

## Scale of emotions

- Joy/knowledge/empowerment/freedom/love/appreciation
- Passion
- Enthusiasm/eagerness/happiness
- Positive Expectation/belief
- Optimism
- Hopefulness
- Contentment
- Boredom
- Pessimism
- Frustration/irritation/impatience
- Overwhelment
- Doubt
- Worry
- Blame
- Discouragement
- Anger
- Revenge
- Hatred/Rage
- Jealousy
- Insecurity/Guilt/unworthiness
- Fear/grief/depression/despair/powerlessness