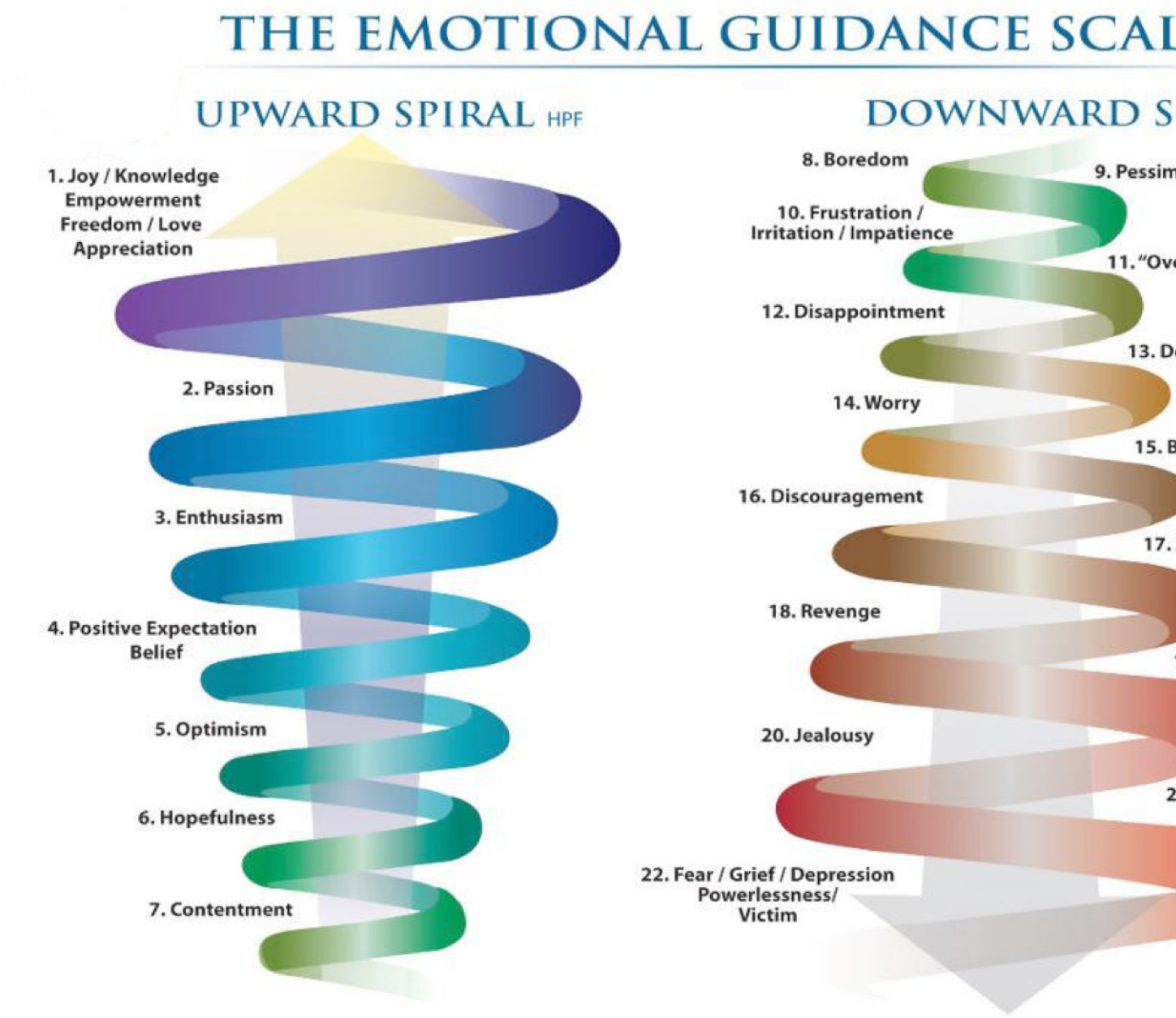
THE EMOTIONAL GUIDANCE SCAL
UPWARD SPIRAL HPF
DOWNWARD S
1. Joy / Knowledge
Empowerment
Freedom / Love
Appreciation
2. Passion
3. Enthusiasm
4. Positive Expectation
Belief
5. Optimism
6. Hopefulness
7. Contentment
8. Boredom
9. Pessim
10. Frustration /
Irritation / Impatience
11. "Ov
12. Disappointment
13. D
14. Worry
15. B
16. Discouragement
17.
18. Revenge
20. Jealousy
2
22. Fear / Grief / Depression
Powerlessness/
Victim