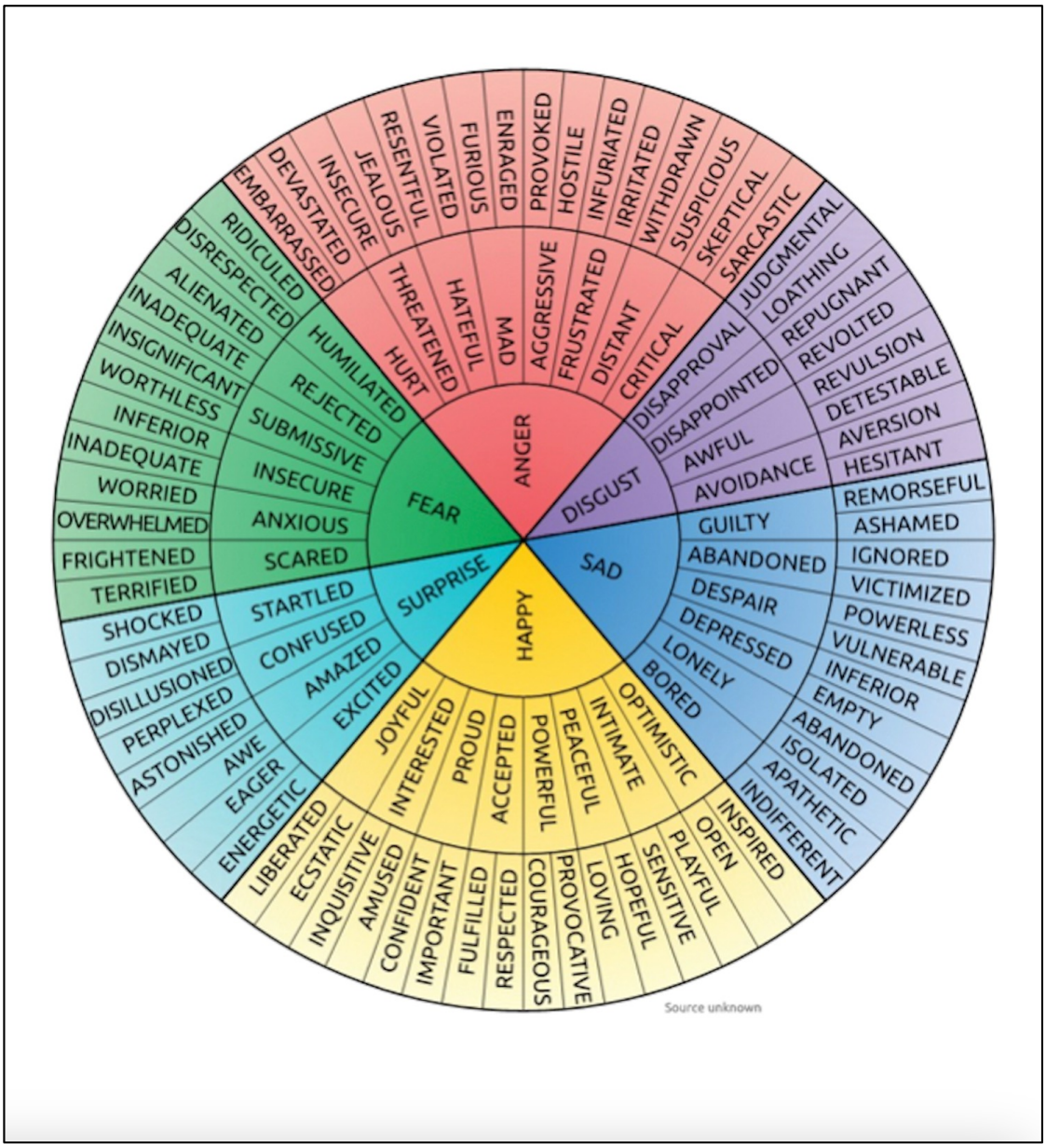
Wheel of Emotions



> Beware that, when fighting monsters, you yourself do not become a monster... for when you gaze long into the abyss. The abyss gazes also into you.
>
> - Friedrich W. Nietzsche

> **Hurt people hurt people.** That's how pain patterns gets passed on, generation after generation after generation. Break the chain today. Meet anger with sympathy, contempt with compassion, cruelty with kindness. Greet grimaces with smiles. Forgive and forget about finding fault. Love is the weapon of the future.
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> - Yehuda Berg