

Appendix — Keystone Reference Table of the Human Emotional Spectrum

Resonance frequencies below are symbolic integration markers, not value judgments.

Emotion	Core Need Beneath It	Developmental Lesson	Typical First Learning Window	Strengthened Alone?	Requires Others for Full Maturation?	Approx. Resonance (Hz)
Fear	Safety	Grounding & regulation	Infancy	Partly	Yes (co-regulation)	100–150
Helplessness	Support	Seeking help	Infancy	No	Yes	120–170
Anger	Boundaries	Self-definition	Toddler years	Limited	Yes (safe conflict)	150–200
Frustration	Agency	Persistence	Early childhood	Yes	Helpful	180–220
Sadness	Attachment	Allowing loss	Early childhood	Yes	Deepened with witness	200–240
Shame	Belonging	Self-acceptance	Early childhood	Rarely	Yes (attuned repair)	180–220
Guilt	Responsibility	Moral awareness	4–6 yrs	Yes	Helpful	220–260
Envy	Worth	Self-recognition	Middle childhood	Hard	Yes	220–270
Pride (healthy)	Agency	Self-trust	Adolescence	Yes	Strengthened socially	260–320
Courage	Protection of values	Acting despite fear	Adolescence+	Yes	Supported socially	300–350
Trust	Safety in connection	Relational security	Lifelong	No	Yes	330–380
Love (relational)	Connection	Mutuality	Lifelong	No	Yes	400–500
Grief	Meaning	Integration of loss	Lifelong	Partly	Deepened relationally	350–450

Compassion	Shared humanity	Perspective taking	Expands in adulthood	Yes	Yes	500–600
Joy	Aliveness	Allowing pleasure	All stages	Yes	Amplified socially	540–600
Gratitude	Appreciation	Recognition of support	Adulthood+	Yes	Yes	600–700
Peace	Regulation + acceptance	Nervous system coherence	Mature integration	Yes	Supported relationally	600–750
Reverence	Transpersonal connection	Humility + awe	Mature integration	Yes	Shared deepens	700+

How to Use This Table

This is not a scorecard. It is a developmental compass.

If an emotion feels overwhelming, the task is not to suppress it — it is to ask:

What capacity is this emotion trying to help me build?

Do I need solo practice, or relational support?

That question alone turns emotion from enemy into teacher.