

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. Satisfaction - Contentment
8. Boredom
9. Pessimism
10. Frustration/Irritation/Impatience
11. Overwhelmed
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