

# EMOTIONAL GUIDANCE SCALE

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## HIGH ENERGY ACTIVITY

GETS YOU MORE OF WHAT YOU DO WANT >>



GETS YOU MORE OF WHAT YOU DON'T WANT >>



## LOW ENERGY ACTIVITY

## HOW TO USE THE ABRAHAM-HICKS EMOTIONAL GUIDANCE SCALE

**Step 1.** Find your current emotion on the scale

**Step 2.** Look at the emotion one step up from your current emotion and ask yourself:

- A. What thoughts attract this emotion?
- B. How do I behave when expressing this emotion?

**Step 3.** Create / feel the emotion that is 1 step up from your current emotion. Focus on that new emotion until you fully feel it.

**Step 4.** Repeat Steps 1-3 until you arrive at your desired emotion.

### NOTES...

- ⇒ You can jump emotions. It does not have to be a linear process.
- ⇒ Every emotion that is a step up from your current emotion is an improvement.
- ⇒ At each step: (1) Name the emotion; (2) own it (3) Accept & forgive it; (4) Let it go.
- ⇒ Do your best to stay on the upper part of the scale and see to it that you are at least feeling contentment.
- ⇒ You will feel & act different with the right kind of thoughts.
- ⇒ When you are just getting started, it helps to speak the words out loud to generate more feeling behind the exercise.