

The Emotions Guide

Joy/Empowerment/Love/Appreciation

Passion

Enthusiasm/Eagerness/Happiness

Positive Expectation/Belief

Optimism/Possibility (Solutions)

Hopefulness

Contentment

Acceptance/ Peace/ Loving What Is

Frustration/Irritation/Impatience

Overwhelmed/ Pessimism (Problem)

Disappointed

Doubt/Worry

Righteous/Blame/Anger/ Judgment

Revenge/Hatred/Rage

Insecurity/Guilt/Unworthiness/Jealousy

Fear/Grief/Depression/Despair/Powerlessness

Things to Remember:

- Your Emotional Guidance System
 - your emotions are a wonderful indicator created to let you know if you are in alignment with and moving towards what you desire or not
- Moving Up the Emotions Guide
 - As you move up the Emotions Guide, you will be releasing resistance and moving toward your desires.
- There is power in little steps: It is important to reach for the feeling that feels just a little better
 - From Depression you often can't jump right to Joy. It's just too far of a leap.
 - From a state of disempowered Depression you can, however, find the more empowered experiences of Anger or Blame and it will make you feel better
 - It is important to continue moving up the emotions list, however, and to not dwell in any of the emotions below the line for very long. Ex. From Depression, moving up to Anger/Blame will feel better. Anger/Blame only feels good, however, for a short period of time. To keep moving towards your desire, you will need to move next from Anger/Blame to Impatience, and then on to Contentment and on up the scale
- There are no BAD emotions – the emotions below the line aren't BAD, they are wonderful indicators of where you are and where you want to go. Celebrate them for the relief and insight they provide.

