

# EMOTIONAL GUIDANCE SCALE

By Abraham Hicks



**HIGHEST  
VIBRATIONAL  
FEELINGS**



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"  
(feeling overwhelmed)
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/Grief/Desperation/  
Despair/Powerlessness

**LOWEST  
VIBRATIONAL  
FEELINGS**

