

Emotional Guidance Scale

Joy, Appreciation/Empowerment/Freedom/Love
Passion
Enthusiasm/Eagerness/happiness
Positive Expectation/Belief
Optimism
Hopefulness
Contentment
Boredom
Pessimism
Frustration/Irritation/Impatience
Overwhelment
Disappointment
Doubt
Worry
Blame
Discouragement
Anger
Revenge
Hatred/Rage
Jealousy
Insecurity, Guilt, Unworthiness
Fear/Grief/Depression/Despair/Powerlessness