

Emotional Guidance Scale

Upward Spiral ○ Downward Spiral

1. Joy/Knowledge/Empowerment/
Freedom/Love/Appreciation

2. Passion

3. Enthusiasm

4. Positive Expectation/Belief

5. Optimism

6. Hopefulness

7. Contentment

8. Boredom

9. Pessimism

10. Frustration/Irritation/Impatience

11. Overwhelment

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/Powerlessness/Victim