



7 How

On how emotional research is conducted

Tags: [psychology](#), [statistics](#), [computer science](#), [bioinformatics](#), [information visualization](#)

On March 21st, 2009, Shasta Gibson posted an intense emotional self-examination to her blog. “I was able to examine my feelings,” she wrote at the end, “and put them into perspective.”



Shasta Gibson, cleansing

Shasta and her husband Jack are polyamorous, and the night before, Jack had had sex with a couple without her. Even though she and Jack had been polyamorous for 3 years, this was his first (in her words) “all-the-way” sexual encounter with another woman. Upon his return she felt a whole range of emotions; she was not worried that he loved her less, yet she felt incredibly disturbed and did not want to be near him. He tried to hold her hand, and she pulled away. “I wasn’t angry with him, and I’m not angry at him now. I just didn’t want him to touch me.”

She cried softly all night, and could not stop picturing him with the other woman. “It’s like having something really special to you,” she wrote, “something precious, handled by someone else. Someone you don’t know, who may not care much about your precious object.” That feeling continued throughout the next morning, and as things started to lighten up the next afternoon, she sobbed, “great gasping sobs that make my whole body rattle with effort.” Then Jack hugged her, and “murmured quietly into my ear while all the hurt and disgust drained out of me. It was almost certainly the sort of moment that one will remember for the rest of their days.” “Really,” she wrote, “today was almost perfect.”¹

Her exploration of her emotions prompted a similar introspective self-examination by many of her readers. One of her readers, Nia, commented on her post: “Our emotions defy our logic, our preparations, and even our other emotions at times. Sometimes there’s a lot under them, sometimes there’s nothing.” And another reader, Adam, commented: “As you know, one of the wonderful things about being poly is that you have to examine yourself and the way you feel or it doesn’t work. I can’t help but feel it’s good for people to do this. I think most people just work their way through life never really examining themselves.”

For most of history, the scholarly investigation of emotion has fallen into the domain of philosophers, and the primary means of studying emotion has been through introspective self-examination. “Everyone has experience of the passions within himself,” said the philosopher René Descartes, “and there is no necessity to borrow one’s observations from elsewhere in order to discover their true nature.”² Like Shasta, philosophers from Aristotle to Aquinas would examine their own feelings in order to learn their nature.

The earliest psychologists were philosophers themselves. During the Islamic Golden Age, the 9th-century Arab philosopher al-Kindi explored the relationship between the intellect and emotion and developed cognitive techniques to combat depression,³ and the 10th-century Persian philosopher Ibn Sina linked emotions to physiology by observing the heart rate of a lovesick subject.⁴

In the West, modern psychology began to emerge as a field distinct from philosophy in the late 1800s. In the United States, Harvard philosophy professor William James established the first psychology lab in 1875, around the same time that Wilhelm Wundt, the chair of philosophy at the University of Leipzig in Germany, established his own psychology laboratory. Given its roots in philosophy, it’s not surprising that experimental psychology was also based largely on self-examination. Wundt’s laboratory work consisted primarily of controlled methods of observation and self-report, or as he called it: *Experimentelle Selbstbeobachtung* (experimental self-examination).⁵ James, too, emphasized the importance of self-report: “Introspective observation,” he wrote, “is what we have to rely on first and foremost and always.”⁶

Introspective self-report has remained the prominent method of study in personality and social psychology, and particularly in the study of emotion.⁷ A research study in the psychology of emotions will often consist of sending out self-report questionnaires that ask about personality traits, subjective feelings, or how one would feel in hypothetical scenarios. In many cases, the subjects are “primed” before they fill out the self-report—for example, a subject may do a word puzzle that involves money-related words in order to make them think about money before they fill out the questionnaire. Comparing the primed group with the control group (who would do a similar word puzzle, but with neutral words) will show whether there are emotional differences between people who are thinking about money versus those that aren’t.

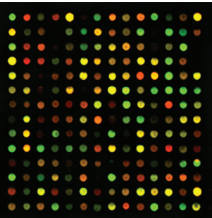
On August 6th, 1991, Tim Berners-Lee posted to the *alt.hypertext* newsgroup, introducing his invention, the World Wide Web: “The WorldWideWeb (WWW) project aims to allow links to be made to any information anywhere,” he wrote. “The WWW project was started to allow high energy physicists to share data, news, and documentation. We are very interested in spreading the web to other areas, and having gateway servers for other data. Collaborators welcome!”⁸

That same year, Stephen Fodor, a young biochemist in Palo Alto, published with his colleagues a paper detailing one of the most impactful advances in biology in recent times: the microarray. The microarray is a piece of technology that allows scientists to measure the presence of a gene in a DNA sample much faster than was previously possible. In the past, gene expression needed to happen one gene at a time, but the microarray allowed for thousands of genes to be tested simultaneously.⁹

This had a significant effect on the amount of biological knowledge that was produced. An article in *Science* magazine a few years later declared, “The growing use of relatively inexpensive microarrays to monitor the expression of thousands of genes at once is creating a flood of data on everything from strawberry ripening to viral pathogenicity.”¹⁰ The sheer volume of data produced by microarray experiments increased the importance of statistics, computer science, and mathematics in biomedical research. Indeed,

the microarray (along with the Human Genome Project that preceded it) is largely responsible for the rise of the fields of bioinformatics and computational genomics.

The microarray’s effect on the biological sciences foretells the influence the blogosphere and overall social web could



Left: A DNA microarray is a glass slide containing thousands of discrete spots of DNA. Gene expression in an experimental sample is indicated by the color of the fluorescent label at each given spot.

have on emotions research, and on the social sciences in general. Blogs give us countless instances of introspective observation and self-report. With tools like *We Feel Fine* analyzing the social web, we can run self-report experiments on millions of people in seconds. Besides scale and speed, these self-reports have the benefit of being unsolicited and “in the wild” instead of in a lab setting.

Like microarray experiments, large-scale social science studies using the web are not perfect—there are limitations to the computational techniques and biases in the data set. But as with the microarray, techniques will evolve and tools will be built to handle these biases, and the flood of data will increase the importance of computer science, mathematics, and statistics in the social sciences. We expect that as these tools continue to be developed and adopted, fields like psychoinformatics, computational sociology, cultural informatics, and computational sociolinguistics will arise and serve as useful complements to the traditional social sciences.

In addition to the quantitative ability to do very-large-scale statistical analyses of emotions (or attitudes, language, etc.), the social web gives us the ability to look at people qualitatively in depth. The psychiatrist Carl Jung once said: “Anyone who wants to know the human psyche will learn next to nothing from experimental psychology. He would be better advised to abandon exact science, put away his scholar’s gown, bid farewell to his study, and wander with human heart through the world. There in the horrors of prisons, lunatic asylums and hospitals, in drab suburban pubs, in brothels and gambling-halls, in the salons of the elegant, the Stock Exchanges, socialist meetings, churches, revivalist gatherings and ecstatic sects, through love and hate, through the experience of passion in every form in his own body, he would reap richer stores of knowledge than textbooks a foot thick could give him.”¹¹

Indeed, we have learned as much about emotions from reading people’s blogs as we have from running our statistical tools. Through the eyes of bloggers, we have been able to wander throughout the world, exploring the drab suburban pubs and the salons of the elegant, meeting mothers in New Mexico and travel guides in Egypt, teenage Ozzy Osbourne fans and young polyamorists. They have given us rich stores of knowledge about emotions, and we hope to pass along what we’ve learned in this inch-thick book.

This chapter focuses on the “how” of *We Feel Fine*: how we built the software, how we wrote this book, and how people feel around the world. It shows how our feelings change, as we age and over the course of the day, and where our feelings come from, on the map and in the body.

“I use this blog,” wrote Shasta Gibson in her March 14th, 2006, blog post, “as a place to reflect and examine my emotions.”¹² This chapter looks into how we borrowed the observations of more than 2 million people like Shasta, and what we discovered about the nature of emotions in the process. ♥



1. Shasta Gibson. <http://shastagibson.com/2009/04/05/the-heart-is-deceitful-above-all-things-and-desperately-wicked/>

2. Descartes, René. *The Passions of the Soul*. 1649.

3. Haque, Amber. “Psychology from an Islamic Perspective: Contributions of Early Muslim Scholars and Challenges to Contemporary Muslim Psychologists.” *Journal of Religion and Health*. (December 2004). 43(4):4, 357–77.

4. Syed, Ibrahim B. “Islamic Medicine, 1000 years ahead of its time.” *Journal of the International Society for the History of Islamic Medicine*, 2. (2002).

5. Wundt, Wilhelm M. *Principles of Physiological Psychology*. Translated by Edward B. Titchener. (New York: MacMillan, 1904).

6. James, William. *Principles of Psychology*, (Dover Publications, 1950).

7. Baumeister, Roy F., Kathleen D. Vohs, and David C. Funder. “Psychology as the Science of Self-Reports and Finger Movements: Or, Whatever Happened to Actual Behavior?” *Perspectives on Psychological Science*. (December, 2007). 396–403.

8. Tim Berners-Lee. <http://www.w3.org/People/Berners-Lee/1991/08/art-6484.txt>

9. Fodor, Stephen P., J. L. Read, M.C. Pirrung, L. Stryer, A.T. Lu, and D. Solas. “Light-directed spatially addressable parallel chemical synthesis.” *Science*. (February 15, 1991). 251(4995):767–773.

10. Marshall, E. “Do-It-Yourself Gene Watching.” *Science*. 286(5439):444–47.

11. Jung, Carl G. *The Collected Works of CG Jung*, Volume 7. (Princeton, NJ: Princeton University Press, 1967).

12. Shasta Gibson. <http://shastagibson.com/2006/03/14/emotional-angst-is-more-exciting-than-this/>

Lit Review

A summary of some of the academic literature in emotions research, and *We Feel Fine's* take on each study

The finding:	The finding:	The finding:	The finding:
<u>Negativity decreases with age, while positivity increases.</u>	<u>However, there is a slight decrease in positivity starting in the mid 60s.</u>	<u>Anxiety and shyness decrease with age.</u>	<u>Fear and anger decrease with age.</u>
The Academy says:	The Academy says:	The Academy says:	The Academy says:

Gross, J.J.; Carstensen, L.L.; Pasupathi, M.; Tsai, J.; Goettestam-Skorpen, C.G.; & Hsu, A.Y.C. (1997)
Emotion and aging: Experience, expression, and control. Psychology and Aging, 12. 590–599.

Age differences in emotional experience, expression, and control were investigated in 4 studies. A community sample of 127 African Americans and European Americans (ages 19–96) was used in Study 1; a community sample of 82 Chinese Americans and European Americans (ages 20–85) was used in Study 2; a community sample of 49 Norwegians drawn from 2 age groups (ages 20–35 and 70+) was used in Study 3; and a sample of 1,080 American nuns (ages 24–101) was used in Study 4. Across studies, a consistent pattern of age differences emerged. Compared with younger participants, older participants reported fewer negative emotional experiences and greater emotional control.

Also:

Consedine, N.S., & Magai, C. (2006)
Emotion development in adulthood: A developmental functionalist review and critique. In C. Hoare (ed.), The Oxford Handbook of Adult Development and Learning. New York: Oxford University Press. 123–148.

Magai, C. (2001)
Emotions over the lifespan. In J.E. Birren & K.W. Schaie (eds.), Handbook of the Psychology of Aging, 5th ed. San Diego, CA: Academic Press. 310–344.

Mroczek, D.K., & Spiro, A. (2005)
Change in life satisfaction during adulthood: Findings from the Veterans Affairs Normative Aging Study. Journal of Personality and Social Psychology, 88. 189–202.

Change in life satisfaction was modeled over a 22-year period in 1,927 men. A curvilinear relationship emerged. Growth-curve models indicated that life satisfaction peaked at age 65 and then declined, but showed significant individual differences in rate of change. Extraversion predicted variability in change, with higher levels associated with a high and flat life satisfaction trajectory. Time-varying physical health and marital status were associated with higher life satisfaction. Proximity to death was associated with a decline in life satisfaction. On measurement occasions that were within one year before death, trajectories showed steeper decline, and this effect was not attributable to declines in self-rated physical health. The findings are at odds with prior (cross-sectional) research showing that subjective well-being improves with aging.

Also:

Charles, S.T.; Reynolds, C.A.; & Gatz, M. (2001)
Age-related differences and change in positive and negative affect over 23 years. Journal of Personality and Social Psychology, 80. 136–151.

Lawton, M.P.; Kleban, M.H.; & Dean, J. (1993)
Affect and age: Cross-sectional comparisons of structure and prevalence. Psychology and Aging, 8. 165–175.

The self-reports of 207 young-adult (ages 18–30), 231 middle-aged (ages 31–59), and 828 older-adult (age 60 and over) subjects were used to study the structure of affect. Affects were represented by terms included in various circumplex arrays of emotions as presented by previous investigators. A set of 46 affects was subjected to exploratory analysis, and a final set of 38 affects was subjected to confirmatory factor analysis. The goodness of fit of each group's factor loadings to the hypothesized factors of positive affect, depression, anxiety-guilt, contentment, hostility, and shyness was not up to the desired .90 level, and some significant differences in factor structure were observed for each age-group comparison. There were few age differences in levels of positive affect. Depression was most frequent among younger subjects and least frequent among older subjects. Younger subjects were most often anxious and shy. Older subjects were most often content and least often hostile.

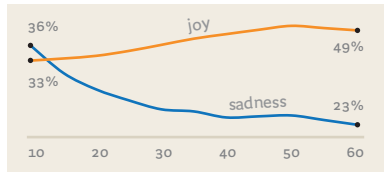
Also:

Consedine, N.S., & Magai, C. (2003)
Attachment and emotion experience in later life: The view from emotions theory. Attachment and Human Development, 5. 165–187.

Birditt, K., & Fingerman, K.L. (2003)
Age and gender differences in adults' descriptions of emotional reactions to interpersonal problems. Journal of Gerontology: Series B. Psychological Sciences, 58B. 237–245.

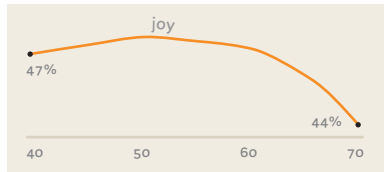
This study examines age and gender differences in descriptions of emotional reactions and reports of the intensity and duration of those emotional responses to interpersonal tensions. As part of a larger study, 185 (85 male and 100 female) participants aged 13 to 99 described the last time they were upset with members of their social networks. Participants then described how they felt and rated the intensity and duration of their distress. Participants' reported emotions were grouped by use of theoretically derived categories and empirically derived post hoc categories. Three emotion categories were examined: anger, sadness, and nonspecific negative emotions. Adolescents and young adults were more likely than older adults to describe anger. Adolescents and young adults also reported more intense aversive responses than older adults. Women rated their distress as more intense than men. With the exception of middle-aged and oldest-old adults, women reported that they experienced distress for a longer duration than men. Findings are interpreted in terms of theories regarding age and gender differences in emotion regulation and interpersonal tensions.

We Feel Fine says:



The *We Feel Fine* data shows a slight increase in joy, and a marked decrease in sorrow, as one ages.

We Feel Fine says:



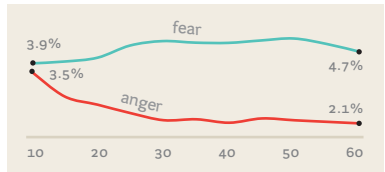
In the 60s, we start to see a dip in joy.

We Feel Fine says:



We see a decrease in both anxiety and shyness with age.

We Feel Fine says:



We see a marked decrease in anger with age, but fear holds relatively steady.

The finding:

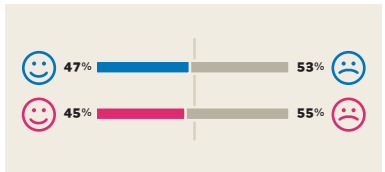
Women express more negativity than men, while men express more positivity than women.

The Academy says:

Simon, R.W., & Nath, L.E. (2004)
Gender and emotion in the United States: Do men and women differ in self-reports of feelings and expressive behavior? American Journal of Sociology, 109. 1137–1176.

U.S. emotion culture contains beliefs that women are more emotional and emotionally expressive than men and that men and women differ in their experience and expression of specific emotions. Using data from the 1996 emotions module of the General Social Survey, the authors investigate whether men and women differ in self-reports of feelings and expressive behavior, evaluating whether the patterns observed for men and women are consistent with cultural beliefs as well as predictions from two sociological theories about emotion and two sociological theories about gender. Surprisingly, self-reports do not support cultural beliefs about gender differences in the frequency of everyday subjective feelings in general. Men and women do, however, differ in the frequency of certain positive and negative feelings, which is explained by their difference in social position. The implications of the findings for theory and research on both gender and emotion are discussed.

We Feel Fine says:



The *We Feel Fine* dataset shows that women express more negative emotions than men.

The finding:

Women express more love, affection, and warmth than men.

The Academy says:

Allen, J., & Haccoun, D. (1976)
Sex differences in emotionality: A multi-dimensional approach. Human Relations, 29, 711–720.

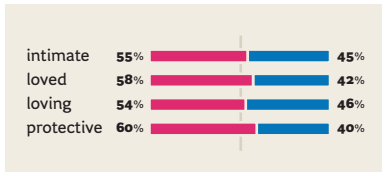
An Emotionality Survey was developed to assess sex differences in three dimensions of emotion: covert responding, interpersonal expression, and attitudes toward responses and expressions. Situational determinants of responses were also investigated. Within each of these areas, four types of emotion were distinguished: anger, fear, joy, and sadness. In general, females exceeded males in reported emotionality, but sex differences varied as a function of dimension and type of emotion. Differences were greatest for interpersonal expression, and for fear and sadness. Females also reported more of an interpersonal basis for their emotional responses. The findings suggest a sex difference in the functional significance of emotion, and support a multidimensional approach to the investigation of sex differences in emotionality.

Also:

Brody, L.R. (1993)
On understanding gender differences in the expression of emotion: Gender roles, socialization and language. In S. Ablon, D. Brown, E. Khantzian, & J. Mach (eds.), Human feelings, Exploration in affect development and meaning. Hillsdale, NJ: Analytic Press. 89–121.

Fisher, A.H., & Manstead, A.S.R. (2000)
The relation between gender and emotion in different cultures. In A.H. Fischer (ed.), Gender and emotion: Social psychological perspectives. New York: Cambridge University Press. 71–98.

We Feel Fine says:



We see that women are more likely to express feelings related to affection and warmth. For instance, of the people who feel protective, 60% are women.

The finding:

Women express more sadness, fear, anxiety, hurt, and shame than men.

The Academy says:

Fischer, A.H.; Rodriguez Mosquera, P.M.; van Vianen, A.E.M.; & Manstead, A.S.R. (2004)
Gender and culture differences in emotion. Emotion, 4. 87–94.

In this article, the authors report a secondary analysis on a cross-cultural dataset on gender differences in six emotions collected in 37 countries. The aim was to test the universality of the gender-specific pattern found in studies with Western respondents, namely that men report more powerful emotions (e.g., anger), whereas women report more powerless emotions (e.g., sadness, fear). Overall, the gender-specific pattern of women reporting to experience and express more powerless emotions and men more powerful emotions was replicated, and only some interactions with measures of status and societal role in different cultures were found.

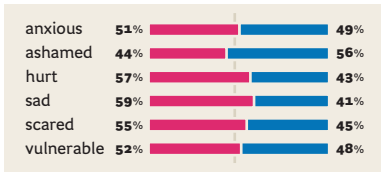
Also:

Hess, U.; Senecal, S.; Kirouac, G.; Herrera, P.; Philippot, P.; & Kleck, R.E. (2000)
Emotional expressivity in men and women: Stereotypes and self-perceptions. Cognition and Emotion, 14. 609–642.

Simon, R.W., & Nath, L.E. (2004)
Gender and emotion in the United States: Do men and women differ in self-reports of feelings and expressive behavior? American Journal of Sociology, 109. 1137–1176.

Brody, L.R. (1999)
Gender, emotion, and the family. Cambridge, MA: Harvard University Press.

We Feel Fine says:



We see that women are more likely to express anxiety, hurt, sorrow, fear, and vulnerability than men. We are not able to replicate that women express more shame.

The finding:

Men express more loneliness, pride, confidence, guilt, and excitement than women.

The Academy says:

Brody, L.R. (1993)
On understanding gender differences in the expression of emotion: Gender roles, socialization and language. In S. Ablon, D. Brown, E. Khantzian, & J. Mach (eds.), Human feelings: Exploration in affect development and meaning. Hillsdale, NJ: Analytic Press. 89–121.

Forty-three male and 53 female college seniors maintained the Rochester Interaction Record for two weeks, providing information about every social interaction of ten minutes or more. Subjects then completed the revised UCLA (University of California, Los Angeles) Loneliness Scale and the Personal Attributes Questionnaire, measuring sex-role orientation. For both sexes, loneliness was negatively related to the amount of time spent with females and to the meaningfulness of interaction with males and females. However, meaningfulness with males was more important than meaningfulness with females.

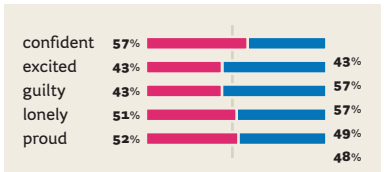
Also:

Brody, L.R. (1999)
Gender, emotion, and the family. Cambridge, MA: Harvard University Press.

Simon, R.W., & Nath, L.E. (2004)
Gender and emotion in the United States: Do men and women differ in self-reports of feelings and expressive behavior? American Journal of Sociology, 109. 1137–1176.

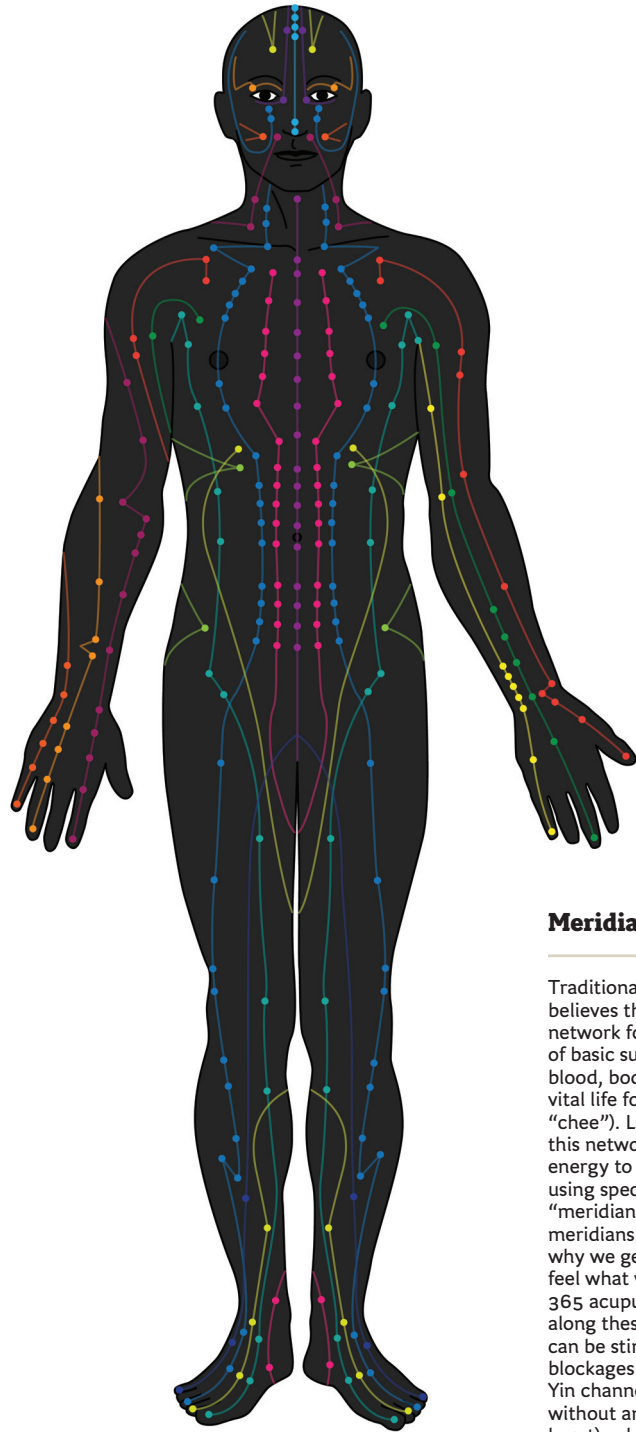
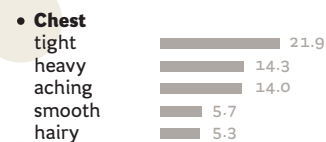
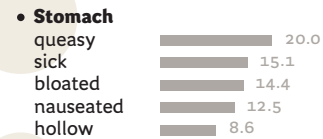
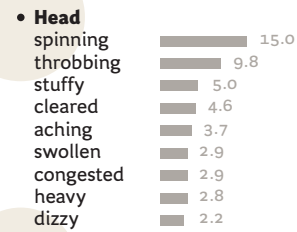
Wheeler, L.; Reis, H.; Nezlek, J. (1983)
Loneliness, social interaction, and sex roles. Journal of Personality and Social Psychology, 45. 943–953.

We Feel Fine says:



In the *We Feel Fine* dataset, men express more confidence, loneliness, and pride. However, we do not replicate men feeling more guilt and excitement.

Our most emotional body parts, and the feelings they feel



Traditional Chinese medicine believes the body contains a network for the distribution of basic substances like blood, body fluids, and *Qi* (the vital life force, pronounced “chee”). Like a river system, this network carries vital energy to all parts of the body, using special channels called “meridians.” Philosophically, meridians explain how we live, why we get sick, and why we feel what we feel. The body’s 365 acupuncture points lie along these meridians, and can be stimulated to reduce blockages in the flow of *Qi*. Yin channels contain organs without an empty cavity (liver, heart), while Yang channels contain organs with an empty cavity (stomach, intestines).

Yin Arm Channels

- Lung / Taiyin
- Pericardium / Jueyin
- Heart / Shaoyin

Yang Arm Channels

- Small Intestine / Taiyang
- Large / Yangming
- Triple Heater / Shaoyang

Yin Leg Channels

- Kidney / Shaoyin
- Liver / Jueyin
- Spleen / Taiyin

Yang Leg Channels

- Urinary Bladder / Taiyang
- Gall Bladder / Shaoyang
- Stomach / Yangming

Extra Channels

- Conception Vessel / Ren
- Governing Vessel / Du

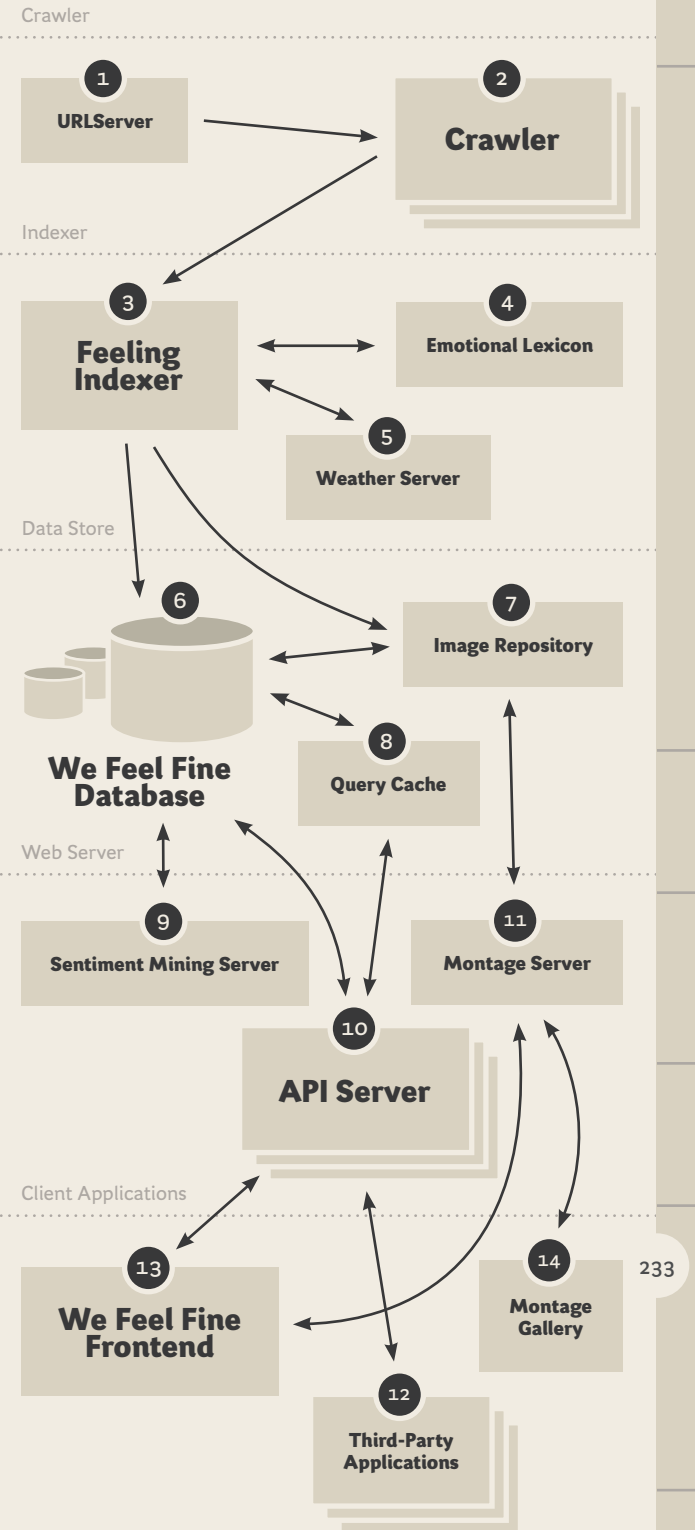
High-level architecture of the *We Feel Fine* system

The Crawler then sends the fetched pages to the **Feeling Indexer** (3), which determines whether there is a feeling sentence in the blog, and if so, parses out the feeling sentence or sentences, the time and date of the post, and any demographic information from the blogger's profile (such as gender, age, and location). The Feeling Indexer also sends the sentence to the **Emotional Lexicon** (4), which determines whether there is a feeling word in the sentence (like "happy," "sad," etc.), and if so, sends the feeling word back to the Feeling Indexer. If there are images in the post, the Feeling Indexer determines the biggest image in the post (determined by file size of the image file), and sends it to the **Image Repository** (7). For those posts where the location is specified, the Feeling Indexer sends the location, time, and date of the post to the **Weather Server** (5), which determines the weather of that location at that time and date using several public weather databases.

Several entities communicate with the *We Feel Fine* Database. The **Sentiment Mining Server** (9) is used to compute statistics over the entire database, like the ones seen in this book. The **API Server** (10) defines a RESTful API, translating specified URLs into SQL queries, and then returning the SQL results to the browser as XML-formatted text. This is an open API, documented at wefeelfine.org/api.html. To decrease query latencies, we continuously cache the most common queries to the API, and store the results in the **Query Cache** (8). The API Server first communicates with the Query Cache, and if the query is not in the cache, it hits the database.

And finally, since the API is open for non-commercial use, there are dozens of **Third-Party Applications** (12) that communicate with the *We Feel Fine* API, visualizing the data in a number of ways that we never previously imagined.

The 14 main components composing the *We Feel Fine* system



Source Code: Backend

A partial and simplified version of the code that *We Feel Fine* uses to extract feeling sentences from a set of blog posts (written in Perl)

```
#!/usr/bin/perl

use XML::Simple;
use SOAP::Lite;
use LWP::Simple;
use LWP::UserAgent;
use HTTP::Request;
use Digest::MD5;
use lib "/home/wefeelfine/perl/lib/perl5/site_perl/5.8.6/";
require WWW::RobotRules;
use LWP::Simple qw(get);

# Function to check if a URL can be downloaded,
# based on the corresponding robots.txt
sub off_limits {
    local ($url) = @_ ;
    local ($server, $sport, $spath, $srobotfile, $satype, $sret);
    my $srobotrules = new WWW::RobotRules "WeFeelFine";

# Gopher masquerading as http, assume okay
    if ($url =~ m#^http://[^\+:\7o][^\+:\7o]#i) return 0;

# Parse URL
    ($server, $sport, $spath) =
        ($url =~ m#^([a-z]+://[^\+:\7o-9]?)?(\.)*#i);
    $server =~ tr/A-Z/a-z/;
    $sroboturl = $server . "/robots.txt";
    my $srobots_txt = get $sroboturl;
    $srobotrules->parse($sroboturl, $srobots_txt);

# Now we are able to check if a URL is valid for those servers that
# we have obtained and parsed "robots.txt" files for
    if (! $srobotrules->allowed($url)) return (1);

    return (0);
}

# Given an array of blog URLs, extract feelings and usernames
sub extractFeelingsFromPosts {
    my (@postlist) = @_ ;
    my $feelingcount = 0;
    foreach my $sposturl(@postlist) {
        print "Extracting feelings from $sposturl\n\n";
        sleep 1;
# Get HTML of post as string
        if (off_limits($sposturl)) {
            my $spost = geturl($sposturl);
# Look for feelings in post
            my $scount = findFeelings($spost, $sposturl);
            $feelingcount += $scount;
        }
    }
    return $feelingcount;
}

# Generic function to find the first adjective in a sentence
# assumes the sentence being passed is User::clean'd
sub findAdjective {
    my $sentence = @_[0]; # Sentence to search
    my $sadjfound = 0;
    my $sadjective = "";
    # Clean up the sentence further
    $sentence = lc($sentence); # Make lowercase
    $sentence =~ s/[':]/g;

    # Only start looking after the word "feel"
    $sentence = substr($sentence, $feelloc);

    # Find first adjective in string
    foreach my $word (split(/ /, $sentence)) {
        if (($sadjfound)) { # If adj hasn't already been found for this entry
            if (exists $smain::feelings{$word}) { # Adj found, print it
                # pretty and real are common adverbs
                if ($word ne "pretty" && $word ne "real") $sadjfound = 1;
                $sadjective = $word;
            }
        }
    }
    return $sadjective;
}
```

```
# Generic function to find the feeling sentence(s) in an HTML page
sub findFeelings {
    my $post = @_ [0]; # Blog post
    my $posturl = @_ [1]; # URL of blog post
    my $feelingcount = 0; # Number of feelings found
    my $sentence;
    my $reject = 0;

    # if somebody puts a nofeelings tag in their post, don't scrape it
    if ($post =~ "nofeelings") $reject = 1;

    # If body tags exist, only keep content between body tags
    if ($post =~ </body(?:.*?)+?></body>/igs) $post = $2;

    # Remove HTML comments from entry
    $post = removeComments($post);

    # Setup regular expressions for "I .... feel .... EOS"
    $regex_1 = "(\\[\\s\\W]*[\\^\\|\\|>]*?)";
    $regex_Feel = "feel.+?";
    $regex_EOS = "(\\[\\|?\\|\\|</div></td></vp></hr>)";
    $regex = $regex_1 . $regex_Feel . $regex_EOS;

    # Check for occurrences of "feel" after the first sentence
    while ($post =~ m/(\\$regex)/sg) {

        # Remove HTML tags from sentence
        $sentence = removeHTML($1);

        # Clean up sentence even more
        $sentence = clean($sentence);

        # Make sure sentence is not too short (only "i feel")
        if ($sentence =~ /feels*S/i) {
            print "Sentence is too short!";
            return;
        }

        # Make sure sentence is not too long
        if (length($sentence) > $sentenceLimit) {
            print "Feeling found, but sentence is too long (longer than $sentenceLimit chars)\n";
            return;
        }

        my $feeling = findAdjective($sentence);
        print "Feeling ($feeling) found in: $sentence\n\n";
        $feelingcount++;
    }
    return $feelingcount;
}

# Function to grab an HTML page
sub geturl {
    my ($url, $options) = @_;
    my $ua = new LWP::UserAgent;
    my $request = new HTTP::Request('GET', $url);
    my $timeout = 20;

    $ua->proxy( http => $constants->{http_proxy})
        if $constants->{http_proxy};
    $ua->agent("Mozilla/4.0");
    $timeout = $options->{timeout} if $options->{timeout};
    $ua->timeout($timeout);
    my $result = $ua->request($request);
    if ($result->is_success) {
        return $result->content;
    } else {
        print "Url Fetch Failed: $url!\n";
        print $result->status_line . "\n";
        return "";
    }
}

# Remove HTML comments
sub removeComments {
    local ($page) = @_ [0];
    $page =~ s/<!--.*?-->(.*?)>{}g;
    if ($1 || $3) {"<$1$3>"} gscx;
    return $page;
}
```

```

# Remove HTML tags
sub removeHTML {
    local ( $page ) = @_ [ 0 ] ;

    # After noscript, kill the rest of the line -- hack for Flickr
    $page =~ s/<noscript>\n<div>.*//;

    # Replace <br> tags with a space
    $page =~ s/<br.*?>/ /ig;
    $page =~ s/<(?: [^>"] * | ".*" | '.*?') +> [ ] / g;
    return $page;
}

# Helper function to strip whitespace and tags
sub clean {
    my $str = @_ [ 0 ] ; # The string to clean
    my $situation = @_ [ 1 ] ; # Any extra instructions

    # Remove tags
    $str =~ s/<.*?>/ig;
    $str =~ s/<\/.*?>/ig;

    # Remove ASCII encodings
    $str =~ s/&[a-z0-9]{4,5}/ /ig;
    $str =~ s/&#[a-z0-9]{4,5}/ /ig;

    if ( $situation ne "keepunctuation" ) {
        # Remove all non alphanumeric chars (replace with space)
        $str =~ s/[^\w a-z0-9\.\-]+//ig;

        # Remove any trailing colons
        $str =~ s/\:$/s;
    }

    # Remove spaces before and after main text chunk
    $str =~ s/^s*(.*?)s*$/$1/ig;

    # Remove newline characters
    $str =~ s/[\\n\\r]/ig;

    # Remove any multiple whitespaces
    $str =~ s/s+/ig;

    # Remove any leading and trailing whitespaces
    $str =~ s/s+$//ig;
    $str =~ s/^s+$//ig;

    return lc( $str );
}

# Sets up hash table of valid "feelings" (adjectives)
sub loadFeelings {
    my %feelings;

    # Define list of adjectives
    $adjectives = get "http://www.wefeelfine.org/data/validWords.txt";

    my @lines = split /\n/, $adjectives;
    foreach my $line ( @lines ) {
        # Remove newlines
        $line =~ s/\n//g;
        $line =~ s/\r//g;
        $feelings { $line } = 1;
    }
    return %feelings;
}

# MAIN -----

# Maximum sentence length allowed
$sentenceLimit = 300;

# Load valid feelings
%feelings = loadFeelings();

# URLs to search
@posturls = ( "http://www.wefeelfine.org/sample-post.html" );

# Extract feelings from posts
extractFeelingsFromPosts( @posturls );

```

Source Code: Frontend

The code used to generate the dot explosion images at the front of this book (written in Processing / Java)

```
import processing.pdf.*;

// Number of dots to start with and number to add each frame
int NUM_INITIAL_DOTS = 2000;
int NUM_EXTRA_DOTS = 75;

// Render PDF - always set to false - click mouse to output PDF
Boolean bRenderPDF = false;

// Render on screen - set false to optimize performance
// N.B. set to false when rendering a PDF with many dots
Boolean bRender = true;

// Valid dot colors (will be used randomly)
color[] colors = {
  #FFA401, #07548A, #FFF700, #E97802, #004E6F, #2E9127,
  #017E94, #00553A, #00696F, #E6C637, #18213E, #59588A,
  #FF7F00, #FFD801, #4086B8, #043F69, #7EC31B, #014872,
  #027975, #273E67, #F70059, #08468F, #352C65, #263D67,
  #11581C, #E4010A, #0A3B8A, #EA3137, #FE992D, #F44387,
  #3688BA, #1B2958, #F30263, #73207C, #3A4AA1, #F30172,
  #243C96, #283152, #99D013, #99CF15
};

ArrayList dots;
PGraphics pdf;

void setup() {
  // Prepare canvas
  int w=1600, h=800;
  size(w, h);
  smooth();

  // Prepare PDF
  pdf = createGraphics(w, h, PDF, "explosion.pdf");

  // Create initial dots
  dots = new ArrayList();
  for (int i=0; i < NUM_INITIAL_DOTS; i++) {
    addDot();
  }

  // Add a dot to the mix
  void addDot() {
    float r = random(1, 8); // Radius
    float a = random(.8, .9); // Alpha
    dots.add(new Dot(getRandomColor(), r, a));
  }

  void draw() {

    // Add extra dots
    for (int i=0; i < NUM_EXTRA_DOTS; i++) {
      addDot();
    }

    // Update dot positions
    for (int i=0; i < dots.size(); i++) {
      ((Dot) dots.get(i)).update();
    }

    println(dots.size() + " dots - click to save PDF");

    // Clear background
    if (bRenderPDF) {
      pdf.beginDraw();
      pdf.background(0);
      println("Saving PDF with " + dots.size() + " dots");
    } else background(0);

    // Draw dot motion trails
    for (int i=0; i < dots.size(); i++) {
      if (bRender || bRenderPDF) ((Dot) dots.get(i)).renderTrail();
    }

    // Draw dot circles
    for (int i=0; i < dots.size(); i++) {
      if (bRender || bRenderPDF) ((Dot) dots.get(i)).renderDot();
    }
  }
}
```

```

} If rendering PDF, clean it up and revert to normal
if (bRenderPDF) {
pdf.dispose();
pdf.endDraw();
bRenderPDF = false;
bRender = false;
println( "PDF saved" );
}
}

class Dot {

color c; // Dot color
float r; // Dot radius
float a; // Dot alpha

// Physics
float gravity, friction, bounce, pull, wander, quiver;
float vxlimit, vylimit; // Max velocities
PVector vel, pos; // Velocity and position
ArrayList pts; // All points dot has passed

Dot( color c, float r, float a ) { // color, radius, alpha

// Save color and radius
this.c = c;
this.r = r;

// Scale alpha from [0, 1] to [0, 255]
this.a = rescale( a, 0, 1, 0, 255 );

// Set physics variables
gravity = random( .3, .8 );
friction = random( .8, .95 );
bounce = random( -.95, -.85 );
pull = random( -.02, -.01 );
wander = random( 1, 3 );
quiver = random( .1, .2 );

// Maximum velocities
vxlimit = vylimit = 85;

// Initial velocity and position
vel = new PVector( random( 60, 100 ), random( -10, 2 ), 0 );
pos = new PVector( 100, height/2 + random( -1, 1 ), 0 );

// Positions
pts = new ArrayList();

}

void update() {

// Add wander
vel.add( random( -wander, wander*1.15 ),
         random( -wander, wander ), 0 );

// Add quiver
vel.add( random( -quiver, quiver ),
         random( -quiver, quiver ), 0 );

// Not too fast!
if ( vel.x > vxlimit ) vel.x = vxlimit;
else if ( vel.x < -vxlimit ) vel.x = -vxlimit;
if ( vel.y > vylimit ) vel.y = vylimit;
else if ( vel.y < -vylimit ) vel.y = -vylimit;

// Add forces
vel.x += pull;
vel.y += gravity;
vel.mult( friction );

// Add velocity to position
pos.add( vel );

// Did we hit the floor?
if ( pos.y > height ) {
pos.y = height-r;
vel.y *= bounce;
}
}
}

```

```

Did we hit side wall?
if ( pos.x < o ) {
    pos.x = r;
    vel.x *= bounce;
} else if ( pos.x > width ) {
    pos.x = width-r;
    vel.x *= bounce;
}

// Remember current position
pts.add( new PVector( pos.x, pos.y, o ) );

}

// Render trail
void renderTrail() {

    if ( bRenderPDF ) {
        pdf.beginShape();
        pdf.stroke( c, a/3 );
        pdf.strokeWeight( 1 );
        pdf.noFill();
    } else {
        beginShape();
        stroke( c, a/3 );
        strokeWeight( 1 );
        noFill();
    }

    // Render all trails
    for( int i=0; i < pts.size(); i++ ) {

        PVector v = ( PVector ) pts.get(i);

        // Extra vertex for ends of curve
        if ( i == 0 || i == pts.size() - 1 ) {
            if ( bRenderPDF ) pdf.curveVertex( v.x, v.y );
            else curveVertex( v.x, v.y );
        }
        if ( bRenderPDF ) pdf.curveVertex( v.x, v.y );
        else curveVertex( v.x, v.y );
    }
    if ( bRenderPDF ) pdf.endShape();
    else endShape();
}

// Render dot
void renderDot() {

    if ( bRenderPDF ) {
        pdf.fill( c, a );
        pdf.noStroke();
    } else {
        fill( c, a );
        noStroke();
    }
    ellipse( pos.x, pos.y, r, r );
}

}

// Return a random color
color getRandomColor() {
    return colors[ floor( random( 0, colors.length - 1 ) ) ];
}

// Rescale a number, specifying the old and new ranges
float rescale( float old, float olo, float ohi, float nlo, float nhi ) {
    return nhi - ((( ohi - old ) / ( ohi - olo )) * ( nhi - nlo ));
}

// Mouse clicked: render PDF
void mouseClicked() {
    if ( bRenderPDF == false ) bRenderPDF = true;
}

```


Each circle is a feeling, scaled to show how many times it was felt from 2006-2009

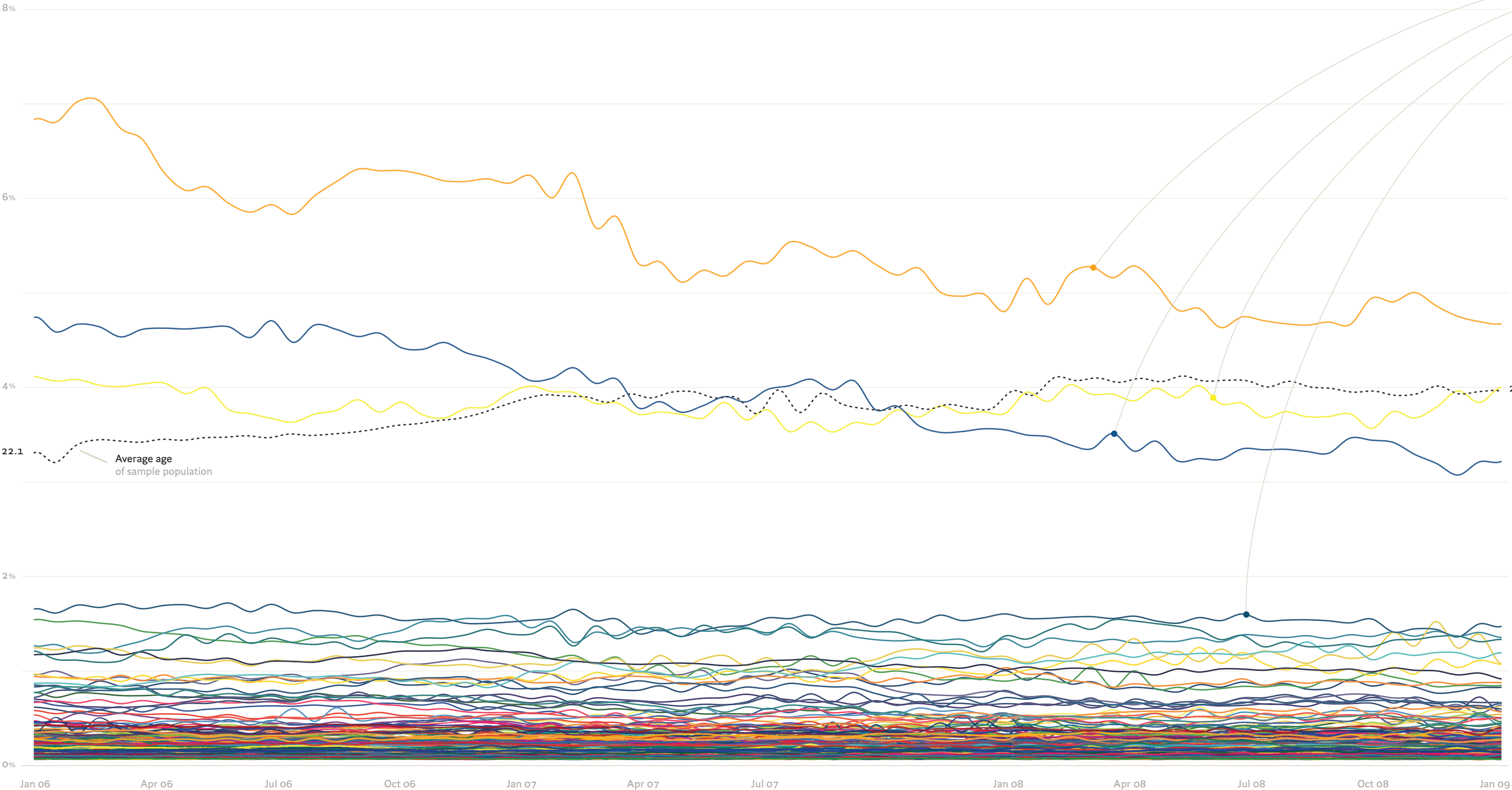


Showing the number of times each feeling was felt from 2006–2009

237

Top Feelings Over Time

Showing each feeling's prevalence (as a percentage of all feelings) over time



Top 100 feelings *

- | | |
|------------------|----------------|
| 1 better | 51 sure |
| 2 bad | 52 strong |
| 3 good | 53 okay |
| 4 guilty | 54 wanted |
| 5 (the) same | 55 certain |
| 6 sorry | 56 proud |
| 7 sick | 57 fat |
| 8 well | 58 full |
| 9 down | 59 awkward |
| 10 comfortable | 60 ok |
| 11 great | 61 shitty |
| 12 happy | 62 warm |
| 13 alone | 63 taxing |
| 14 sad | 64 normal |
| 15 lost | 65 behind |
| 16 tired | 66 nice |
| 17 old | 67 overwhelmed |
| 18 (at) home | 68 strange |
| 19 stupid | 69 stuck |
| 20 ill | 70 weak |
| 21 weird | 71 lazy |
| 22 lonely | 72 crappy |
| 23 safe | 73 small |
| 24 different | 74 dirty |
| 25 best | 75 helpless |
| 26 horrible | 76 crazy |
| 27 confident | 77 high |
| 28 wrong | 78 ashamed |
| 29 fine | 79 hot |
| 30 important | 80 angry |
| 31 empty | 81 trapped |
| 32 hurt | 82 mean |
| 33 terrible | 83 stressed |
| 34 lucky | 84 pretty |
| 35 loved | 85 dead |
| 36 special | 86 useless |
| 37 worse | 87 nervous |
| 38 close | 88 obligated |
| 39 uncomfortable | 89 silly |
| 40 depressed | 90 young |
| 41 able | 91 needed |
| 42 compelled | 92 dumb |
| 43 alive | 93 excited |
| 44 used | 94 low |
| 45 complete | 95 numb |
| 46 awful | 96 scared |
| 47 ready | 97 relaxed |
| 48 blessed | 98 miserable |
| 49 cold | 99 light |
| 50 accomplished | 100 hungry |

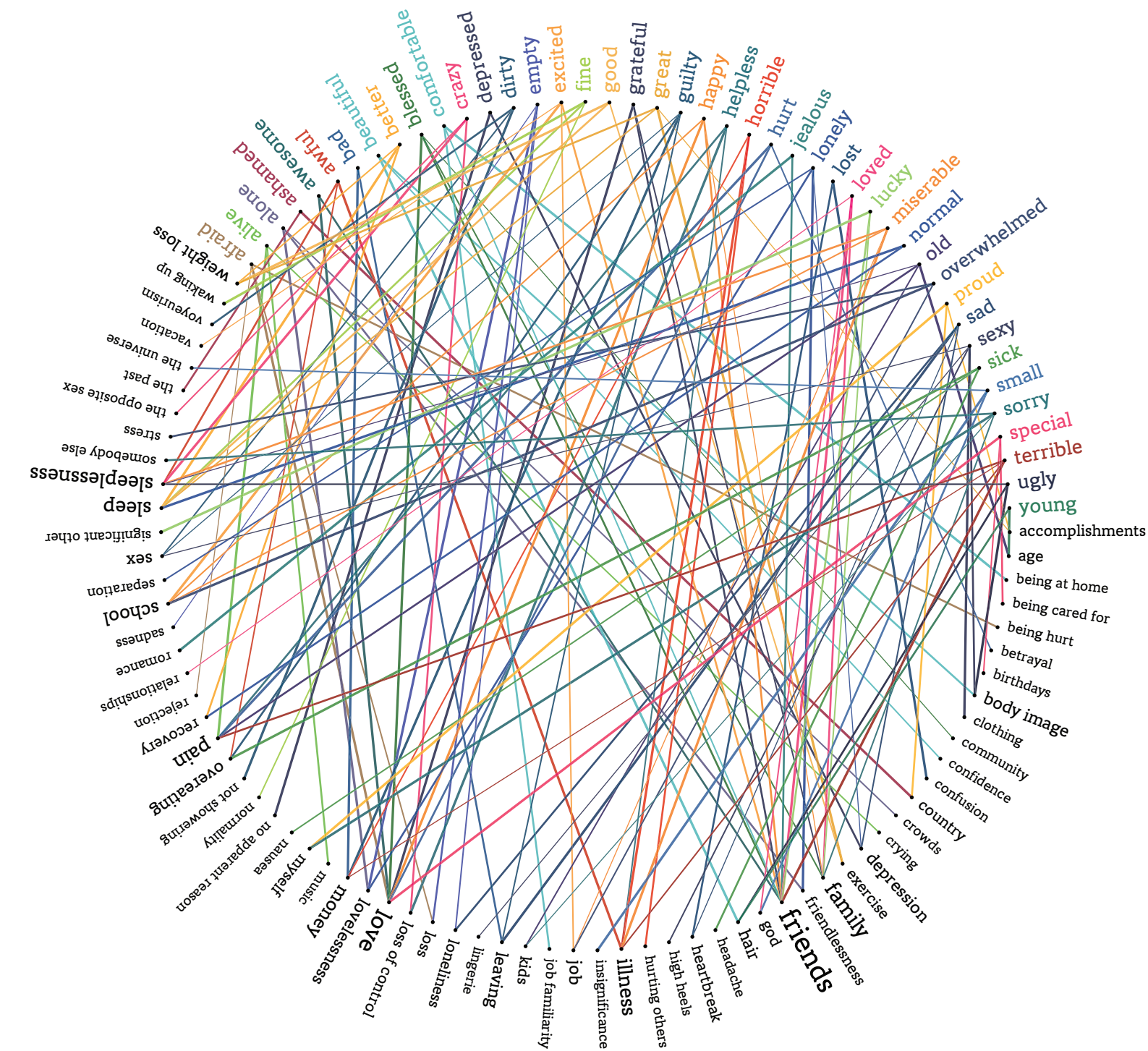
* Data sampled at weekly intervals

The top 25 feelings and the top 10 emotional catalysts across various demographics. Emotionally, everyone is largely the same.



Why We Feel What We Feel

Feelings (in color) connected to their primary causes (in black) by colored lines



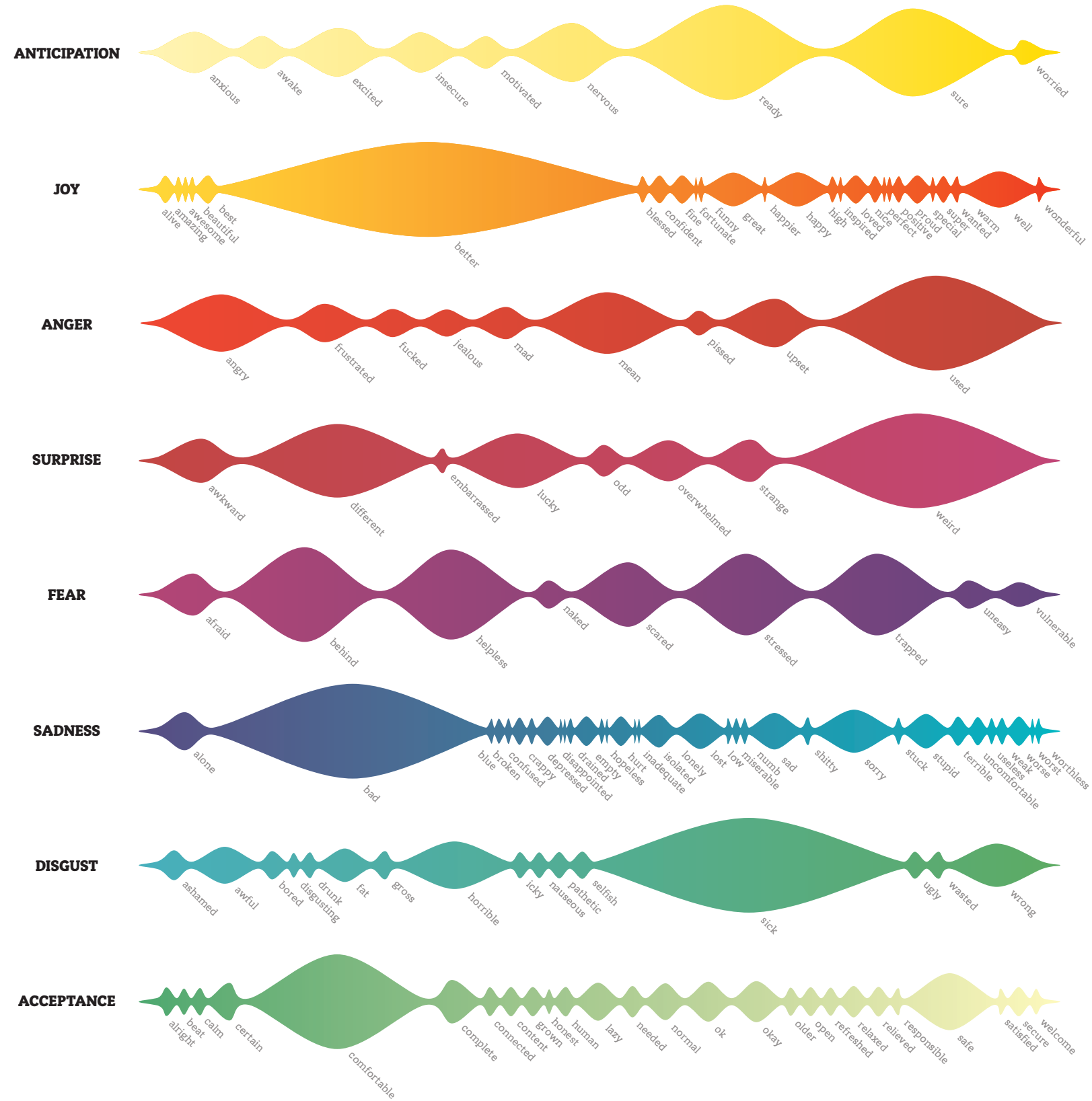
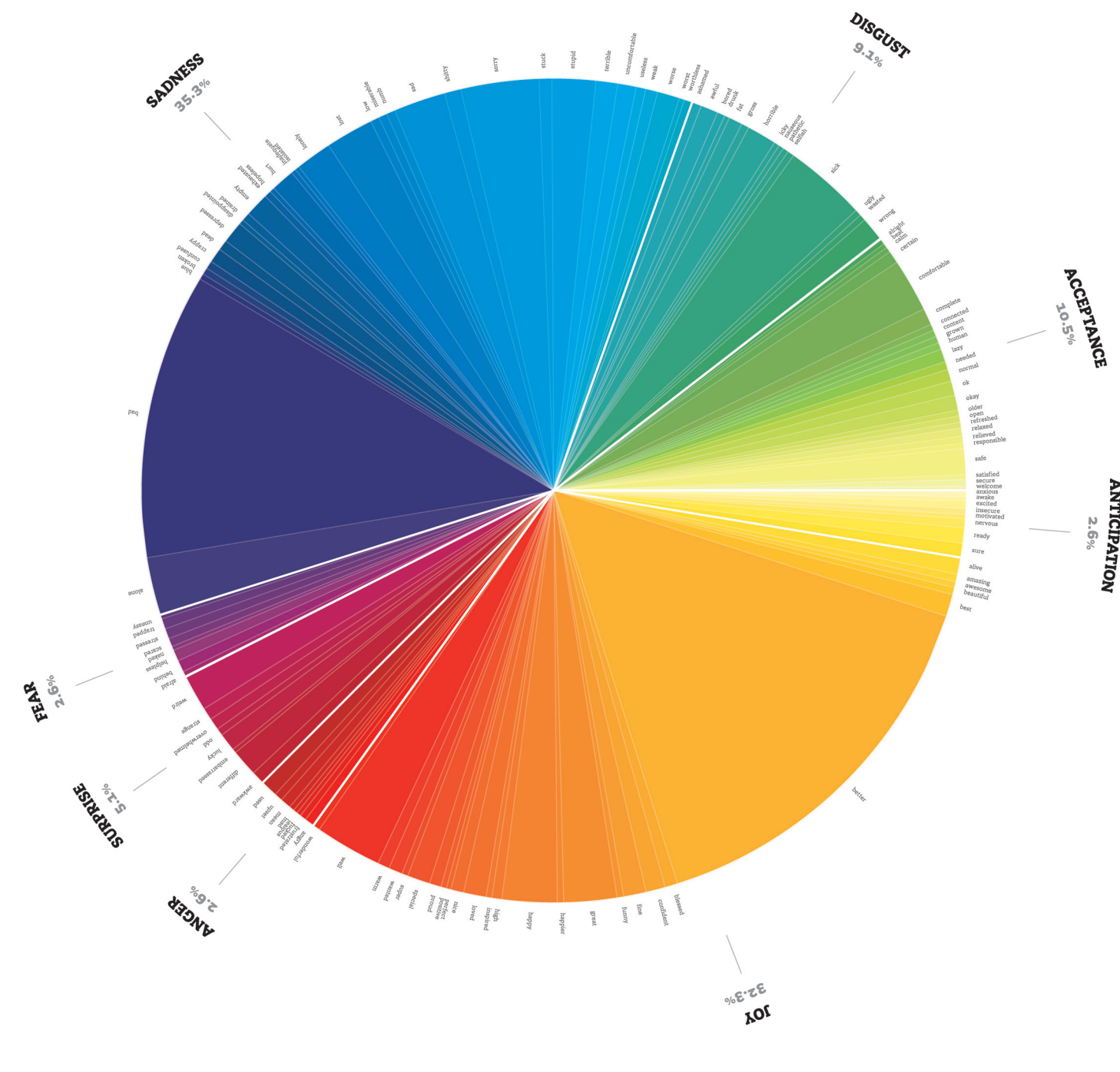
The Tangled Web of Emotions

Feelings that frequently co-occur in the same sentence are connected by lines



Mood Swings

The top 130 feelings from 2006–2009, organized into the eight basic emotions



Shades of Emotion

A rainbow of feelings, from thrilled to suicidal

- i like him that's why i feel sooo thrilled • i feel so freaking joyous and festive • i feel so jubilant right now just knowing that is how i'm living life • i feel so
- i wish to always feel the way i do now blissfully deliriously and unashamedly exultant • i feel like i have a totally excellent social life • i find few things
- i also see the vulnerability she has and i feel elated to care for her and protect her • i feel so delighted when you say you're really excited by me
- i feel merry just after a storm • i feel positively tickled at the idea of doing only what makes me happy and not worrying about another soul
- i'm glad for the experiences i've had good or bad because i feel i've changed a lot since my school days • i feel gratified that i've done
- i feel alright today • i'm feeling really pessimistic about school • i feel glum which sucks cause i have so many hopes this week
- i was feeling a bit down so i began to reread frankenstein • i was feeling downcast melancholy and bored so i made up a
- i don't know why but i couldn't tell ben all the things that he was doing to make me feel so dissatisfied • i dont
- i feel lonely although i don't really miss very many people anymore • i feel sad that she died at a very very
- i always feel hollow sometimes i drown in feelings they overtake me and i sink through them unable
- i've been going through my days almost lifeless aside from the happy face i pull off i feel vacant
- i wanted to have sex so i could feel blank • i feel empty inside like someone took out my
- i look up at him and feel more melancholy than i have in a long time • i feel so very
- i guess it really sunk in this week that i have no job and i was feeling depressed
- i feel despondent and powerless • i feel so completely destroyed inside
- i feel sometimes as if i'm a robot or some inanimate lifeless science
- i feel like emotionally i'm already dead and that soon it won't

ecstatic about accomplishing my life-long goal of becoming a therapist • i feel wonderful when i wear my swan headpiece to the city • i feel psyched yeah more invigorating than listening to books while working out at the end of the hour i feel awesome focused and super competent like a kung fu master

- i shouldn't be feeling postively gleeful about it but ha ha • i have been feeling peppy and very soon i am going to start my daily dance routine
- i feel pretty upbeat • i think i feel happy so why do i keep wanting things to stop • i feel good and i bought a cute pretty pink furry wallet
- i feel pleased in the end for what i have • i feel somewhat satisfied • i feel almost completely fine • i feel ok now

my life's work • i feel like i'm a decent enough human being and i deserve the chance to be happy yet whenever i try to be happy i get hurt

- i feel kind of bummed out about some work stuff today • i feel so discouraged and like my life is a failure
- new game • i've been feeling moody ever since yesterday • i feel alone until i find that one person
- he doesn't know it • i seem to have lost focus in every direction and have been feeling low since christmas
- know why i just feel unhappy and depressed when i realize how long i'll really be behind the useless parts
- young age • i feel a sorrowful anger when i realize how long i'll really be alone until i find that one person
- to feel anything but them • i feel like having you here • i feel totally wrecked now
- i have my moments when i'm feeling a bit morose and so go into hiding for a while to cope

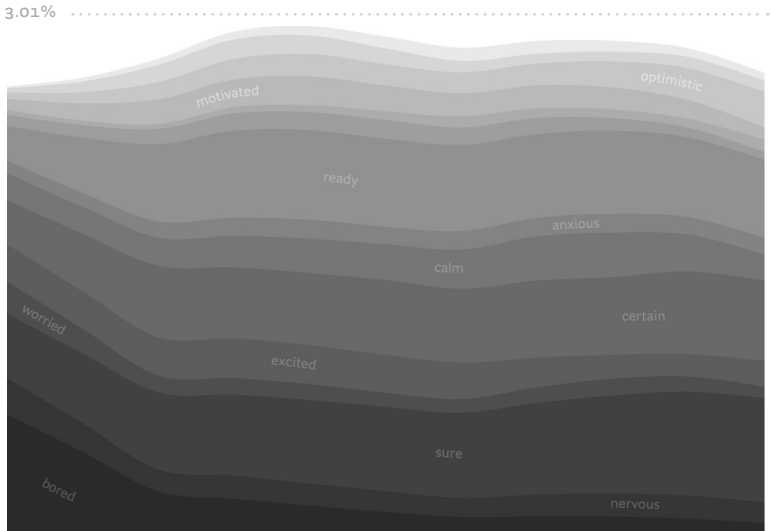
skeleton took out the organs took out all the vital parts leaving behind the useless parts

- miserable without you it's almost like feeling pretty horrible about my parenting skills
- i left the mommy group feeling pretty horrible about my parenting skills
- i feel like a truck demolished my body • i feel like the end is coming
- project rather than a human being • i feel like the end is coming
- just be emotionally • i was feeling suicidal and started cutting

A Moody Life

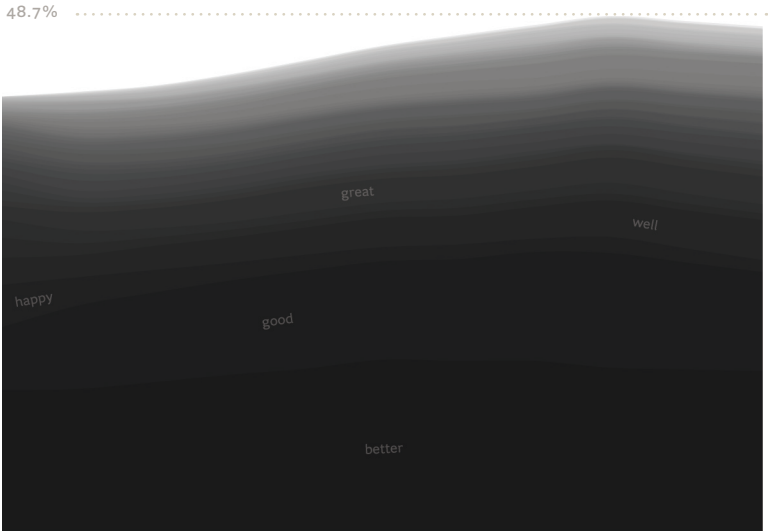
The rise and fall of our various moods as we age

ANTICIPATION



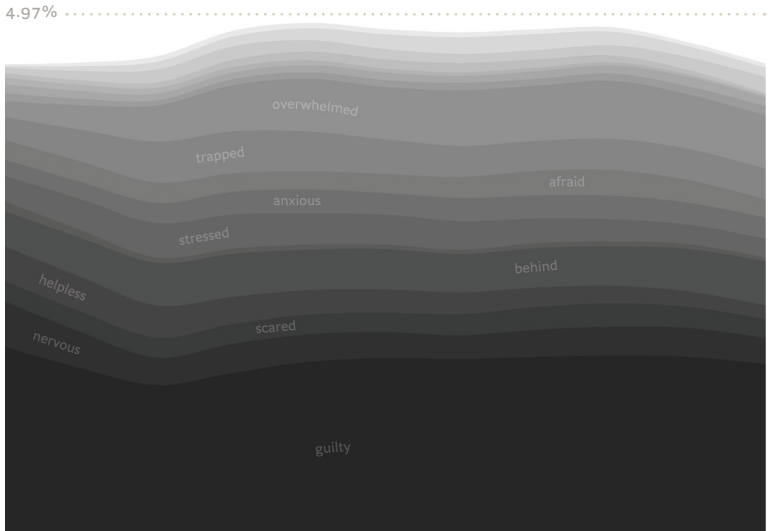
Anticipation contains: bored, nervous, sure, worried, excited, certain, calm, anxious, ready, inspired, hopeful, motivated, optimistic, prepared, threatened

JOY



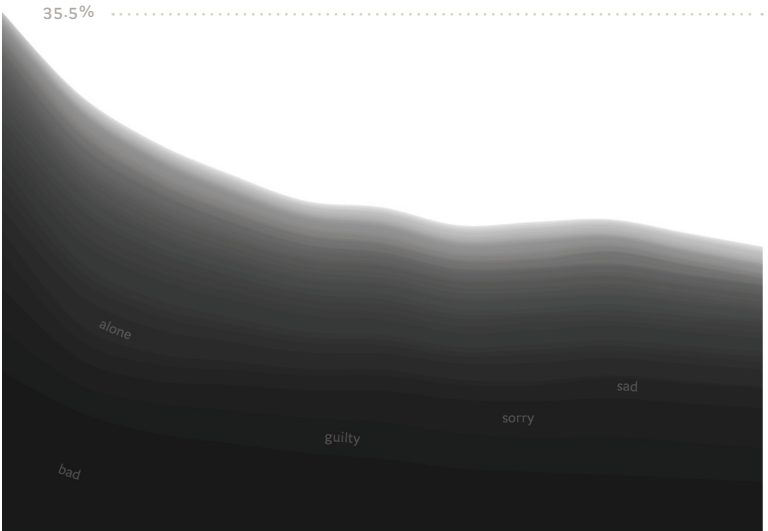
Joy contains: better, good, happy, well, special, loved, great, safe, proud, nice, fine, best, wanted, complete, warm, super, alive, high, confident, happier, perfect, excited, relieved, content, beautiful, secure, lucky, blessed, awesome, wonderful, relaxed, liked, inspired, energetic, amazing, loving, glad, giddy, hopeful, accepted, satisfied, refreshed, honored, fortunate, fantastic, optimistic, grateful, fulfilled, incredible, peaceful

FEAR



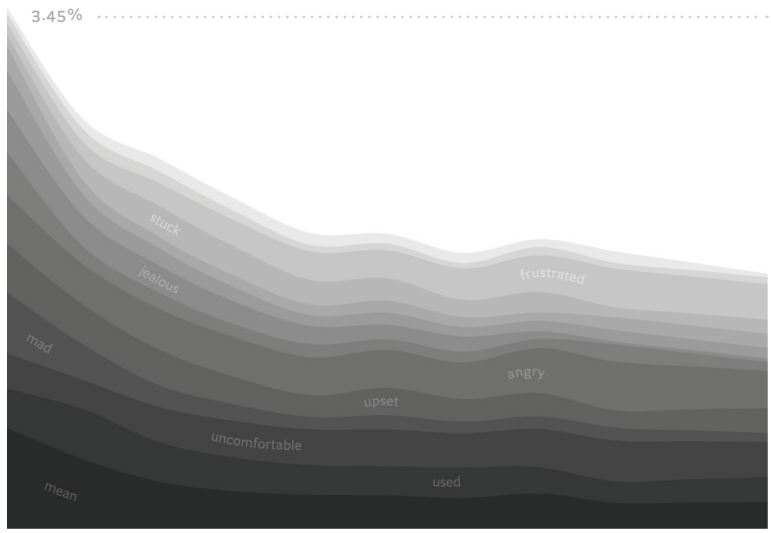
Fear contains: guilty, nervous, helpless, scared, behind, worried, stressed, anxious, afraid, trapped, overwhelmed, tense, desperate, unprepared, queasy, uneasy, threatened, unsure

SADNESS



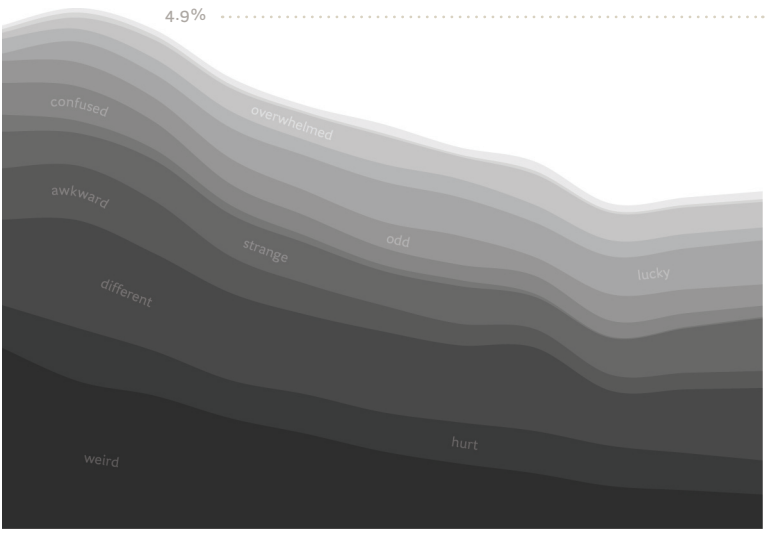
Sadness contains: bad, guilty, sorry, sad, horrible, alone, lonely, depressed, terrible, lost, worse, wrong, empty, awful, hurt, dead, crappy, used, uncomfortable, useless, miserable, helpless, broken, shitty, jealous, confused, ashamed, weak, unloved, numb, ignored, drained, worst, hopeless, worthless, stuck, low, disappointed, violated, rejected, crushed, melancholy, incomplete, frustrated, unhappy, lousy, homesick, embarrassed, deprived, blue, hollow, abandoned, lacking, isolated, inadequate, defeated

ANGER



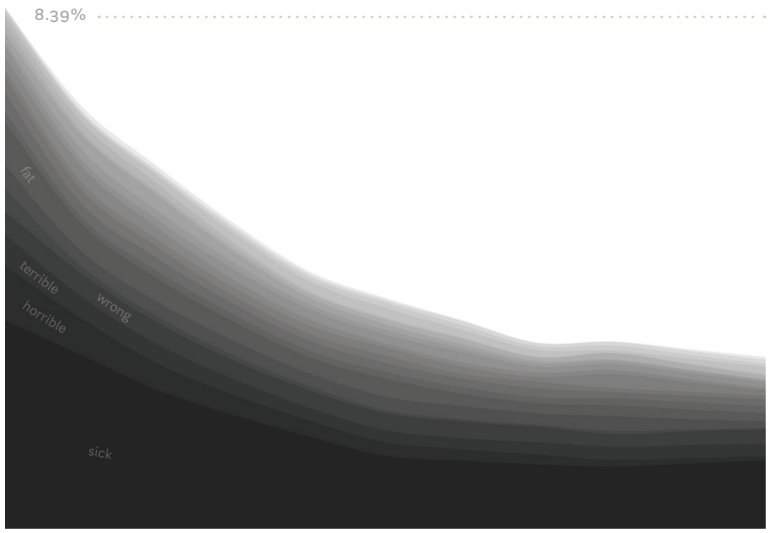
Anger contains: mean, used, uncomfortable, mad, upset, angry, jealous, fucked, pissed, annoyed, stuck, frustrated, screwed, bitter

SURPRISE



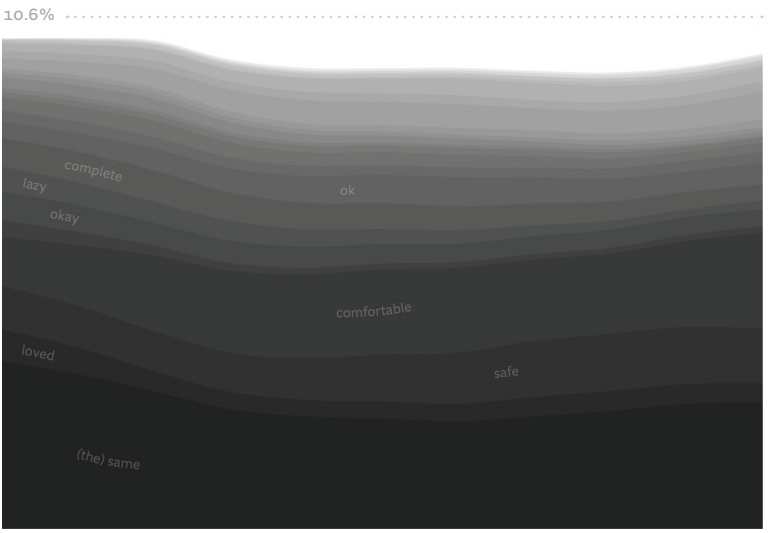
Surprise contains: weird, hurt, different, awkward, strange, fucked, confused, odd, lucky, disappointed, overwhelmed, screwed, embarrassed

DISGUST



Disgust contains: sick, horrible, terrible, wrong, bored, awful, fat, miserable, selfish, ugly, ashamed, pathetic, icky, worthless, gross, evil, disgusting, nauseated, yucky, nauseated, disgusted

ACCEPTANCE



Acceptance contains: (the) same, loved, safe, comfortable, dead, okay, lazy, complete, ok, relieved, numb, drained, hopeless, alright, content, secure, normal, beat, relaxed, loving, satisfied, fulfilled, peaceful, defeated

A Life Sentence

The major emotional themes as we age, summarized in a single (annotated) sentence

We start simple¹¹⁻¹⁴, but soon fill up with angst¹⁵⁻¹⁸ and feelings of confinement¹⁹⁻²², until we leave those behind to go conquer the world²³⁻²⁶, before gradually trading ambition for balance²⁷⁻³⁰, developing an appreciation for our bodies³¹⁻³⁵ and our children³¹⁻³⁵, and evolving a sense of connectedness³⁶⁻⁴⁰, for which we feel grateful³⁶⁻⁴⁰, then happy⁴¹⁻⁴⁹, calm⁴¹⁻⁴⁹, and finally blessed⁵⁰⁺.

simple / 11-14

People in their early teens use a reasonably narrow range of words to describe their emotions compared to older age groups.	unique emotions per 1,000 feelings among 11-14-year-olds	337
	normal amount	443

angst / 15-18

In the later teenage years, the high school social environment seems to cause feelings of angst and isolation . There is also a heightened awareness of changing maturity levels and a tendency to feel dumb .	isolation unappreciated unloved unwanted heartbroken	<div><div></div><div></div><div></div><div></div></div>
	maturity matured immature childish	<div><div></div><div></div><div></div><div></div></div>
	dumb retarded stupid dumb	<div><div></div><div></div><div></div><div></div></div>

confinement / 19-22

College-aged kids experience confinement and disconnect more than other age groups. Often they feel unhealthy in their college lifestyles, and continue to have an awareness or concern around maturity .	disconnect stranded dependent stifled confined	<div><div></div><div></div><div></div><div></div><div></div></div>
	unhealthy unhealthy fatter	<div><div></div><div></div><div></div></div>
	maturity naive innocent irresponsible childish	<div><div></div><div></div><div></div><div></div><div></div></div>

conquer the world / 23-26

People in their early professional years are out to conquer the real world and are more driven to be validated than other age groups, in their career and their life. This is accompanied by a sense of unease with inaction or lack of success.	driven capable justified adventurous successful professional validated entitled vindicated	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
	unease stagnant anxious unsettled defeated	<div><div></div><div></div><div></div><div></div><div></div></div>

balance / 27-30

In the late 20s, while there are still overtones of ambition and desire for success and validation, these feelings trend downward and there is the emergence of a sense of balance and appreciation.	ambition vindicated entitled successful energetic ambitious	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>
	balance rested blessed pleased balanced fortunate grateful	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>

bodies & children / 31-35

In their early 30s, people start becoming aware of their body and energy levels , and there is a continuation of the trend toward gratitude , which is strongly correlated to having children and building a family .	energy levels rested sluggish energetic	<div><div></div><div></div><div></div></div>
	gratitude fortunate grateful blessed honored	<div><div></div><div></div><div></div><div></div><div></div></div>
	family husband wife kids	<div><div></div><div></div><div></div><div></div></div>

grateful & connected / 36-40

In the late 30s, the trend toward gratitude and connectedness continues, and there is a new trend toward happiness . Along with continued emphasis on family and children, we see a stronger sense of spirituality and community .	gratitude fortunate blessed honored grateful	<div><div></div><div></div><div></div><div></div><div></div></div>
	happiness positive wonderful glad	<div><div></div><div></div><div></div><div></div></div>
	community community culture spiritual	<div><div></div><div></div><div></div><div></div></div>

happy & calm / 41-49

People in their 40s show an increased gratitude and calm happiness . Additionally, we see the a weight of responsibility on their shoulders.	happy & calm blessed human connected positive wonderful relaxed secure calm	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
	responsibility responsible frustrated overwhelmed needed	<div><div></div><div></div><div></div><div></div></div>

blessed / 50+

Many people in their 50s talk about feeling blessed , largely in connection with their children.	blessed blessed lucky	<div><div></div><div></div><div></div></div>
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The Ups and Downs of Aging

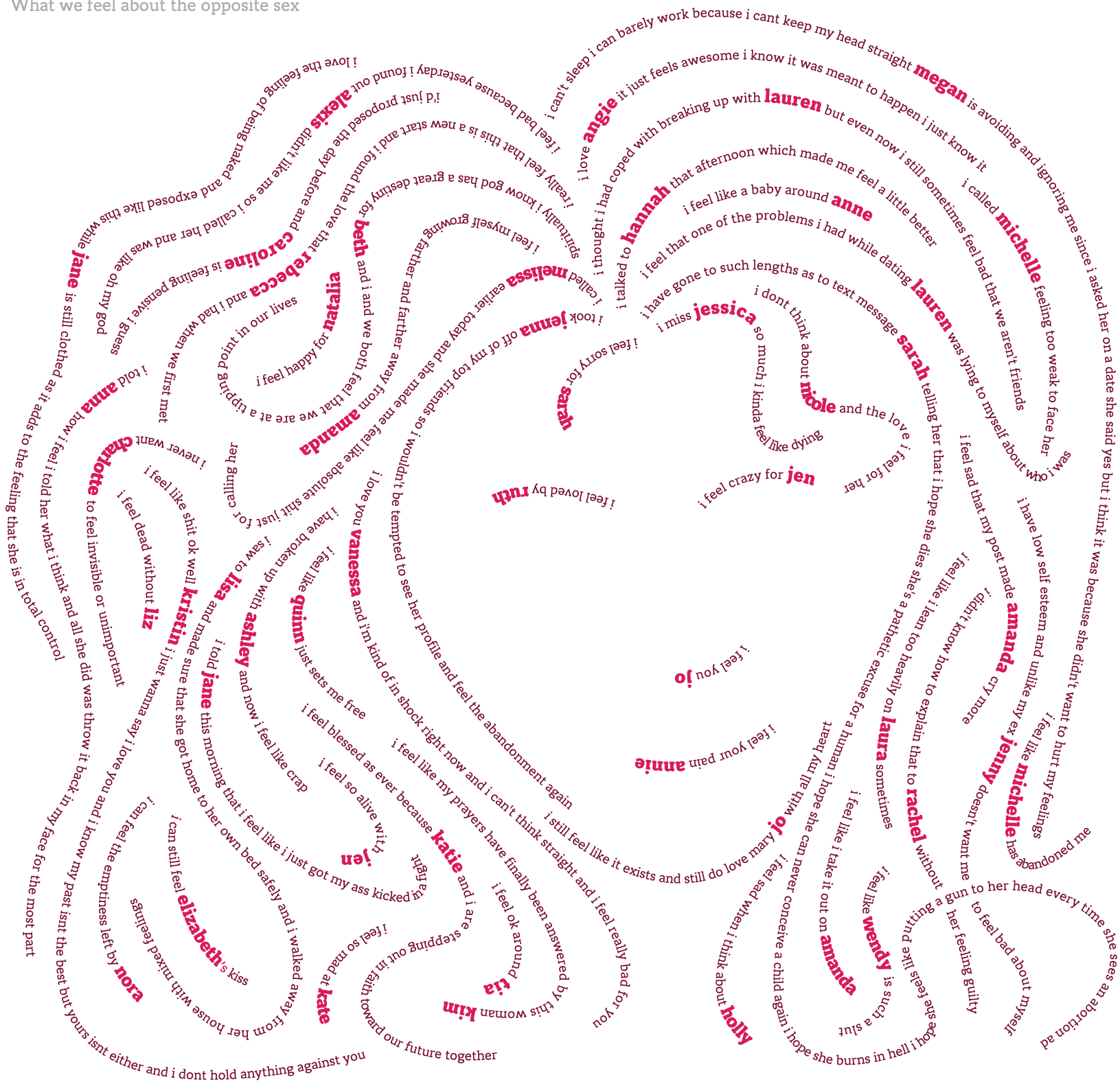
What we feel about our age, year by year from 1–60

- i never felt that my dad loved me; later when my parents divorced my mother said that after i was **1** my father never touched me
- i feel surrounded by ghosts of my own past since i've been coming here since i was **2** years old • i feel a little guilty for killing a bunch of bumblebees when i was **3** • i have been feeling this pain since i was **4** years old • i remember first feeling fat when i was **5** years old • i had been holding up all these emotions and feelings since i was **6** years old and finally i just snapped • i was **7** years old and already feeling the beginnings of an early puberty • i was **8** when i fell in love with him • i was **9** years old and still to this day i feel the ache of missing him • i feel like i'm in the middle of that piano competition when i was **10**, wearing glasses, hopelessly awkward and shy • i wish it were not true, but i have been having sexual feelings since i was **11** years old • i feel like i'm **12** again and i have been neglectful in writing in my diary • i was **13** years old and yes i was young and just wanted to have a so called boyfriend just to know what it feels like • i feel like a **14** year old girl, only less composed and not as proficient at text messaging • i'm **15**, terrified of life, of growing up, of my family problems, and of how i'm in love with someone i can never be with • i'm now **16** and very introverted and depressed because i feel like i can't do anything about it • i'm **17** and already feel like i'm grown up; i can't imagine how my imagination will run wild when i'm older • i'm **18** and within my legal rights to take a walk at night, but seeing the cops drive around makes me feel like a criminal • i feel **19**, rebellious, and alive i feel ridiculous i'm nearly **20** years old and i'm writing an internet diary • i'm **21** years old wow i feel so old • i'm **22** and i feel fatter than ever • i was **23** years old and the thought of a little horrible creature growing in my tummy made me feel ill • i'm **24** years old although sometimes i feel about 40 and other times i act about 17 • i feel so weird to almost be **25** and to still be single and never having had an actual boyfriend • i am only **26** years old right now and i feel like i have a very bright future • i'm **27** and my search for answers has taken me to india; now with sufism i feel i don't have to search, for i've found • i'm now **28** and have been traveling all over the world performing but feel now it is time to settle back in edinburgh
- i wonder if my cousin feels guilt for being **29**, unmarried, and now never able to present her mother with grandchildren

- i want to head bravely into my **30s** feeling more secure and aware than i spent the end of my twenties • i feel pretty lucky to be able to say that at **31**, i am in by far the best shape of my life • i am **32**, weigh over 250 pounds, and still fighting to feel accepted by my dad • i'm **33** and i'm doing the voice of a chihuahua in beverley hills chihuahua and it feels completely right
- i am **34** years old and i feel like i'm a total failure in my life • i am **35** and feel like i am going through puberty with my 13 year old son who is also fighting with acne • i'm feeling ancient in all of my **36** years • i have to admit that at **37** i feel completely out of touch with anyone between 13-17 • i'm **38**, but fuck if i feel like i'm the tiniest bit past my prime
- i'm **39** and there's nothing in my professional life that comes close to the pride and contentment i feel at home • i look in the mirror and i see wrinkles and creases that make me feel every single one of those **40** years • i'm **41** and i feel like i just woke up from a 20 year bad dream • i was **42** and it was one of the few times in my life up to that point when i did not feel any hostility from white people • i'm **43** and i feel too old to be chasing around a busy toddler • i think it's safe to say that he lived more in his **44** years than a lot of people do in 94, but i feel so bad for his wife & kids • i feel as if i'm in the halftime of my career, being **45**, and that makes me think i've entered the locker room of life • i was taken back and made to feel old when i realized that stunning brunette from the breakfast club is already **46** • i'm **47** and i feel every damn year month day hour minute and second of it • i'm **48** and when i divorced my husband i wasn't sure i'd ever feel that kind of passionate intensity for a man again • i feel a bit like a spoiled child right now bemoaning this disability since i've had **49** years of amazing physical ability • i don't feel **50**, so most of the time i don't let it bother me, but when i think how long 50 years is, it's kind of depressing • i'm **51** and most times i feel i need to pee i have to do it right away, why is this? • i feel much younger than **52**, but i know i've been alive more than half a century and a lot can happen in that much time • i'm **53** and no longer want to work for money but for joy, and to answer the call to service i feel so clearly in my heart • i am **54** years old and am just starting to blog and i will blog my skating experiences • i'm **55**, my sister was just diagnosed with breast cancer, and to be honest i feel like i've been diagnosed with it too • i'm **56**, have a son who's 29 and makes me feel older than i am, and a daughter who's 8 and makes me feel younger • i have also been tired and while i'm just **57** i don't feel like moving very fast now • i'm **58** and i feel like the biggest cow ever • i'm **59** years old and i feel young again • i'm **60** years old and i feel much better now

He Said, She Said

What we feel about the opposite sex



Feeling Like a (Wo)man

Distinctly male (blue) and female (pink) feelings, based on usage frequency among men and women

focused wise decent unique reborn invincible outcast energetic genuine popular vindicated social interested cross superior fine dirty evil welcome present lethargic justified obligated paranoid cold obliged dull privileged offended soft compelled uneasy alien thin slow embarrassed cool alienated stable melancholy aware awake wronged bitter bothered false creative fucked hollow alive beat drunk inspired wet fresh crushed disconnected spiritual odd random uncomfortable lacking detached strange motivated pissed disgusted distant alright responsible positive christian ill spent powerless humbled younger best confident fulfilled wide sore rich accepted dead optimistic burnt capable glad welcomed liked wasted human ashamed great jaded exposed insignificant nice attached poor incredible successful light warm cheap beaten same fake significant sentimental young holy comfortable honest worried fair certain productive satisfied good rested pushed sleepy different awkward foolish powerful wrong behind wanted awesome bored able drained used pathetic sure surrounded down open close full boring useless heavy retarded longing bloated emotional depressed refreshed funny tired proud complete negative deprived well needed ready whatever sweet tall forgotten weak fortunate healthy strong incomplete lazy gentle lonely empty shitty mature unworthy precious centered nostalgic disappointed fit nasty weird happier relaxed worse loud important worn high connected saved isolated terrible alone fantastic prepared inferior abandoned attractive ok low older unwanted anxious trapped queasy sorry ignored perfect home worst calm mean frustrated passionate nervous screwed neglected afraid angry accomplished dumb dizzy small tense touched normal special worthless inadequate content numb miserable rejected misunderstood lost renewed old happy broken vulnerable hopeless lovely wild clean amazing better desperate unsure stupid liberated rotten appreciated relieved bad sane blue rushed insane exhausted grown sick ridiculous unhappy lousy loving upset shy secure scared silly intimidated torn honored annoyed restless healthier threatened annoying stuck crappy naked hot insecure lame mad nauseous hurt helpless empowered confused brave lucky guilty smart okay excited loved understood jealous safe busy broke violated horrible sad ugly nuts pressured wonderful punished independent disgusting grateful entitled unsafe pretty thankful crazy stressed hopeful awful plain selfish defeated homesick unloved beautiful fat overwhelmed spoiled super giddy blessed blah nauseated sexy gross invisible peaceful hungry cute unappreciated icky protected

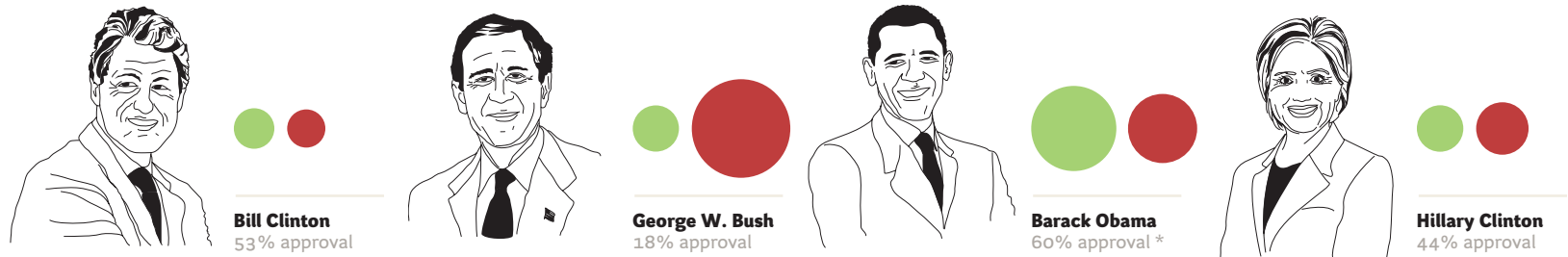
protected unappreciated hungry peaceful invisible gross sexy nauseated blah blessed giddy super spoiled overwhelmed fat beautiful unloved homesick defeated selfish plain awful hopeful stressed crazy thankful pretty unsafe entitled grateful disgusting independent punished wonderful pressured ugly nuts sad horrible violated broke busy safe jealous understood loved excited okay smart guilty lucky confused brave empowered helpless hurt nauseous mad lame insecure hot naked crappy stuck annoying threatened healthier restless annoyed honored torn intimidated silly scared secure shy upset loving lousy unhappy ridiculous sick grown exhausted insane rushed blue sane bad relieved appreciated rotten liberated stupid unsure desperate better amazing clean wild lovely hopeless vulnerable broken happy old renewed lost misunderstood rejected miserable numb content inadequate worthless special normal touched tense small dizzy dumb accomplished angry afraid neglected screwed nervous passionate frustrated mean calm worst home perfect ignored sorry queasy trapped anxious unwanted older low ok attractive abandoned inferior prepared fantastic alone terrible isolated saved connected high worn important loud worse relaxed happier weird nasty fit disappointed nostalgic unworthy precious centered mature shitty empty lonely gentle lazy incomplete strong healthy fortunate weak forgotten tall sweet whatever ready needed well deprived negative complete proud tired funny refreshed depressed emotional bloated longing retarded heavy useless boring full close open down surrounded sure pathetic used drained able bored awesome wanted behind wrong powerful foolish awkward different sleepy pushed rested good satisfied productive certain fair worried honest comfortable holy young sentimental significant fake same beaten cheap warm light successful incredible poor attached nice insignificant exposed jaded great ashamed human wasted liked welcomed glad capable burnt optimistic dead sore rich accepted wide fulfilled confident best younger humbled spent powerless ill christian positive responsible alright distant disgusted pissed motivated strange detached lacking uncomfortable random odd spiritual disconnected crushed fresh wet inspired drunk beat alive hollow fucked creative false bothered bitter wronged awake aware melancholy stable alienated cool embarrassed slow thin alien uneasy compelled soft offended privileged dull obliged cold paranoid obligated justified lethargic present welcome evil dirty fine superior cross interested social blind vindicated popular genuine energetic outcast invincible reborn unique decent wise gay focused

Approval Ratings

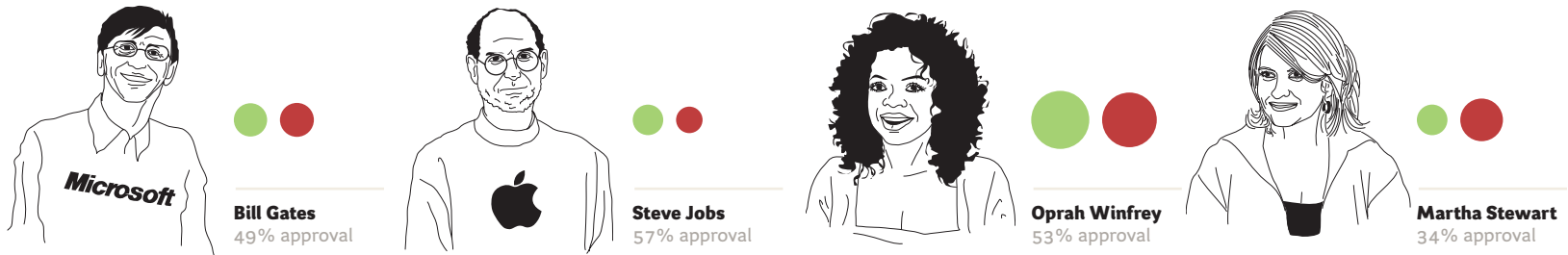
● Positive sentiment ● Negative sentiment ○ Circle size denotes volume of sentiment

How we feel about those most ogled and adored, mocked and maligned members of society—our sacred celebrities

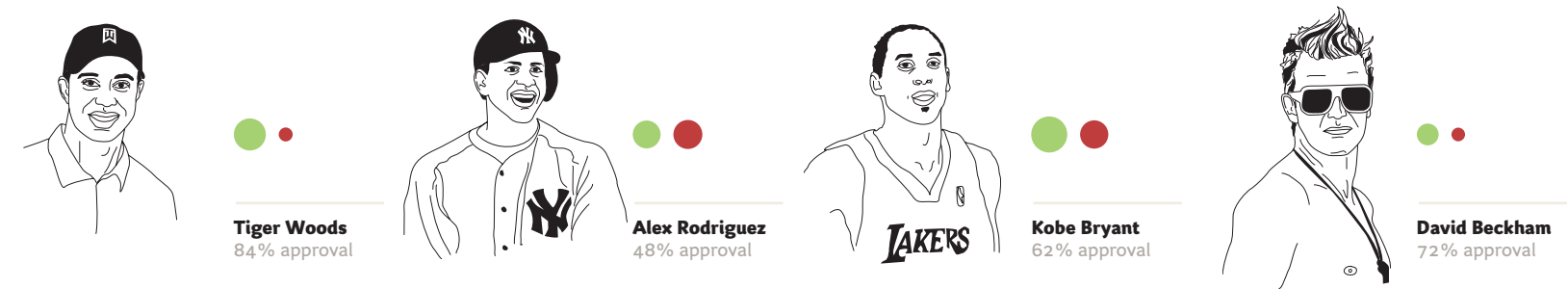
Masterminds



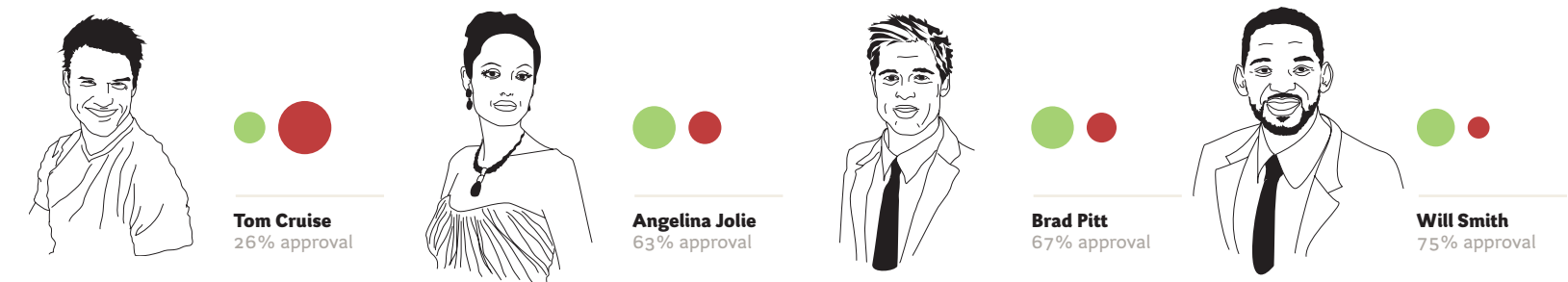
Moguls



Athletes



Actors

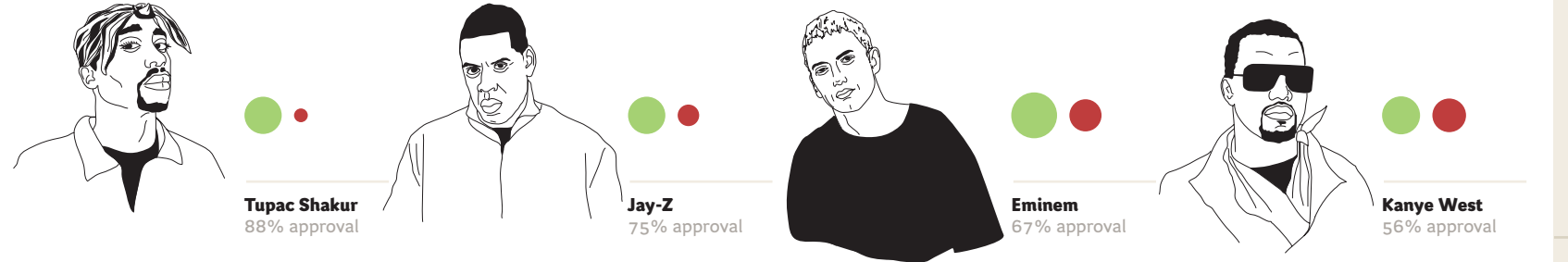


* In January 2009, Barack Obama's approval rating was 76% and Michael Jackson's was 55%, which proves the age-old truths that people like politicians better before they take office, and rock stars better after they're dead.

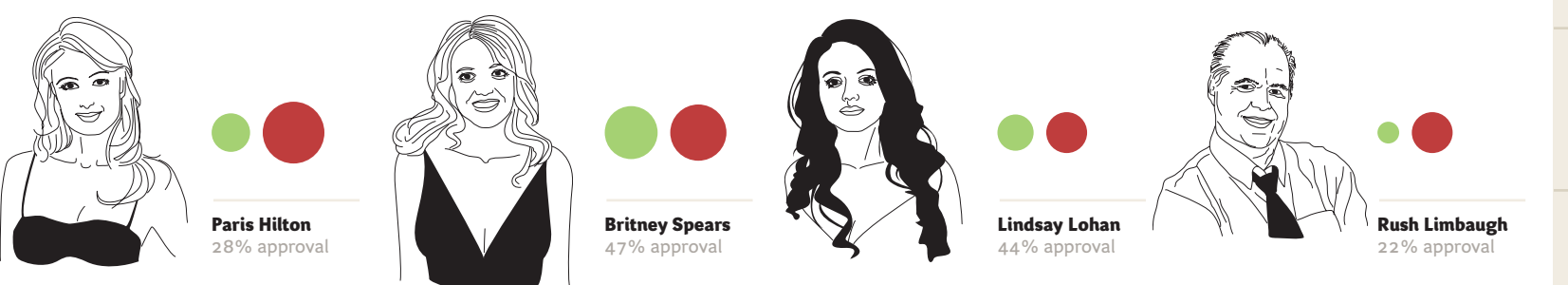
Rockers



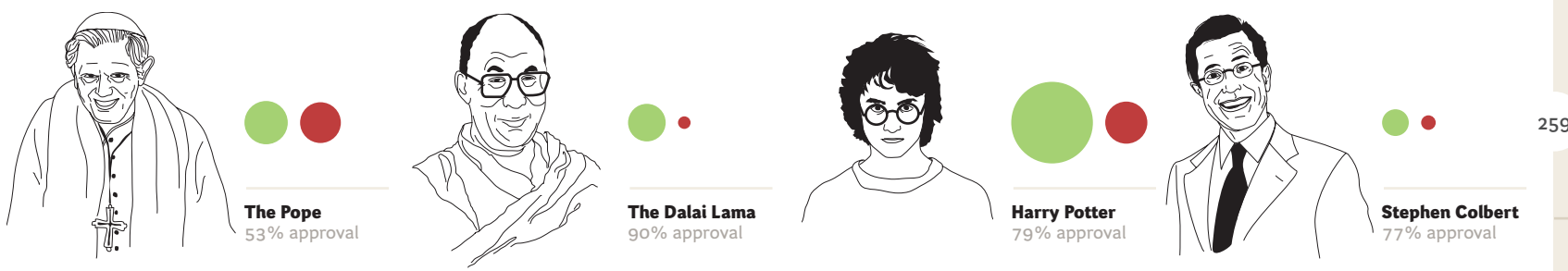
Rappers



Idols

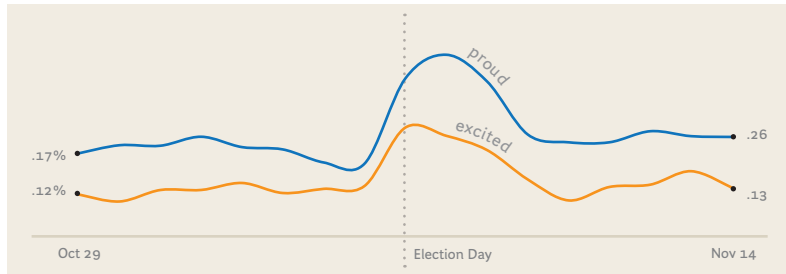


Icons



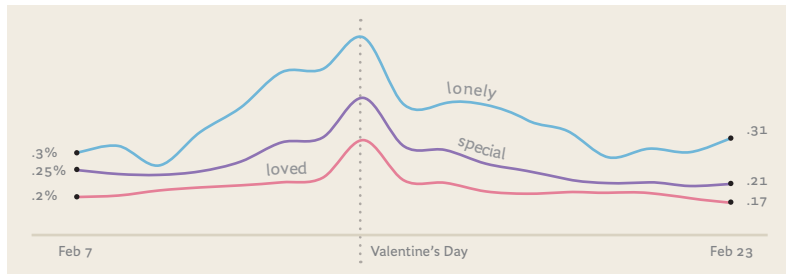
Feeling the Calendar and the Clock

A calendrical (and chronological) view of our feelings



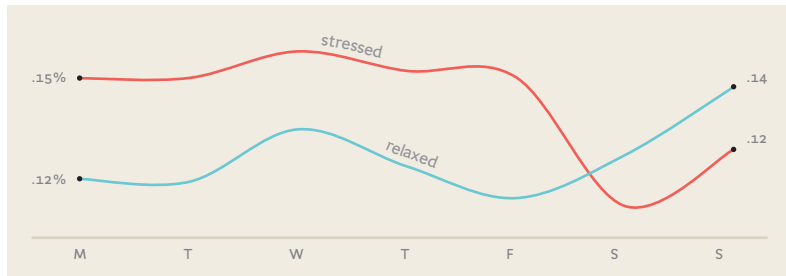
Obama's Election Day / Nov. 4, 2008

There was a dramatic spike in excitement and a swelling sense of pride, which lingered for several days after the election, during the palpable state of national euphoria.



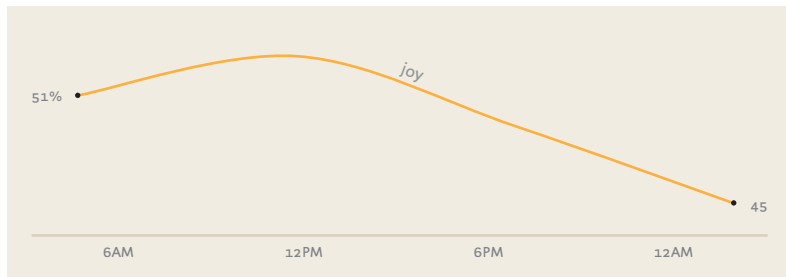
Valentine's Day / 2006-2008 average

Loneliness sees the biggest rise, starting a few days before Valentine's Day and remaining high for a few days afterwards. Feeling special and loved is also typical of the holiday.



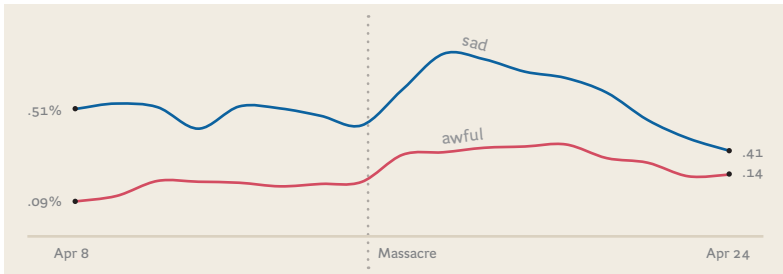
Stressful Weeks

Stress is high throughout the work week, but begins to decline on Friday, just as relaxation starts to rise, climbing to its Sunday high. Stress begins again on Sunday.



Joyful Mornings

Joy is high in the morning, and peaks just before lunchtime, before beginning its steady decline through the rest of the day as food coma and fatigue set in.



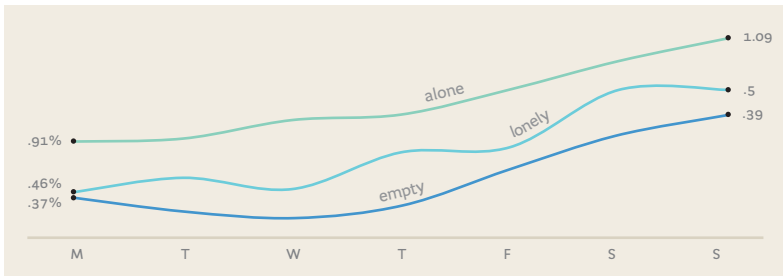
Virginia Tech Massacre / Apr. 16, 2007

There was a steady rise in sadness and feeling awful, both of which remained high for some time afterward, taking about a week to return to normal levels.



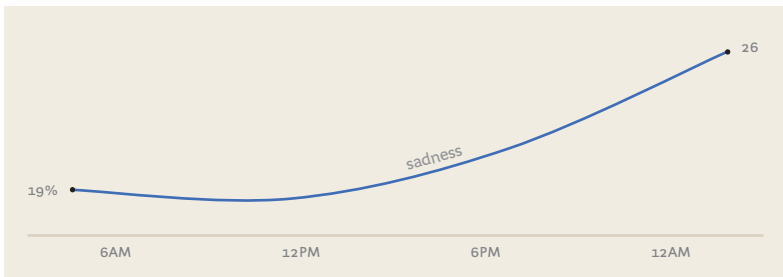
Christmas / New Year's / 2006-2008 average

Feeling blessed is common during the holidays, when people are home with the family. Depression rises sharply just before the new year. Back to business as usual in January.



Lonely Weekends

Loneliness and emptiness rise steadily during the week, peaking on Sunday. Saturday night is the loneliest of all, which can make Monday (the least lonely day) a welcome relief.



Sad Nights

Sadness is low in the morning, lowest around lunchtime, and begins to rise as the day presses on, peaking just before we go to sleep.

12:00 AM

- i don't feel like i have people i can trust people that i can call at **12am** because i can't stop crying and i want to hurt myself i used to have those people even if it was just one now i have none

3:00 AM

- i've just been drinking alot partying doing stupid shit dealing with feelings hooking up with random guys at parties going to parks at **3am** drunk dialing people and alot of bad stuff

6:00 AM

- i will admit that the **6am** shoulder kisses and light arm rubbing made me feel so at peace
- i woke up around **6am** feeling weirded out about a dream i had

9:00 AM

- i woke up at **9am** feeling like i'd just won the lottery even though i'm broke
- i woke up at around **9am** feeling pretty good because i got a lot of sleep for once

12:00 PM

- i did feel bad about the yelling and the tv watching but also congratulated myself that in a hellacious week i managed to hold off drinking at **12pm** which i think is a mark of good parenting

3:00 PM

- i feel myself wanting to scratch my eyes out around **3pm** everyday
- i didn't begin to feel betrayed by you until about **3pm** when the headache and queasy stomach started to kick in

6:00 PM

- i love being able to go out for a run at **6pm** whenever i want to and end up looking sweaty and gross and feeling amazing
- i left the office a little after **6pm** feeling very stressed and moody

9:00 PM

- i feel like i've been on the run the entire day and it's now **9pm** and i can finally breathe
- i feel like my left hand will permanently smell of artichoke since i've been holding one since **9pm**

1:00 AM

- i was home in bed by **1am** but woke feeling like the bottom of an ashtray in an irish bar
- i don't feel like arguing about something i can't change when it's **1am**

4:00 AM

- i woke up at **4am** today feeling so lonely and frightened
- i crawled into bed with hilton at **4am** and fell asleep in his arms feeling very pleased to have someone to come home to

7:00 AM

- i wish they would just go away along with all the dreams and all the make it fucking stop feelings at **7am** in the morning
- i could wake up at **7am** and feel so fresh and eager to get to work

10:00 AM

- i opened my eyes at **10am** and after having some toast and some coffee i began to feel human again
- i routinely sleep through alarms and generally do not feel alive before **10am**

1:00 PM

- i walked out of my house at 8am feeling motivated and i walked back in around **1pm** feeling absolutely drained and wrecked
- i woke up at **1pm** today feeling like refried ass

4:00 PM

- i felt really good for a while then around **4pm** i started to feel like utter crap
- i just want to bury my head in a pillow and sleep or cry until about **4pm** and then i start to feel a little better

7:00 PM

- i sat down last night around **7pm** and began writing up my thoughts and feelings
- i feel like people don't do anything after **7pm** around here if it doesn't involve intoxication

10:00 PM

- having someone who will cope with my emotional extremes at **10pm** is a very good feeling
- i usually feel i can't sleep before **10pm** but i guess i've been more exhausted than usual

2:00 AM

- i feel bad for leaving in the middle of the night during the best post-sex cuddling i've ever felt but i hadn't eaten all day and mcdonald's was calling my name at **2am**

5:00 AM

- i feel knackered after being woken up by a seagull at **5am** i wish i could've blasted it across the street with both barrels of a shotgun instead i had to make do with shouting like hell at it

8:00 AM

- i had 2 cups at **8am** and i am still shaking my heart is racing and i feel like i could jump off a building and fly
- i feel as if there is a huge black pit in my stomach and it's only **8am**

11:00 AM

- i don't know how a cough medicine taken at 11pm can make me still feel drunk at **11am** but by george i am loaded
- i just pretend i'm drunk at **11am** and i feel like a bad ass rock star

2:00 PM

- i think i woke up around **2pm** feeling completely numb i bit my lip and actually drew blood but i didn't feel it
- i've started to feel tired and a bit dizzy in the afternoons around **2pm**

5:00 PM

- i was feeling annoyed between **5pm** and 7pm worst fucking time frame ever invented
- i can't believe it's almost **5pm** i've accomplished nothing and i feel like crap about life in general

8:00 PM

- i had an odd feeling that she might show up and surprise me so around **8pm** i started cleaning
- i belong in a city not some small town where everything but the internet cafe closes at **8pm**

11:00 PM

- i went to bed at a reasonable hour **11pm** but i still feel like crud
- i finally got home after a long and eventful day at **11pm** feeling rested and yes even at peace with my life

A Hard Day's Night

Feelings felt mainly in the morning and feelings felt mainly at night (by percentage)



The Geography of Emotion

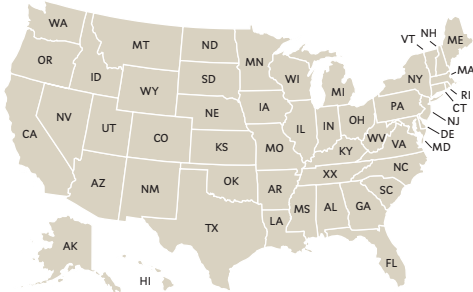
Geographical insights into our feelings, focusing on the U.S., where the vast majority of *We Feel Fine's* feelings originate

American Emotions

Geographic distribution of feelings throughout the United States. The majority of feelings come from people living in urban and suburban areas, a demographic reality affecting all the statistics in this book.

Cheat Sheet

The 50 states



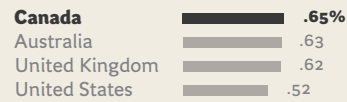
Most Religious Countries *

The U.S. leads the English speaking world in feelings about God.



Most Sexual Countries *

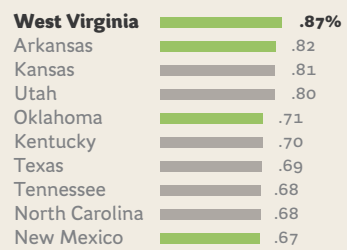
The U.S. is slightly prudish about sexuality, while Canada is randy!



* Only English-speaking countries

Most Family-Oriented States

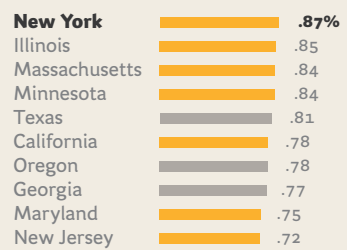
Rural farming states and Mormon Utah are big on family.



States that are among the poorest 15 in the nation, in GDP per capita.

Most Career-Oriented States

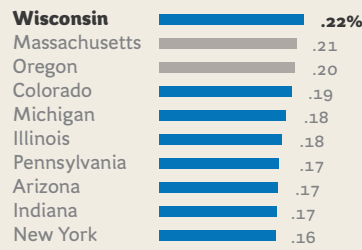
States with high GDP and big cities are big on career.



States that are among the richest 15 in the nation, in GDP per capita.

Most Drunken States

States with big college towns dominate the drunken list.

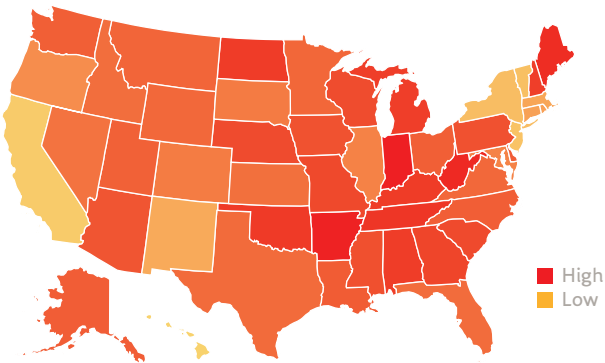


States with colleges on *The Princeton Review's* Top Party Schools List.

Rankings are by percentage of all feelings that contain the words "god," "sex," "family," "career," and "drunk," respectively.

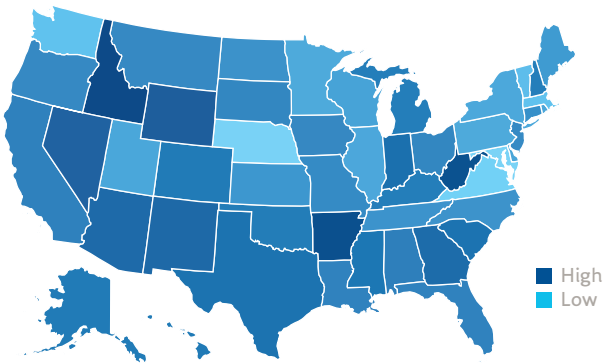
Feeling Happy

Some of the richest states (New York, California, Massachusetts, New Jersey, Illinois) are those that feel least happy, while many that focus on family (Arkansas, West Virginia, Tennessee, Oklahoma, Kentucky) feel happiest.



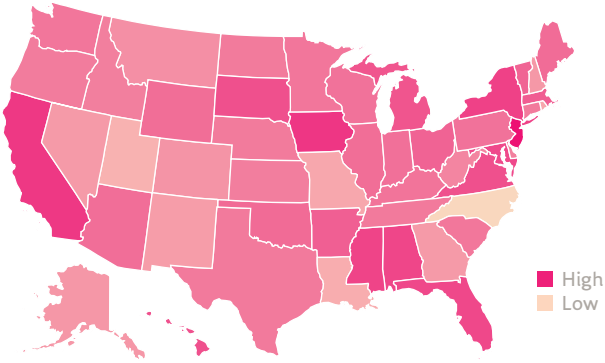
Feeling Lonely

Loneliness is highest in big states with small populations (Idaho, Wyoming, Nevada, New Mexico, Arizona), and in states with few or no big cities (West Virginia, Arkansas). Loneliness is lowest in Nebraska, Virginia, and Maryland.



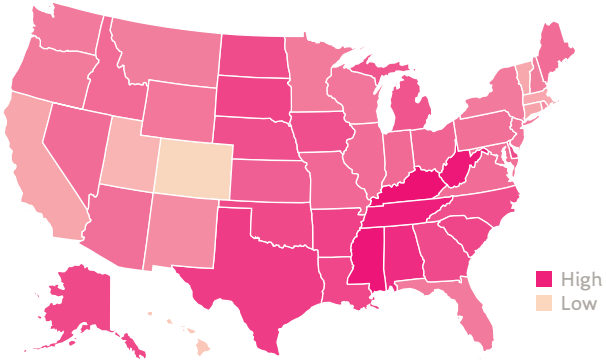
Feeling God

The so-called "Bible Belt" is also an emotional Bible Belt, as feelings about God are strongest in Oklahoma, Tennessee, Alabama, Texas, and Georgia. Feelings about God are lowest in New York, Massachusetts, and Wisconsin.



Feeling Sick

Cold weather seems to be the main cause of sickness, as chilly northeastern states (Maine, New Hampshire, Michigan, Pennsylvania, Wisconsin) feel most sick. States with older populations (Florida, Nevada), also feel quite sick.



Feeling Fat

Some of the thinnest states (California, New York) are those that feel the fattest. Of the states with high obesity levels, some feel very fat (Mississippi, Alabama), while others don't feel too fat (Louisiana, Missouri), even though they should.

Being Fat

The 15 fattest states (in 2008, by obesity level) are Mississippi, West Virginia, Alabama, Louisiana, South Carolina, Tennessee, Kentucky, Oklahoma, Arkansas, Michigan, Indiana, Georgia, Missouri, Alaska, and Texas.

At a Glance: Feelings

Statistical summaries of the 50 feelings featured in this book






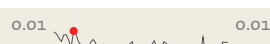



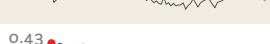

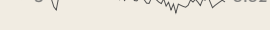
Feeling and its color	Rank in usage	Gender dominance	Age breakdown in 10-year blocks	Related feelings often felt by the same people	Main reasons for feeling this way	Prevalence over time % from 2006–2009
<div><div></div>afraid</div>	142	<div><div></div>53%</div>	<div><div></div><div></div><div></div><div></div><div></div>40s</div>	scared, hurt, ashamed, mad	love, being hurt, loss, rejection	0.10.07
<div><div></div>alive</div>	43	<div><div></div>55%</div>	<div><div></div><div></div><div></div><div></div><div></div>50+</div>	dead, awake, strong, cool	happiness, pain, music, crying	0.270.25
<div><div></div>alone</div>	13	<div><div></div>53%</div>	<div><div></div><div></div><div></div><div></div><div></div>10s</div>	unloved, unwanted, isolated	lovelessness, friendlessness	0.960.56
<div><div></div>ashamed</div>	78	<div><div></div>55%</div>	<div><div></div><div></div><div></div><div></div><div></div>30s</div>	disgusted, embarrassed, afraid	behavior, actions, country, past	0.160.14
<div><div></div>awesome</div>	134	<div><div></div>52%</div>	<div><div></div><div></div><div></div><div></div><div></div>10s</div>	cool, excited, incredible	love, diet, friendship, good news	0.10.1
<div><div></div>awful</div>	46	<div><div></div>62%</div>	<div><div></div><div></div><div></div><div></div><div></div>20s</div>	upset, pissed, sick, disgusted	fever, flu, sleeplessness, overeating	0.290.26
<div><div></div>bad</div>	2	<div><div></div>54%</div>	<div><div></div><div></div><div></div><div></div><div></div>10s</div>	bitchy, rude, mad, nasty, mean	the poor guy, celebrities, money	4.653.52
<div><div></div>beautiful</div>	107	<div><div></div>64%</div>	<div><div></div><div></div><div></div><div></div><div></div>10s</div>	sexy, smart, ugly, touched	good hair, body image, confidence	0.110.11
<div><div></div>better</div>	1	<div><div></div>53%</div>	<div><div></div><div></div><div></div><div></div><div></div>10s</div>	healthier, stuffy, recovered	feeling loved, talking, sleeping	6.734.82
<div><div></div>blessed</div>	48	<div><div></div>65%</div>	<div><div></div><div></div><div></div><div></div><div></div>40s</div>	thankful, humbled, grateful	love, friendship, family, community	0.150.55
<div><div></div>comfortable</div>	10	<div><div></div>52%</div>	<div><div></div><div></div><div></div><div></div><div></div>50+</div>	familiar, relaxed, shy, nervous	being at home, job familiarity	0.811.15
<div><div></div>cool</div>	103	<div><div></div>54%</div>	<div><div></div><div></div><div></div><div></div><div></div>10s</div>	refreshed, calm, hip, naked	air temperature, breeze, popularity	0.130.13
<div><div></div>crazy</div>	76	<div><div></div>62%</div>	<div><div></div><div></div><div></div><div></div><div></div>20s</div>	wild, insane, helpless, mad	fatigue, losing control, opposite sex	0.150.1
<div><div></div>depressed</div>	40	<div><div></div>51%</div>	<div><div></div><div></div><div></div><div></div><div></div>10s</div>	suicidal, hopeless, angry	no apparent reason, clinical, winter	0.370.21
<div><div></div>dirty</div>	74	<div><div></div>63%</div>	<div><div></div><div></div><div></div><div></div><div></div>30s</div>	gross, disgusted, clean, cheap	not showering, voyeurism, sex	0.150.16
<div><div></div>drunk</div>	180	<div><div></div>54%</div>	<div><div></div><div></div><div></div><div></div><div></div>20s</div>	sober, giddy, insane, dizzy	beer, punch, wine, shots	0.120.03
<div><div></div>empty</div>	31	<div><div></div>51%</div>	<div><div></div><div></div><div></div><div></div><div></div>10s</div>	hollow, meaningless	lovelessness, loss, loneliness	0.40.3
<div><div></div>excited</div>	93	<div><div></div>51%</div>	<div><div></div><div></div><div></div><div></div><div></div>20s</div>	nervous, apprehensive, scared	school, friends, new job, vacation	0.110.15
<div><div></div>fine</div>	29	<div><div></div>60%</div>	<div><div></div><div></div><div></div><div></div><div></div>50+</div>	okay, awake, alright, regular	waking up, enough sleep, normality	0.380.6
<div><div></div>good</div>	3	<div><div></div>53%</div>	<div><div></div><div></div><div></div><div></div><div></div>40s</div>	healthy, fresh, happy, wonderful	losing weight, sleep, exercise	4.084.02
<div><div></div>grateful</div>	161	<div><div></div>62%</div>	<div><div></div><div></div><div></div><div></div><div></div>50+</div>	humbled, thankful, wonderful	love, friendship, family, opportunity	0.050.12
<div><div></div>great</div>	11	<div><div></div>56%</div>	<div><div></div><div></div><div></div><div></div><div></div>30s</div>	sore, amazing, wonderful	exercise, losing weight, sleep	0.941
<div><div></div>guilty</div>	4	<div><div></div>57%</div>	<div><div></div><div></div><div></div><div></div><div></div>40s</div>	selfish, mad, angry, ashamed	money, overeating, leaving, sex	1.581.72
<div><div></div>happy</div>	12	<div><div></div>53%</div>	<div><div></div><div></div><div></div><div></div><div></div>10s</div>	content, joyful, sad, satisfied	love, friendship, school, family	0.930.82
<div><div></div>helpless</div>	75	<div><div></div>57%</div>	<div><div></div><div></div><div></div><div></div><div></div>40s</div>	hopeless, suicidal, useless	losing control, pain, illness	0.170.12

Feeling and its color	Rank in usage	Gender dominance	Age breakdown in 10-year blocks	Related feelings often felt by the same people	Main reasons for feeling this way	Prevalence over time % from 2006–2009
<div><div></div>horrible</div>	26	<div><div></div>61%</div>	<div><div></div><div></div><div></div><div></div><div></div>10s</div>	mad, ugly, selfish, upset	illness, hurting others, money	0.50.32
<div><div></div>human</div>	112	<div><div></div>56%</div>	<div><div></div><div></div><div></div><div></div><div></div>50+</div>	real, awake, normal, capable	sleep, showering, bath, exercise	0.110.12
<div><div></div>hurt</div>	32	<div><div></div>59%</div>	<div><div></div><div></div><div></div><div></div><div></div>10s</div>	angry, abused, rejected	pain, love, betrayal, harsh words	0.370.28
<div><div></div>jealous</div>	174	<div><div></div>55%</div>	<div><div></div><div></div><div></div><div></div><div></div>10s</div>	envious, insecure, angry	couples, ex, romantic intrigue	0.070.07
<div><div></div>lonely</div>	22	<div><div></div>52%</div>	<div><div></div><div></div><div></div><div></div><div></div>10s</div>	unloved, isolated, homesick	friendlessness, lovelessness	0.650.41
<div><div></div>lost</div>	15	<div><div></div>54%</div>	<div><div></div><div></div><div></div><div></div><div></div>10s</div>	confused, clueless, unsure	loss of friendship, missing love	0.830.58
<div><div></div>loved</div>	35	<div><div></div>60%</div>	<div><div></div><div></div><div></div><div></div><div></div>10s</div>	appreciated, respected	relationships, friendship, family, god	0.40.41
<div><div></div>lucky</div>	34	<div><div></div>55%</div>	<div><div></div><div></div><div></div><div></div><div></div>50+</div>	wonderful, thankful, grateful	significant other, friends, family	0.290.54
<div><div></div>miserable</div>	98	<div><div></div>52%</div>	<div><div></div><div></div><div></div><div></div><div></div>50+</div>	unhappy, depressed, hopeless	ilnness, sleeplessness, school, job	0.170.14
<div><div></div>naked</div>	171	<div><div></div>54%</div>	<div><div></div><div></div><div></div><div></div><div></div>50+</div>	bare, exposed, pure, vulnerable	no clothes, missing accessory	0.060.07
<div><div></div>normal</div>	64	<div><div></div>52%</div>	<div><div></div><div></div><div></div><div></div><div></div>50+</div>	human, numb, average, healthy	meds, sleep, coffee, recovery	0.20.18
<div><div></div>old</div>	17	<div><div></div>52%</div>	<div><div></div><div></div><div></div><div></div><div></div>40s</div>	aged, worn, ancient, mature	age, pain, kids, fatigue	0.720.67
<div><div></div>overwhelmed</div>	67	<div><div></div>63%</div>	<div><div></div><div></div><div></div><div></div><div></div>40s</div>	pressured, stressed, frustrated	love, school, business, emotions	0.180.19
<div><div></div>proud</div>	56	<div><div></div>52%</div>	<div><div></div><div></div><div></div><div></div><div></div>50+</div>	ashamed, smart, brave	myself, country, achievements	0.190.27
<div><div></div>sad</div>	14	<div><div></div>58%</div>	<div><div></div><div></div><div></div><div></div><div></div>50+</div>	angry, depressed, disappointed	love, loneliness, depression	0.80.76
<div><div></div>sexy</div>	173	<div><div></div>64%</div>	<div><div></div><div></div><div></div><div></div><div></div>30s</div>	gorgeous, attractive, naughty	being loved, clothing, black lingerie	0.060.09
<div><div></div>sick</div>	7	<div><div></div>55%</div>	<div><div></div><div></div><div></div><div></div><div></div>10s</div>	dizzy, tired, nauseous, sore	eating, headache, common cold	1.490.88
<div><div></div>small</div>	73	<div><div></div>52%</div>	<div><div></div><div></div><div></div><div></div><div></div>40s</div>	insignificant, unimportant	insignificance, god, the universe	0.150.27
<div><div></div>sorry</div>	6	<div><div></div>51%</div>	<div><div></div><div></div><div></div><div></div><div></div>40s</div>	poor, pathetic, homeless	myself, someone else, family, kids	1.21.28
<div><div></div>special</div>	36	<div><div></div>54%</div>	<div><div></div><div></div><div></div><div></div><div></div>10s</div>	unique, appreciated, valued	being loved, caring, birthdays, gifts	0.370.34
<div><div></div>stupid</div>	19	<div><div></div>58%</div>	<div><div></div><div></div><div></div><div></div><div></div>10s</div>	worthless, mad, pissed, dumb	unrequited love, sharing feelings	0.70.35
<div><div></div>terrible</div>	33	<div><div></div>54%</div>	<div><div></div><div></div><div></div><div></div><div></div>10s</div>	upset, poor, fucked, mad	lost love, hurting friends, pain	0.380.31
<div><div></div>ugly</div>	149	<div><div></div>63%</div>	<div><div></div><div></div><div></div><div></div><div></div>10s</div>	unwanted, fat, unloved	being fat, bad hair, fatigue	0.10.05
<div><div></div>weird</div>	21	<div><div></div>52%</div>	<div><div></div><div></div><div></div><div></div><div></div>10s</div>	awkward, strange, confused	self-expression, new emotions	0.620.41
<div><div></div>young</div>	90	<div><div></div>52%</div>	<div><div></div><div></div><div></div><div></div><div></div>50+</div>	immature, dumb, shy	aging, kids, hairstyle, fun	0.110.1

At a Glance: Everything Else

Statistical summaries of the 2 genders, 5 ages, 13 cities, 4 weathers, 6 holidays, and 10 topics featured in this book









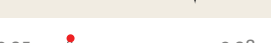
Who	Feeling count* 2006–2009	Emotiveness index	Happiness index	Sadness index	Top feelings in this group	Prevalence over time % from 2006–2009
Men	683,970	3.0 / 10	6.6 / 10	2.8 / 10	better, good, bad, sorry, alone, down, great, lost, guilty	
Women	985,764	7.0 / 10	5.9 / 10	3.5 / 10	better, bad, good, sorry, alone, guilty, down, lost, sick	
10s	1,523,290	4.0 / 10	4.6 / 10	4.0 / 10	better, bad, good, sick, guilty, alone, down, sorry, happy	
20s	2,312,671	4.5 / 10	6.1 / 10	2.8 / 10	better, bad, good, guilty, sorry, sick, down, well, alone	
30s	393,100	7.5 / 10	7.8 / 10	1.7 / 10	better, good, bad, guilty, sorry, well, down, great	
40s	90,222	8.5 / 10	8.6 / 10	1.5 / 10	better, good, bad, sorry, guilty, well, down, great, alone	
50+	23,865	9.0 / 10	9.0 / 10	1.0 / 10	better, good, bad, well, guilty, great, sad, comfortable	

Where	Feeling count* 2006–2009	Population 2007 est.	GDP per capita 2007 \$USD	Top feelings in this city	Prevalence over time % from 2006–2009
Boston	21,993	616,535	47,000	better, bad, good, guilty, well, sick, great, down	
Chicago	44,698	2,836,658	51,100	better, good, bad, guilty, down, well, sorry, comfortable	
London	43,767	7,355,400	62,423	better, bad, good, guilty, sorry, sick, down, ill, well, happy	
Los Angeles	37,807	3,849,378	53,000	better, bad, good, guilty, sorry, down, sick, comfortable	
Moscow	3,721	12,382,754	16,800	good, better, bad, sorry, happy, sad, down, alone, guilty	
Mumbai	1,146	13,662,885	7,000	good, better, bad, happy, guilty, sad, sorry, down, different	
New York	33,335	8,274,527	61,000	better, bad, good, guilty, well, comfortable, sorry, down	
Paris	3,009	2,167,994	46,000	better, good, bad, guilty, sorry, down, tired, well, happy	
San Francisco	25,966	764,976	58,000	better, good, bad, guilty, sick, well, down, great, sorry	
Seattle	48,268	594,210	56,000	better, good, bad, guilty, well, sorry, sick, comfortable	
Sydney	32,604	4,284,379	39,000	better, bad, good, sick, guilty, sorry, down, happy, tired	
Tokyo	4,284	12,790,000	34,000	better, bad, good, sorry, lonely, comfortable, sick, well	
Toronto	41,149	2,503,281	40,900	better, bad, good, guilty, sick, sorry, well, down, great	

* Note that feeling counts don't add up to the total number of feelings in the *We Feel Fine* database, as demographic information for feelings is sometimes unavailable.

When	Feeling count* 2006–2009	Date of this holiday	Distinctive themes for this weather / holiday	Distinctive feelings for this weather / holiday
Sunny	276,679	N/A	sun, shine, rays, clouds, moon, melting	bright, cheerful, warm, lovely, optimistic, special, happy
Cloudy	638,876	N/A	sunny, rainy, skies, storm, silver lining	gloomy, dreary, cold, cool, depressed, afraid, lonely
Rainy	110,843	N/A	pouring, drops, gloomy, storm	gloomy, cold, dreary, cheerful, melancholy, miserable, sleepy
Snowy	22,565	N/A	christmas, mountains, icy, roads	freezing, cold, wet, peaceful, excited, alive, glad
Christmas	9,803	Dec 25	santa, holiday, gifts, spirit, tree	festive, cozy, joyful, magical, cheerful, spoiled, generous, excited, giddy
Election Day	13,290	Nov 4, 2008	vote, returns, november, patriotic	patriotic, confident, proud, depressed, beautiful, excited
Halloween	13,739	Oct 31	costume, candy, parties, dressing up	excited, lame, awesome, shitty, silly, blah, sexy, creative
July 4th	14,576	guess	patriotic, parade, celebration, citizens	patriotic, american, political, proud, excited, free
New Year's	23,160	Jan 1	eve, resolution, christmas, celebration	hopeful, drunk, happy, optimistic, excited, ready
Valentine's Day	14,683	Feb 14	roses, candy, couples, gifts, cards	romantic, cheesy, lonely, special, cute, forced, depressed, evil, fake

* Average annual count, normalized for crawler decay

Why	Feeling count 2006–2009	Gender dominance	Age breakdown in 10-year blocks	Distinctive feelings about this theme	Related themes mentioned with this one	Prevalence over time % from 2006–2009
Blogging	10,325	57%	50+	interesting, public, boring	rambling, readers, venting	
Body Image	64,645	52%	20s	fat, beautiful, ugly, sexy	mirror, makeup, scale, ass	
Death	26,185	56%	10s	numb, scared, frightened	agony, suicide, mourning	
Friendship	167,961	51%	10s	supported, close, supportive	family, coworkers, enemies	
Kids	34,676	55%	30s	blessed, grateful, protective	adults, marriage, raising	
Money	50,828	56%	10s	generous, rich, ambitious	earning, spending, saving	
Relationships	54,002	53%	20s	committed, romantic, intimate	commitment, intimacy	
Religion	6,860	54%	50+	religious, holy, trusting	worship, prayer, bible, faith	
Sex	57,692	54%	30s	sexual, sexy, horny, naughty	partner, toy, lover, marriage	
Work	323,616	52%	30s	hectic, stressful, busy	quitting, salary, desk, boss	