

Overcoming Self-Sabotage - HANDOUT

Emotional Guidance Tool and Rating System

The Emotional Guidance System teaches you that you do not have to move from a really negative emotion to feeling completely positive – you just have to move one emotion up to feel better.

1) Joy/Knowledge/Empowerment/Freedom/Love/Appreciation

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

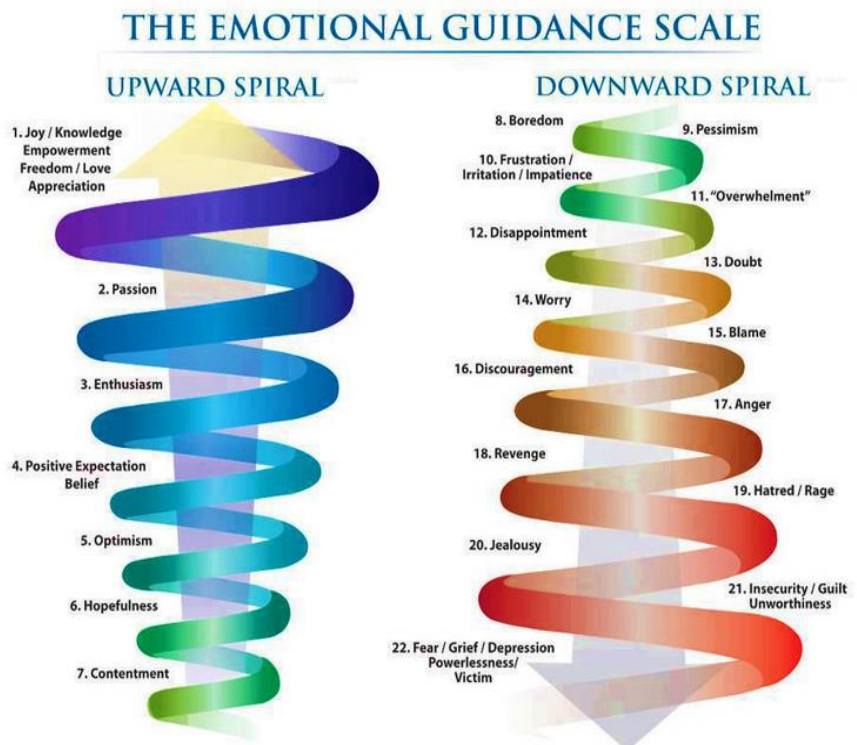
18) Revenge

19) Hatred / Rage

20) Jealousy

21) Insecurity / Guilt / Unworthiness

22) Fear / Greif / Depression / Despair / Powerlessness



Reference: Hicks, E. and Hicks, J. (2006) *Hay House. The Amazing Power of Deliberate Intent – Living. The Art of Allowing.*

