

EMOTIONAL GUIDANCE SCALE

PROCESS NUMBER:

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
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"					•	•	•			•	•	•	•	•	•	•	•	•	•	•	•	•
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						•	•												•		•	•

PROCESS LEGEND:

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| 1 Rampage of Appreciation | 12 Wouldn't it be nice...if? |
| 2 The Magical Creation Box | 13 Which Thought Feels Better |
| 3 The Creative Workshop | 14 The Process of Clearing Clutter for Clarity |
| 4 Virtual Reality | 15 The Wallet Process |
| 5 The Prosperity Game | 16 Pivoting |
| 6 The Process of Meditation | 17 The Focus Wheel Process |
| 7 Evaluating Dreams | 18 Finding the Feeling-Place |
| 8 The Book of Positive Aspects | 19 Releasing Resistance to Become Free of Debt |
| 9 Scripting | 20 Turning it over to the Manager |
| 10 The Place Mat Process | 21 Reclaiming One's Natural State of Health |
| 11 Segment Intending | 22 Moving up the Emotional Scale |

This tool is based on the Emotional Guidance System and 22 Processes as outlined in the book:

Ask and it is Given, Learning to Manifest Your Desires by Esther and Jerry Hicks

www.abraham-hicks.com