

Below is your **Vibrational Emotional Scale (VES)**. Please note this scale only includes some emotions, others can be used in the SEJ. The scale is provided as a guide only.

Love Joy Passion Freedom Euphoria Bliss Empowered
Happiness Gratitude Compassion Inspired
Confidence Open-Hearted Serene
Worthy Eagerness At Ease Light-Hearted
Hopefulness Acceptance Encouraged
Neutral point – Silence
Doubtful Insecurity Lonely Rejection Disappointment
Worry Pessimism Frustration Impatience Irritation
Anger Rage Hatred Fear
Sadness Abandoned Ashamed Anxiety Unloved
Despair Disempowerment Grief Depression Hopelessness