Hi there!

How are you going?

This accompanying scale of emotions list is **awesome**!

Put it somewhere handy (like the fridge!) so you can refer to it.

**How do I use it?**

**I sometimes send this list home with my clients, when they want to identify what they are feeling at home (and they can’t!)**

Kinesiology clears stress from the body.

Stress blocks energy flow.

When energy flow is blocked we are out of balance.

When we are out of balance, we can NOT function as our best self.

Blocks are usually, negative emotions, traumas or things that bother us in our daily lives.

Negative emotions have a huge impact in our bodies.

Sometimes we don’t even know what we are feeling.

The first step is to IDENTIFY what we are feeling in order in order to shift a block.

This Scale of Emotions list is excellent for **labeling** how you feel.

Even identifying how you feel, creates a small shift.

Use this on yourself at home. ‘What am I feeling exactly” You’ll be surprised!

Use it on family members too. When you know something is bothering them and they reply ‘fine’ after you ask, get them to choose from this list for how they are feeling.

It is amazing. It’s great for you to know what’s going on with them and it’s great for them to make a small release, a shift by acknowledging it.

Let me know how you go!

With love

Denise x

**Scale of emotions**

* Joy/knowledge/empowerment/freedom/love/appreciation
* Passion
* Enthusiasm/eagerness/happiness
* Positive Expectation/belief
* Optimism
* Hopefulness
* Contentment
* Boredom
* Pessimism
* Frustration/irritation/impatience
* Overwhelment
* Doubt
* Worry
* Blame
* Discouragement
* Anger
* Revenge
* Hatred/Rage
* Jealousy
* Insecurity/Guilt/unworthiness
* Fear/grief/depression/despair/powerlessness