

Emotional Guidance Scale: Self-Assessment

Name:

Date of Birth:

The Emotional Guidance Scale can be a beneficial tool for self-understanding and emotional growth. Below is a template for you to self-assess and monitor your emotions.

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
15. Blame
16. Discouragement
17. Anger
18. Revenge
19. Hatred/Rage
20. Jealousy
21. Insecurity/Guilt/Unworthiness
22. Fear/Grief/Depression/Despair/Powerlessness

To use this scale, start by identifying your current emotion. Once you've recognized this, work your way up the scale, shifting your emotional state gradually towards more positive feelings. It's essential to understand that this is not about making a massive leap but rather about making manageable, incremental shifts in your emotional state.

Using this Emotional Guidance Scale, you can track your emotional journey, recognize patterns, and work towards cultivating more positive emotions.

Assessor's Notes: