

# **Emotional Scale Chart**

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- 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 / Despair / Powerlessness**

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