

Structure of Consolation and Desolation

STRUCTURE OF CONSOLATION AND DESOLATION		
Essential Elements	Illustrations of Consolation	Illustrations of Desolation
Feelings/Mood (Consolation or Desolation properly speaking)	<ol style="list-style-type: none"> 1. Delight, joy, exultation, sweet sorrow 2. Warmth, tenderness, contentment, sense of security, cheerfulness 	<ol style="list-style-type: none"> 1. Frustration, desperation, anger, dejection 2. Loneliness, sadness, sense of worthlessness
<p>Grounds of Feelings</p> <p>Extrinsic: Objects of cognitive and affective acts</p> <p>Intrinsic: cognitive and affective acts with these objects</p>	<p>Extrinsic Grounds</p> <ol style="list-style-type: none"> 1. Music 2. Presence of a loved one with signs of a return of love by the loved one <p>Intrinsic Grounds</p> <ol style="list-style-type: none"> 1. Listening to the music with appreciation 2. Loving attention to loved one's presence and signs of love, with belief in that love 	<p>Extrinsic Grounds</p> <ol style="list-style-type: none"> 1. Unjust situation: oppression, joblessness, being homeless, a victim of prejudice (racial, religious, sexual, class) 2. Separation from loved one by death, rejection, divorce, distance <p>Intrinsic Grounds</p> <ol style="list-style-type: none"> 1. Experience of the injustice or sensitive awareness of it in others' lives 3. Experience of such separation
Consequences of feelings: thoughts, affective acts, choices, behavior	<ol style="list-style-type: none"> 1. Humming, foot tapping, tingling in spine, remembering with tears a person or event associated with the music 2. Gratitude, desire to give to or serve the loved one, actual deeds of giving or serving 	<ol style="list-style-type: none"> 1. Rebellion, violence, social and political action to achieve justice 2. Apathy, inability to concentrate, anger tears