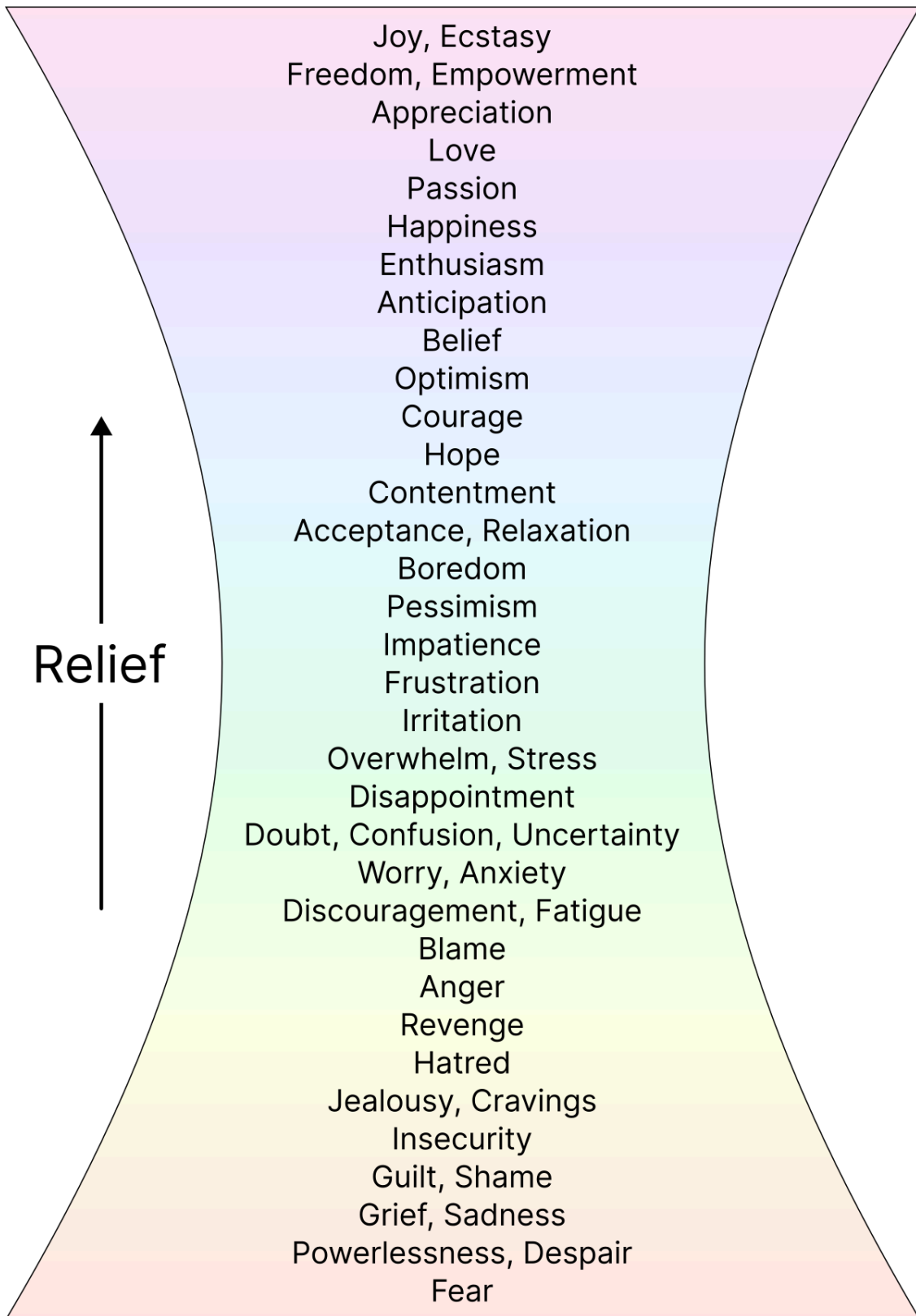


The Emotional Scale



How to use the Emotional Scale

1. Print it out

Print out the first page and put it somewhere you'll see it regularly, several times a day if possible.

2. Identify your current emotion

Any time you find yourself feeling an emotion you don't like, use the scale to identify where you are on the emotional scale.

3. Find a better feeling emotion

Use the scale to identify an emotion that's slightly higher up on the scale than your current emotion.

Note: This diagram is only a guide. Different emotions may feel better or worse to you, depending on how you experience them.

4. Find relief

Use your thoughts, actions and environment, or whatever you can find, to shift yourself towards that slightly better feeling emotion.

Aim for a feeling of relief, because that means you're moving in the right direction.

Tips

Keep practising until you're spending most of your time in your preferred emotional state.

Remember, we're not aiming for ecstasy 100% of the time, but a stable, positive emotion that is sustainable, like contentment or acceptance.

Any time you drop down the emotional scale, don't be hard on yourself. Just acknowledge where you are, and spend some time and energy moving yourself up, even if it's only the tiniest bit.

By controlling your emotional state, you're taking charge of your experience and creating a better version of yourself.

All my love,

Nicola