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***Helping People Get Better Faster***

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**The Emotional Guidance Scale**

The following is a list of emotions that will help you to identify, 1) What your baseline emotional state is and 2) Where you are emotionally and where you want to go to get to more Love, Joy, etc.

After you have identified your emotional baseline, try to identify what thoughts are holding you in that emotional state and what can you do to change those thoughts into more positive ones.

Where are you on this Emotional Scale?

|  |  |
| --- | --- |
| 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. | 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 |

From the book “Ask and It is Given”, pg. 114