



www.

GiveUpPain

.com

It is Good, To Feel Good

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Positive Emotions

JOY/Knowledge/Empowerment/Freedom/Love/Appreciation

Passion

Enthusiasm/Eagerness/Happiness

Optimism

Hopefulness

Contentment



Boredom

Pessimism

Frustration/Irritation/Impatience

Overwhelm

Disappointment

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Negative Emotions

Doubt

Worry

Blame

Discouragement

Anger

Revenge

Hatred/Rage

Jealousy

Insecurity/Guilt/Unworthiness

Fear/Grief/Depression/Despair/Powerlessness



The Emotional Scale

From the Teachings of Abraham book, "Ask And It Is Given" written by Esther & Jerry Hicks