



The Emotional Guidance Scale

The EGS is a list of the 22 most common emotions and feelings, in sequence from our highest vibrational, positive feelings to our lowest, most negative. When you want to feel better, use this scale to identify what you feel and proactively reach for better-feeling thoughts that lead to better-feeling emotions. The idea is to start by reaching for the emotion immediately above the one that you're currently experiencing.

Once you're stable in a new emotion, you've moved up the scale. Then you continue the practice of reaching for a better-feeling thought and moving up the scale to a higher-vibration emotion.

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. Overwhelm
12. Disappointment
13. Doubt
14. Worry/Anxiety
15. Blame
16. Discouragement
17. Anger
18. Revenge
19. Hatred/Rage
20. Jealousy
21. Insecurity/Guilt/Unworthiness
22. Fear/Grief/Depression/Despair/Powerlessness