

Emotional Ladder

Adapted from Ask and It is Given: Learning to Manifest Your Desires by Esther and Jerry Hicks, Chapter 22

Your emotions can run the gamut from deeply and profoundly negative and vitality robbing, all the way to unbelievably positive and vitality affirming.

Think of your emotions as a ladder. The bottom rungs are the most negative and the top ones the most positive.

The scale of emotions may look something like this:

Scale of Emotions

1. Bliss, joy, knowledge, empowerment, freedom, love, appreciation
2. Passion
3. Enthusiasm, eagerness
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
15. Blame
16. Discouragement
17. Anger
18. Revenge
19. Hatred, rage
20. Jealousy
21. Insecurity, guilt, unworthiness
22. Fear, grief, depression, despair, powerlessness





An Example of Consciously Climbing the Emotional Ladder:

Something happens and you find yourself in negative emotion. You need to take action to help yourself feel better, but the negative emotion takes hold and you feel immobilized.

Your goal now is to find a thought, any thought, that takes you a step or two up the emotional ladder.

For example, let's say someone says or does something that hurts, and you feel insecure and unworthy or depressed and powerless to do anything. If you reach for a thought that makes you feel angry, you've moved up a few rungs on the emotional scale and you may feel a bit of relief from the depression. If you feel uncomfortable expressing anger, you can reach for a thought that leaves you feeling disappointment or frustration

Here's an example.

My husband left the garbage overflowing in the middle of the kitchen and it's the morning of garbage pickup. I hear the trucks coming. I'm in a rush to leave for an important appointment and don't have a second to spare to take out the trash. I leave it in the kitchen, knowing it will be a week before it gets picked up and I drive away, feeling powerless to do anything.

As I drive away, my thoughts turn to despair. I'm tired of all the things that don't get done around the house. I work hard and do my share, yet I feel powerless to get him to do his share.

As I drive away, I recall the last time something like this happened, and I feel angry. He's making this a habit. He is just trying to get me to do his chores and I refuse to do it. I start to think about all the things that have gone undone in the house and I blame him for everything.

Then I think, "I wonder why this is happening?" He used to be so good at keeping up with things. So many things are falling through the cracks.

I wonder what's going on.





I worry that he's losing his drive and motivation. He used to be so competent and now he's forgetting so much. I hope he's okay. Maybe he's depressed or has a brain chemistry imbalance.

I am concerned about him now and the depression turned to anger is now worry. I've climbed from 22 to 14 on the scale.

I feel frustrated that I haven't been able to see this before, and I am not in control. I think about how much help others have had with nutritional intervention for depression, and I think I should talk to him about getting some testing done. Perhaps the testing could reveal an easy to fix imbalance and he'll be back to his old self.

In fact, there's no reason why he can't be back to his old self. I am hopeful that this will help and I plan to talk to him about it tonight.

Now I've climbed to 6 on the scale. I may stop here or reach for a thought about how great he used to be, how much fun we used to have. He's the same person, and with a little help, he can get back his drive, his attention to detail and we'll be able to rekindle the fun and loving relationship we used to have. He's a really good and caring person. And I look forward to spending joyful times together again.

I'm now up to 4 or even 3 on the scale.

I did this by reaching for a slightly better and better thought each time.

I didn't put a happy face on and try to hide my despair with feigned joy.

Try this on a topic for which you feel a negative emotion and see how far you can get.

It works.

