

SCALE OF EMOTIONS

1. Enlightenment / **Peace** / Bliss / Euphoria / **Excitement**
2. **Joy** / **Gratitude** / Appreciation / Empowerment
3. Passion / Reason / **Love** / **Freedom**
4. Forgiveness / Compassion / Transcendence / Acceptance
5. Optimism / Willingness / Hopefulness / Enthusiasm / Eagerness / Happiness
6. Positive Expectation / Belief / Trust
7. Contentment / Neutrality / Courage / Affirmation

**“Lasting
Happiness”**

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8. Pessimism / Boredom
 9. Frustration / Irritation / Impatience
 10. Overwhelm / Confusion
 11. Doubt / Skepticism / Procrastination / Indecisiveness
 12. Pride / Scorn
 13. Anger / Hate / Revenge
 14. Desire / Craving / Discouragement / Disappointment
 15. Fear / Anxiety / Worry
 16. Grief / Regret
 17. Apathy / Despair / Powerlessness / Hopelessness / Judgmentalism / Ridicule / Embarrassment
 18. Guilt / Blame / Resentment / Jealousy / Competitive / Depression / Rage / Racism
 19. Shame / Humiliation / Insecurity / Unworthiness / Bitterness

Compiled from:

“Ask and It Is Given,” by Abraham-Hicks

“Truth vs. Falsehood,” by David Hawkins, MD, PhD

Law of Attraction Training Center Resource Material, by Rebecca Hanson