The Meta-Emotional Window/Table

(As Motivational Equivalent of Jo-Harry's *Meta-Cognitive Window*)

featuring basic (first-order) **emotions**,
namely, interest vs. digust, fear vs. anger, and sadness vs. gladness cross-tabed
by basic **meta-emotions,** showing additonal sources of personality traits, disfunctional psychodynamics, but also a locus of emotional awareness, personhood, emotional intelligence, and creative transformation.

Six basic (first-order) emotions			Six Basic Meta-Emotions					
			Meta- interest	***Meta-*** disgust	***Meta-*** fear	***Meta-*** anger	***Meta-*** sadness	***Meta-*** gladness
	Functional unit No.1	inter-est	Being aware of, exploring, transforming interest	Ignoring, returning, rejecting, interest	flighting from interest	fighting against interest	shrinking space for interest	enlarging space for interest
		dis-gust	Being aware of, exploring, transforming disgust	Ignoring, returning, rejecting, disgust	flighting from disgust	fighting against disgust	shrinking space for disgust	enlarging space for disgust
	Functional unit No.2	fear	Being aware of, exploring, transforming fear	Ignoring, returning, rejecting, fear	flighting from fear	fighting against fear	shrinking space for fear	enlarging space for fear
		anger	Being aware of, exploring, transforming anger	Ignoring, returning, rejecting, anger	flighting from anger	fighting against anger	shrinking space for anger	enlarging space for anger
	Functional unit No.3	sad-ness	Being aware of, exploring, transforming sadness	Ignoring, returning, rejecting, sadness	flighting from sadness	fighting against sadness	shrinking space for sadness	enlarging space for sadness
		glad-ness	Being aware of, exploring, transforming gladness	Ignoring, returning, rejecting, gladness	flighting from gladness	fighting against gladness	shrinking space for gladness	enlarging space for gladness

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