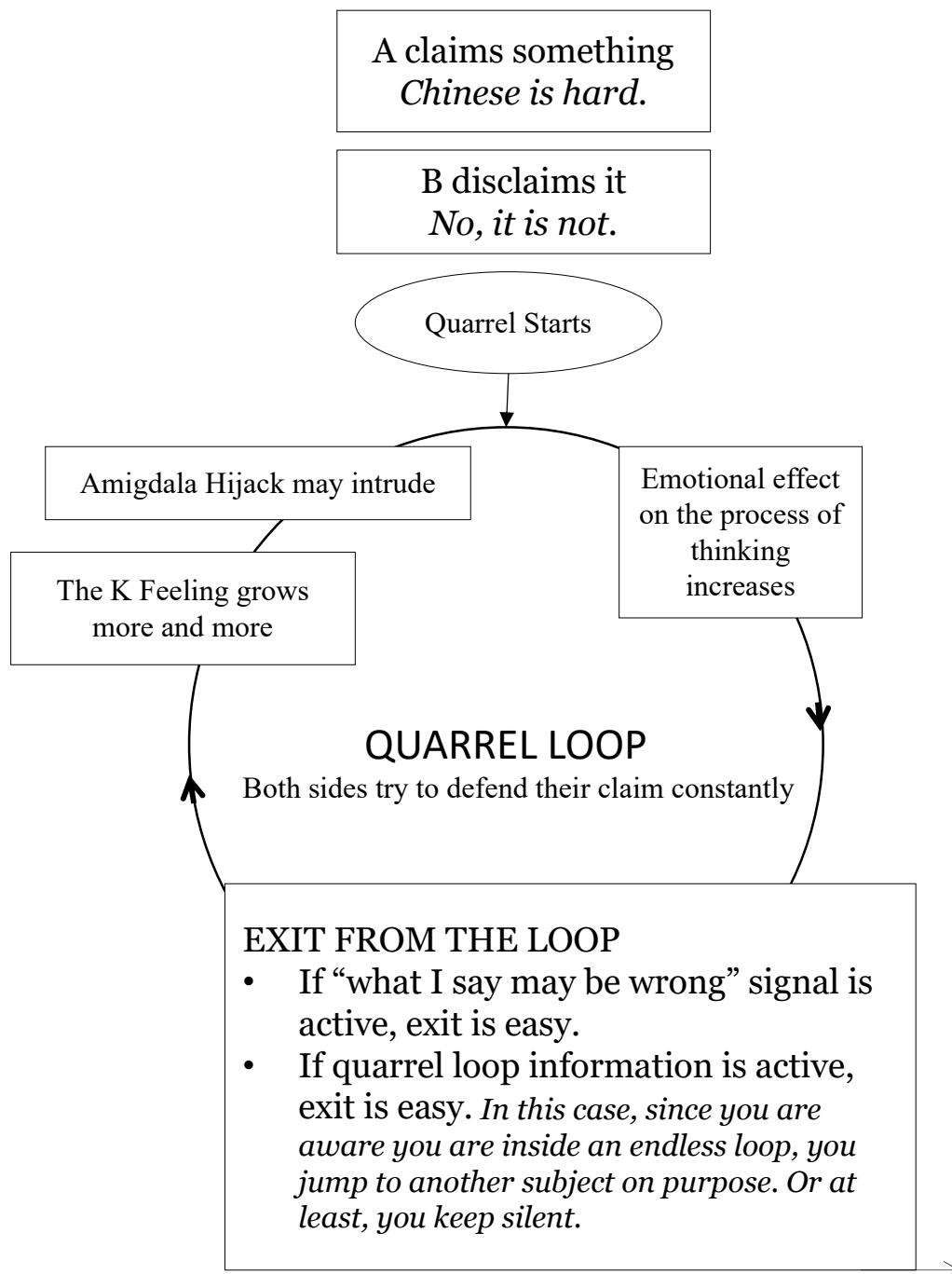


QUARREL LOOP



The K Feeling: It is a mixture of negative feelings. Anger, hatred, animosity etc.

Amigdala Hijack: An amygdala hijack is an emotional response that is immediate, overwhelming, and out of measure with the actual stimulus because it has triggered a much more significant emotional threat. The term was coined by Daniel Goleman in his 1996 book *Emotional Intelligence: Why It Can Matter More Than IQ*.