

# Your Timeline

**Positive:**  
Happiness

**Positive:**  
Happiness,  
Joy, Gratitude

**Positive:**  
Joy, HOPE

**P**

**N**

**F**

**Negative:**  
Anger,  
Shame, Guilt

**Negative:**  
Drama, Anger,  
Chaos

**Negative:**  
Fear,  
Anxiety

