

## How Do I Use the Emotional Guidance Scale as a Tool?

As a basis one needs to comprehend that human beings are emotional beings. Much rhetoric is spent trying to disparage our emotional reactions. We are taught is it far better to be rational and reasonable.

The usefulness of the chart is that when we find ourselves in a range of emotion that isn't useful, doesn't feel good, or isn't producing good results. Here's some inner dialogue that will move us up the scale from the bottom of the chart.

*I feel bad right now. I feel fear, despair, depression, etc. It's the Pits!*

Look at the scale and just decide to feel the emotion that just above. We're looking for small steps here. In this case the next step above is "insecurity."

*Where do I feel insecure? Why? Is it valid to feel insecure?*

Next emotion above that:

*Am I jealous of someone or something? It is so unjust. . . I am so defensive.*

*In fact, I feel I'd like to exact revenge. I am so angry. I've been taken advantage of so badly. It is so discouraging. I feel so disrespected and want to blame someone. It makes me worry and nervous. I am so uncertain about my life and doubtful about what might happen.*

*I am really disappointed. In fact I feel overwhelmed, confused. There is so much for me to do. I am stressed out! I am frustrated and really irritated. I am totally impatient with it all. It seems like nothing is happening and I am pessimistic about my life.*

*I just want to let it all go. I'm bored and all I want to do is give up the struggle.*

*I can feel somewhat grateful for what's happening, but I doubt so much that it get any better. I guess I can just hope for a better outcome. All really is well when I think about it. I feel a glimmer of optimism and anticipate what might be.*

*You know I have noticed that things always seem to work out in the end. I have some positive expectation about where my life is headed. I'm actually excited about what might unfold. I am eager to see the changes.*

*I am really enthusiastic about my future. I have passions that I am looking forward to with confidence. This is really exciting and powerful! I am so joyful knowing the freedom and love that is available to me. I feel so empowered to move forward. I appreciate my life and all those that are in it.*

It really is as simple and easy as that. Just talk yourself up the scale little by little and you'll be amazed how much better you feel.

I keep that chart close at hand (a copy even in my phone), so that I can “run the scale” at a moment’s notice and not stay stuck in negative emotional state that I really don’t desire. The idea is that once I move from depression/fear to guilt/shame I *don’t stay there very long*. I acknowledge that it actually feels a little better than the fear/depression, and I don’t want to be stuck in shame/guilt.

So I look up to the next step: resentment. It is a little more empowering than shame or guilt. But don’t stay in resentment. Look to next higher emotion of hatred or rage. At least I feel a little more control, but I *don’t stay there*. I look to revenge, which feels oh so good! Ever noticed how sweet revenge is? But *don’t get stuck* in revenge. Continue to move up feeling each emotion and acknowledging that it does feel a little better than the one before.

This process doesn’t need to take much time. What’s the goal? To feel a little better and a little better, leaving yourself at a higher emotional state each time!