

The emotional guidance scale

AS DESCRIBED BY ABRAHAM-HICKS



Joy/Appreciation/Empowerment/Freedom/Love
Passion
Enthusiasm/Eagerness/Happiness
Positive Expectation/Belief
Optimism
Hopefulness
Contentment

Boredom

Pessimism
Frustration/Irritation/Impatience
Overwhelm (feeling overwhelmed)
Disappointment
Doubt
Worry
Blame
Discouragement
Anger
Revenge
Hatred/Rage
Jealousy
Insecurity/Guilt/Unworthiness
Fear/Grief/Desperation/Despair/Powerlessness

