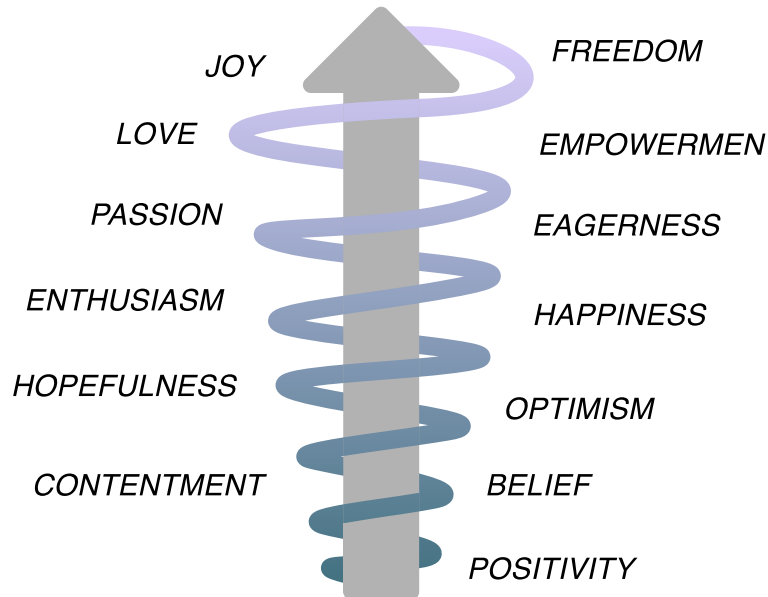


Vibrational Emotional Scale

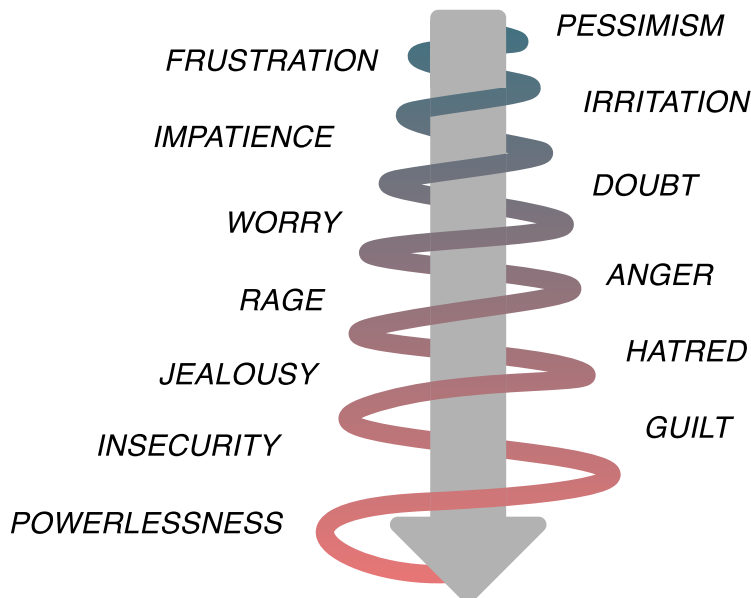
Name: _____ Date/Time: _____

The Vibrational Emotional Scale enhances self-awareness, monitors positive emotional states and well-being, and guides personal growth through positive emotional state guidance

Upward Spiral



BOREDOM



Downward Spiral

Adapted from The Law of Attraction. (2024). Upward and Downward Spirals. [TheLawofAttraction.com](https://thelawofattraction.com). <https://thelawofattraction.com/wp-content/uploads/Upward-and-Downward-Emotional-Spirals-1.jpg>

How to Use

1. Start by defining the context or situation impacting your emotional state. This could be a work-related issue, a personal challenge, or any other scenario causing discomfort or stress.
2. Identify and document your current emotional state. This could range from feelings of anxiety, stress, happiness, sadness, etc. Recognize and label your emotions as accurately as possible.
3. Refer to the scale above to describe your vibration in the situation. This helps understand how the situation affects you and might provide insights on regaining control or adapting.
4. Reflect on the thoughts and beliefs currently dominating your mind related to the situation. This could include fears, anticipations, pessimistic or optimistic thoughts, etc.
5. Note any physical sensations accompanying your emotional state, such as tension, racing heart, fatigue, etc. Physical responses can provide clues to the intensity of your emotions.
6. Document how you currently respond to your emotions. This might include avoidance, confrontation, seeking support, or other actions.
7. Define how you would ideally like to feel in the given situation. Setting a goal for your emotional state can guide your actions toward achieving it.
8. Develop and list strategies to help you move from your current state to your desired emotional state. This could include breathing exercises, breaking tasks into smaller steps, prioritizing tasks, or engaging in positive self-talk.
9. Evaluate your progress towards handling similar situations better. Acknowledge any improvements or areas needing more work.
10. Finally, plan actionable steps based on the strategies you've outlined to manage your emotional state. Commit to these steps and consider setting reminders or seeking support to help maintain your focus on these goals.

Situation/Context

Emotional State

Vibrational Level

Thoughts and Beliefs

Physical Sensations

Actions/Behavior

Desired Emotional State

Coping Strategies/Techniques

Progress Towards Goals

Additional Notes

Next Steps