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| EMOTIONAL GUIDANCE SCALE | 1 Joy/Appreciation/Empowered/Freedom/Love | FEELING GOOD |
| | 2 Passion | |
| | 3 Enthusiasm/Eagerness/Happiness | |
| | 4 Positive Expectation/Belief | |
| | 5 Optimism | |
| | 6 Hopefulness | |
| | 7 Contentment | |
| | 8 Boredom | FEELING BAD |
| | 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/Grief/Depression/Despair/Powerlessness | |