

EMOTIONAL SCALE

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

This scale is taken from Abraham-Hicks in their book Ask and It Is Given. This scale is a spectrum of emotional states and not all-inclusive or absolute. Emotions may feel differently to different people. It is meant to be an illustration of how different emotional states can feel better or worse compared to other emotional states. The scale is intended to familiarize you with the process of searching for a better feeling thought.

