

Take the emotional journey.

What is my emotional setpoint?

Do I feel... or... —shorten range to pinpoint emotion.

Once found, find thoughts that give a slight feeling of relief from emotion currently feeling. An improved feeling means a releasing of resistance and a releasing of resistance means a greater state of allowing what I really want. Fashion some words that lead me into a slightly less resistant emotional state of being. *“I want to release my frustration at not being able to... and replace it with the sense of hopefulness of...”* and go from there.

1. Joy/Knowledge/Empowerment/Freedom/Love/Appreciation

Joy: pleasure, delight, ecstasy, bliss

Knowledge: awareness, understanding

Empowerment: be able, have power

Freedom: liberty, independent

Love: deep affection, care

Appreciation: favorable or grateful recognition, increase in value, find worthwhile

2. Passion: strong emotion, enthusiasm, intensity, fervor

3. Enthusiasm/Eagerness/Happiness

Enthusiasm: strong interest, great eagerness, fascination, excitement

Eagerness: energetic, keen, fervid

Happiness: fortunate, glad, high spirit

4. Positive Expectation/Belief

Belief: conviction, firm opinion, certitude

5. Optimism: positiveness, cheerfulness, confident

6. Hopefulness: expectation and desire combined, promise, wish, dream

7. Contentment: satisfied state, tranquil, happiness, ease, comfort

8. Boredom: dullness, tedium, monotony, dreariness

9. Pessimism: tendency to be gloomy or expect the worst, defeatism

10. Frustration/Irritation/Impatience

Frustration: effort ineffective, discontented because unable to achieve one's desire, disappoint

Irritation: excite to anger, exasperate

Impatience: lacking patience or tolerance, restlessly eager

11. Overwhelm: overpower with an excess of, inundate

12. Disappointment: frustrate, let down, dissatisfy, saddened, fail to have one's expectation

13. Doubt: uncertainty, inclination to disbelieve, lack of full proof, undecided

14. Worry: be fearful, be apprehensive, anguish, anxious

15. Blame: assign fault or responsibility, attributing responsibility

16. Discouragement: deprive of courage, confidence or energy, dispirit, demoralize

17. Anger: extreme or passionate displeasure, antagonism, irritation, madden

18. Revenge: retaliation for an offense or injury, vindictive feeling

19. Hatred/Rage

Hatred: intense dislike

Rage: fierce or violent anger, violent action, be full of anger

20. Jealousy: fiercely protective, envious, resentful, possessive

21. Insecurity/Guilt/Unworthiness

Insecurity: lacking of confidence, unsafe, hesitant, unsound

Guilt: sinfulness, fact of having committed a specified or implied offense, responsible for a wrong

Unworthiness: discreditable, inferior, mediocre, unmerited, unqualified

22. Fear/Grief/Depression/Despair/Disempowerment

Fear: panic or distress caused by exposure to danger, expectation of pain, feel anxiety about

Grief: deep or intense sorrow or mourning, suffering, calamity

Depression: extreme melancholy, often with physical symptoms, reduction in vitality, vigor or spirits, slump

Despair: complete loss or absence of hope, discouragement, misery

Powerlessness: without power or strength, wholly unable