



Working Yourself Up The Emotional Scale

Practice becoming aware of where you are throughout the day on the emotional scale. Then work to find at least one better feeling thought. By doing so you will lessen resistance to “what is,” move yourself to a better place mentally and emotionally, relieve stress, and are no longer controlled by things external to you. The work, in part is learning to feel good when bad things happen. This is entirely about you deciding to find thoughts and feelings that are more positive. Your thoughts and feelings are your responsibility. Don’t wait for good things to happen before you feel better. Work to feel better now.

In terms of being of assistance to others, remember, you can’t drag people from powerlessness, fear and depression to hope, positive expectations or empowerment. Sometimes it is enough to just sit with people in the “dark” with their difficult emotions. In this space you can listen without judgment, validate and help them find a way to just get to one better feeling thought. Many people in pain can find the emotions of jealousy, revenge or anger fairly easily once they begin to talk about what is going on. Of course, you don’t want them to stay in these emotions forever, but it is better than being at the lowest place on the scale. Just moving a little gets them headed in the right direction.

Emotional Scale (From the book: Ask & It Is Given by Ester & Jerry Hicks)

1. Joy/Appreciation/Freedom/Empowerment/Love
2. Passion
3. Enthusiasm/Eagerness/Happiness
4. Positive Expectations/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