

Emotional Guidance Scale

-Staircase Version

High Vibration
High Emotion = Strong Attraction
The Better it Gets, the Better it Gets

Joy/Appreciation/Empowered/Freedom/Love

Passion

Enthusiasm/Eagerness/Happiness

Positive Expectation/Belief

Optimism

Hopefulness

Contentment

Boredom

Pessimism

Frustration/Irritation/Impatience

Overwhelm

Disappointment

Doubt

Worry

Blame

Discouragement

Anger

Revenge

Hatred/Anger

Jealousy

Insecurity/Guilt/Unworthiness

Fear/Grief/Depression/Despair/Powerlessness

Positive Emotions
Good Alignment

Low Emotion = No Attraction

Negative Emotions
Bad Alignment

Pivoting

- 1) What emotion are you currently feeling, choose the one that is the closest.
- 2) Choose a thought or feeling or action that brings you some relief from that emotion.
- 3) Settle into the new thought or feeling.
- 4) Repeat the steps to climb as high as you choose to.

Low Vibration
High Emotion = Strong Attraction
The Worse it Gets, the Worse it Gets

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