Netzach of Tiferet

Insecurity

The quality of character inclining one to have uncertainty and doubt about the present or future or about one's reception, especially in groups of strangers.

Confidence

The quality of character inclining one to have faith in one's own ability and knowledge or inclining one to consistently have faith in the outcome of situations.

Definitions: Hod of Tiferet

Pretentiousness	The quality of character which inclines one to make excessive and unjustifiable claims about one's ability, accomplishments, value, or standing.
Authenticity	The quality of character inclining one to be real and genuine; having agreement between the character within one and the character which one manifests.

Definitions: Yesod of Tiferet

Untrustworthiness	The state in which one's integrity, veracity, judgement, or reliability cannot be counted on.
Trustworthiness	The quality of character inclining one to deserve trust or confidence; being dependable and reliable.

Definitions: Malchut of Tiferet

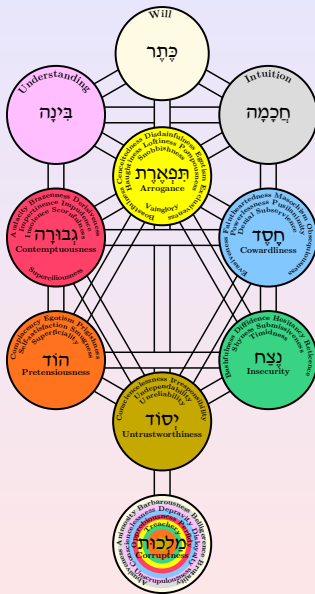
Corruptness

Behavior which is marked by bad morals, arising from unsound principles, and which represents a deterioration in values.

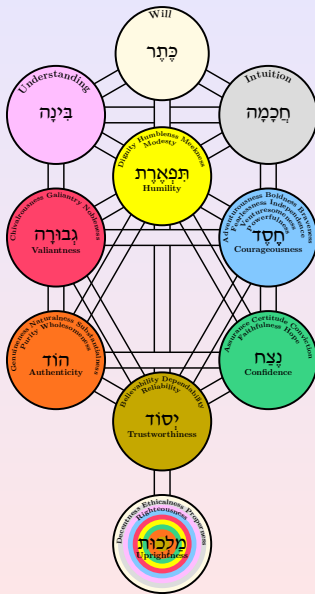
Uprightness

The quality of character inclining one to have strong moral rectitude.

Tiferet Vices



Tiferet Virtues



Netzach Vices and Virtues

Vice	Virtue
Frivolity	Fervency
Irreverence	Reverence
Joylessness	Joyfulness
Lustfulness	Dedicatedness
Loathfulness	Sincerity
Faithlessness	Devoutness
Bigotry	Enthusiasm

Definitions: Chesed of Netzach

Frivolity

The quality of character which inclines one to be void of significance or reason, to be irresponsibly silly or self-indulgent, and to express unbecoming levity or concentrate on trifles: the unimportant, the trivial, and the petty.

Fervency

The quality of character inclining one to have feelings of warmth and intensity; ardor, zeal.

Definitions: Gevurah of Netzach

Irreverence

That quality of character inclining one to not feel or show honor, awe, or profound respect to what requires such propriety.

Reverence

The quality of character inclining one to have a feeling or attitude of profound deep respect and awe which implicitly recognizes the sacredness or inviolability of that to which one is reverent.

Definitions: Tiferet of Netzach

Joylessness

The quality of character which lacks the ability to rejoice or express delight and happiness.

Joyfulness

The quality of character inclining one to have a lively emotion of gladness, deeper and more intense than happiness.

Definitions: Netzach of Netzach

Lustfulness

The quality of character inclining one to such an intense eagerness and enthusiasm for the satisfaction of a desire, often a sexual desire, that the end becomes more important than the means.

Dedicatedness

The quality of character inclining one to be wholly committed to an ideal, a goal, a cause, a job, a family, or a project etc.

Definitions: Hod of Netzach

Loathfulness	The quality of inclining one to revulsion and regarding with hate, disgust, disdain, and abhorrence.
Sincerity	The quality of character inclining one to be genuine, real, and honest of purpose or character; free of deceit, hypocrisy, or duplicity, and to express just what one thinks, feels, or sees.

Definitions: Yesod of Netzach

Faithlessness

The quality of character which inclines one to lack conviction.

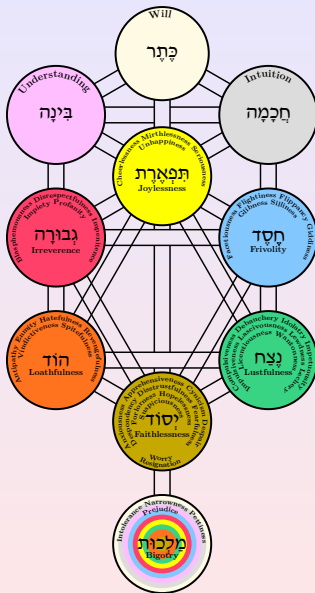
Devoutness

The quality of character inclining one to have a fervent, genuine religious spirit; inwardly religious.

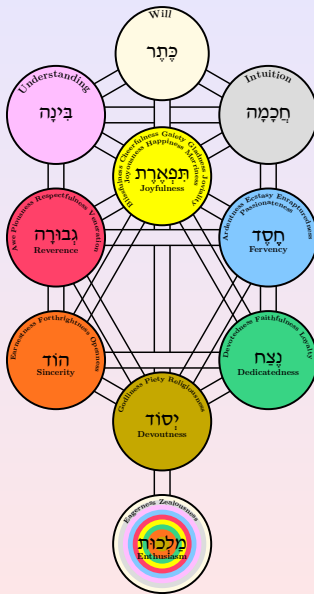
Definitions: Malchut of Netzach

Bigotry	The quality of holding to one's opinions in an obstinate, blind and intolerant manner.
Enthusiasm	The quality of character inclining one to feel an intense earnest, fervent eager and inspiring interest in some activity or thing.

Netzach Vices



Netzach Virtues



Hod Vices and Virtues

Vice	Virtue
Gossip	Openmindedness
Defensiveness	Intelligence
Stubbornness	Adaptability
Ignorance	Intuitiveness
Deceitfulness	Rationality
Ineffectiveness	Ability
Dishonesty	Honesty

Definitions: Chesed of Hod

Gossip	Familiar, idle, mischievous talk or tattle often revealing sensational facts, rumors or details of a personal intimate nature.
Openmindedness	The quality of character inclining one to have a mind receptive to new ideas or arguments free of prejudice or prior judgements.

Definitions: Gevurah of Hod

Defensiveness	The quality of character which inclines one to protect one's position against the influence of another's argument, position, belief, or expectation.
Intelligence	The quality of intellect marked by ability to learn, to understand, and to effectively deal with new situations.

Definitions: Tiferet of Hod

Stubbornness

The quality of character which inclines one to be unyielding in opinion, interpretation, or action.

Adaptability

The quality of character inclining one to be able to change without difficulty.

Definitions: Netzach of Hod

Ignorance

The intellectual state of mind which is destitute of knowledge, education, or information.

Intuitiveness

The quality of mind that enables one to apprehend and know directly without having to consciously reason.

Definitions: Hod of Hod

Deceitfulness

The quality of character which inclines one to have injurious intent while leading another person to believe something one knows is false.

Rationality

The quality of character inclining one to be agreeable to employ reason in developing an understanding of anything.

Definitions: Yesod of Hod

Ineffectiveness

The quality of character which inclines one to actions which are not capable of producing the intended effect.

Ability

The quality of skillfully performing time and time again in mental or physical tasks.

Definitions: Malchut of Hod

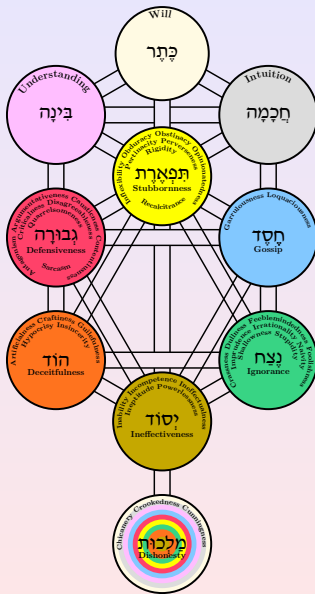
Dishonesty

The quality of character which inclines one to acts of lying, cheating, deceiving, defrauding, stealing, or any violation of trust.

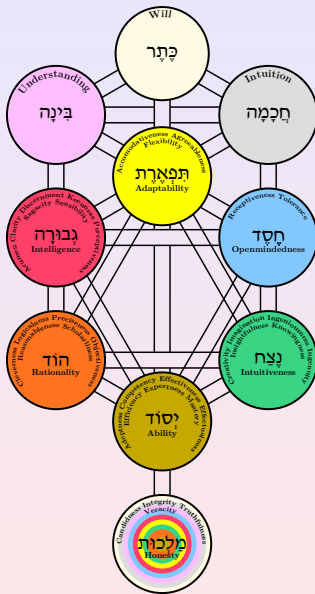
Honesty

The quality of character inclining one to be straightforward in conduct, acting with sincerity, openness, and integrity, and with a complete absence of fraud or deceit.

Hod Vices



Hod Virtues



Yesod Vices and Virtues

Vice	Virtue
Neglectfulness	Watchfulness
Recklessness	Prudence
Carelessness	Orderliness
Aimlessness	Steadfastness
Irresoluteness	Diligentness
Slothfulness	Vigorousness
Disorderliness	Thoroughness

Definitions: Chesed of Yesod

Neglectfulness

The quality of character which inclines one to carelessly leave things unattended, undone, or incomplete.

Watchfulness

The quality of character inclining one to be vigilantly alert and closely observant.

Definitions: Gevurah of Yesod

Recklessness

The quality of character which inclines one to be careless of consequences and to manifest behavior which lacks proper caution.

Prudence

The quality of character marked by ability to judiciously act in accordance with wisdom and disciplined reason.

Definitions: Tiferet of Yesod

Carelessness

The quality of character which inclines one to neglectful behavior that is unconcerned and indifferent about the resulting consequences.

Orderliness

The quality of character inclining one to be able to arrange one's environment in a way which is neat, orderly, and planned; being able to make everything have an appropriate place and being able to keep it in its appropriate place.

Definitions: Netzach of Yesod

Aimlessness

The quality of character which inclines one to action without a clear direction, intent, or purpose.

Steadfastness

The quality of character inclining one to be firm in belief, decision, determination, or adherence.

Definitions: Hod of Yesod

Irresoluteness

The quality of character which inclines one to uncertainty about how to make up one's mind or about how to act or proceed. Irresoluteness is usually due to an infirmity of will rather than a lack of knowledge.

Diligentness

The quality of character inclining one to accomplish something with constant, persistent, continued and attentive effort.

Definitions: Yesod of Yesod

Slothfulness

The quality of character which inclines one to be habitually lazy and move slowly when one knows that exertion or speed is essential.

Vigorousness

The quality of character inclining one to intense action which is full of energy and force.

Definitions: Malchut of Yesod

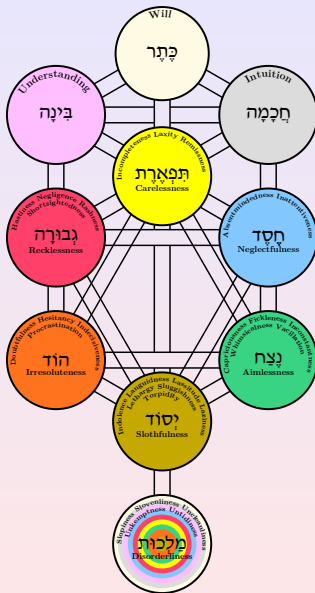
Disorderliness

The quality of character which inclines one to live in an environment that is chaotic, cluttered, or in disarray.

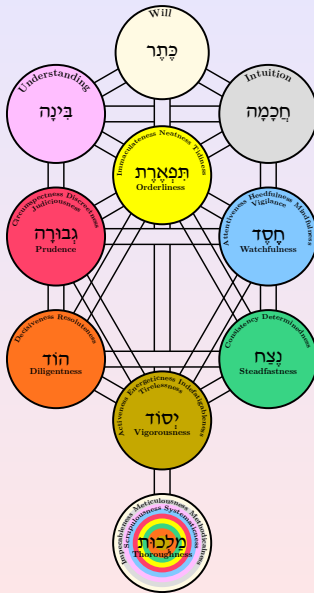
Thoroughness

The quality of character inclining one to carry out what one is doing in a masterly and complete manner, with full attention to all details.

Yesod Vices



Yesod Virtues



Malchut Vices and Virtues

Vice	Virtue
Miserliness	Willingness
Immorality	Virtuosity
Extravagance	Frugality
Upsetability	Liveliness
Awkwardness	Gracefulness
Spiritlessness	Peacefulness
Avariciousness	Industriousness

Definitions: Chesed of Malchut

Miserliness

The quality of character which inclines one to live miserably in order to hoard wealth; saving and hoarding avariciously.

Willingness

The quality of character inclining one to be favorably disposed, and ready to act and respond, without reluctance.

Definitions: Gevurah of Malchut

Immorality

The quality of character which inclines one to violate the standards of good and right conduct or the standards of duty and obligation.

Virtuosity

The quality of character inclining one to have moral excellence, to have a good and righteous character, to be upright and ethical in deed, and to be worthwhile and substantial.

Definitions: Tiferet of Malchut

Extravagance

The quality of character that inclines one to surround oneself in material excesses exceeding the limits of reason and necessity.

Frugality

The quality of character inclining one to have economy in the spending of one's resources.

Definitions: Netzach of Malchut

Upsetability

The quality of character which inclines one to easily become emotionally tumultuous.

Liveliness

The quality of character inclining one to be full of life and vital energy; active and vigorous.

Definitions: Hod of Malchut

Awkwardness	The embarrassing expression of character which lacks ease or grace and is not in the right proportions or harmony.
Gracefulness	The quality of consistent elegance or beauty in form, manner, movement, or speech with gentle actions having proper propriety.

Definitions: Yesod of Malchut

Spiritlessness

The state of being lacking in energy, ardor, vivacity, enthusiasm, courage, and lacking in a sense of well-being.

Peacefulness

The quality of character inclining one to be internally tranquil and harmonious, untroubled by external conflict, agitation, or commotion.

Definitions: Malchut of Malchut

Avariciousness	The quality of character inclining one to excessive desire to acquire or collect more things than one needs or deserves.
Industriousness	The quality of character inclining one to work energetically and devotedly to produce things of value.

Malchut Virtues

