

7-Level Emotional Scale

+3

Passion • Empowerment • Freedom • Excitement
Love • Joy • Acceptance • Trust

+2

Courage • Enthusiasm • Eagerness • Worthiness
Happiness • Appreciation • Compassion • Connection

+1

Belief • Confidence • Responsible • Inspired
Hopefulness • Optimism • Positive Expectation

0

Contentment • Satisfaction • Stillness

-1

Disappointment • Doubt • Worry • Discouragement • Sadness
Pessimism • Frustration • Impatience • Irritation • Overwhelmed

-2

Abandonment • Unloved • Lonely • Rejection • Anxiety • Fear
Anger • Blame • Jealousy • Resentment • Hatred • Rage • Revenge

-3

Grief • Guilt • Insecure • Unworthy • Depression
Despair • Powerlessness • Hopelessness