The Emotional Scale

Use this emotional scale to understand where you are emotionally each day and how this affects your energy levels. Look at the scale and see which emotions you feel the most and this will show you where you are emotionally. The lower down on the scale you find yourself, the more emotionally and energetically drained you will feel.

Emotions are just another form of energy; you can think of them as ‘energy in motion (e-motion)’. The emotions at the top end of the scale vibrate at a higher level than those at the bottom; this is why feeling happiness, excitement or love make you feel full of energy, and motivation - full of life, and feelings of despair, unworthiness and depression leave you feeling deflated, and lacking in energy and vigour.

You want to aim to always move yourself up the scale. Only you can do this - no one else has the power to make you feel bad if you choose not to, and no one else is responsible for making you feel good. It may seem impossible to jump from fear and depression to enthusiasm and joy, but by taking note of the thoughts running through your mind you can slowly step by step guide them to a place of increased positivity. Bit by bit you can move yourself up the scale, for example feeling guilty is better than feeling powerless, finding blame is better than feeling guilty, feeling impatient is better than finding blame. Slowly but surely you can help yourself to feel better and better.

If you feel you would like more support or want to learn tools and techniques to help you move up the scale and manage your emotions then contact me for more information.

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| *Emotional State* | | |
| V  I  B  R  A  T  I  O  N  A  L  L  E  V  E  L | Joy Knowledge Empowerment Freedom Love Appreciation Passion | R  E  S  I  S  T  A  N  C  E  T  O  F  L  O  W  O  F  W  E  L  L  B  E  I  N  G |
| Enthusiasm Eagerness Happiness Positive Expectation Belief |
| Optimism Hopefulness Contentment |
| Boredom Pessimism Frustration Impatience Irritation |
| Disappointment Doubt Worry Blame Discouragement |
| Anger Revenge Hatred Rage |
| Jealousy Insecurity Guilt Unworthiness |
| Fear Grief Depression Despair Powerlessness |