

THE EMOTIONAL GUIDANCE SCALE

1. Joy / Appreciation / Empowered / Freedom / Love
2. Passion
3. Enthusiasm / Eagerness / Happiness
4. Positive Expectation / Belief
5. Optimism
6. Hopefulness
7. Contentment
8. Boredom
9. Pessimism
10. Frustration / Irritation / Impatience
11. Overwhelm
12. Disappointment
13. Doubt
14. Worry
15. Blame
16. Discouragement
17. Anger
18. Revenge
19. Hatred / Rage
20. Jealousy
21. Insecurity / Guilt/ Unworthiness
22. Fear / Grief/ Depression /
Despair / Powerlessness