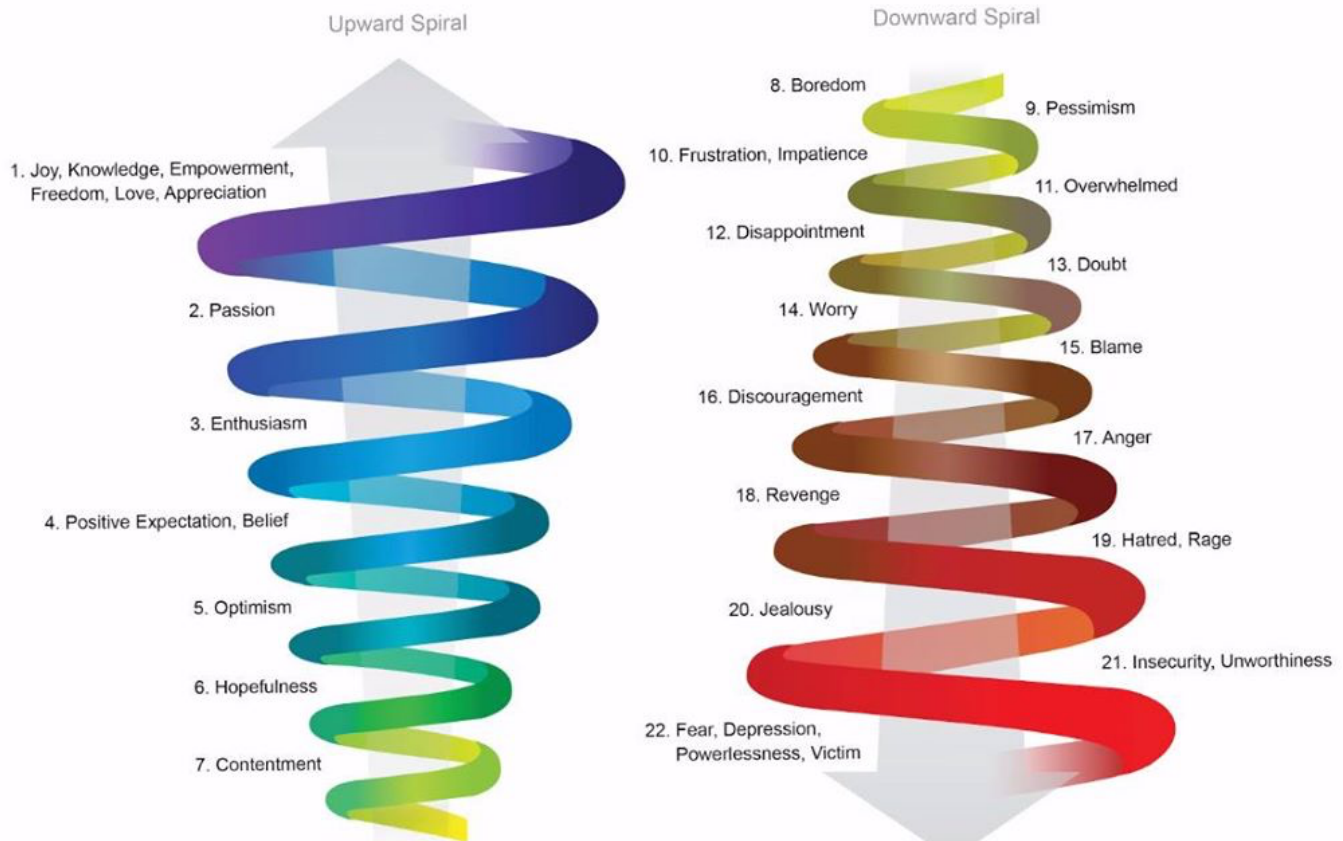


Emotional Guidance Scale

Use this guidance scale to identify where you are on an emotional level. Follow the guidance system below to help you move up the scale.



Step 1: Stop. Stop the thoughts, the spiral, the chatter, the assumptions, the conclusions.

Step 2: Identify the Emotion. Name it, acknowledge it, accept that you are feeling it. Look at the emotional guidance scale above and instead of trying to jump up lots of notches, look to see if you can move up on the scale to get some relief.

Step 3: Change your state a notch or two up the scale. Move your body, do a breathing exercise, listen to a song, do your PA visualization. Whatever you need to bring yourself emotional relief, which lifts you up the scale and up the vibration.