



Emotional GUIDANCE SCALE

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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