

Scale OF Emotions

LOVE
{ALIGNMENT}

1. Joy • Love • Appreciation • Freedom • Fun • Care-free • Bliss • Happiness • Clarity • Knowing
2. Enthusiasm • Eagerness • Excitement • Positive Expectation • Anticipation • Belief
3. Confidence • Security • Empowerment • Fearlessness • Ease • Light-heartedness
4. Peace • Calm • Acceptance • Trust • Fulfillment
5. Compassion • Optimism • Doubt-free • Worry-free • Believing in Success and Goodness
6. Hopefulness • Willingness • Knowing What You Want
7. Contentment • Satisfaction • Interest • Curiosity

FEAR
{OUT OF ALIGNMENT}

8. Boredom • Monotony
9. Frustration • Irritation • Impatience
10. Annoyance • Restlessness • Dissatisfaction • Apathy
11. Overwhelm
12. Procrastination
13. Disappointment
14. Doubt • Confusion
15. Worry
16. Discouragement • Melancholy
17. Pessimism • Cynicism
18. Blame • Victimhood
19. Anger
20. Revenge
21. Hatred • Rage
22. Jealousy • Inferiority
23. Self-Criticism • Should Be Better • Should Have Done Better
24. Insecurity • Lack of Confidence • Lack of Trust
25. Feeling Not Good Enough • Unworthy • Undeserving • Damaged
26. Fear • Powerlessness • Exhaustion • In Danger • Weak • Not Safe
27. Guilt • Shame
28. Grief • Hopelessness • Feeling Like a Failure
29. Depression • Despair • Misery • Anguish