

EMOTIONAL LADDER

1. Joy / Knowledge / Empowerment / Freedom / Love / Appreciation
2. Passion
3. Enthusiasm / Eagerness / Happiness
4. Positive Expectation / Belief
5. Optimism
6. Hopefulness
7. Contentment

POSITIVE
LEARNING

8. Boredom
9. Pessimism
10. Frustration / Irritation / Impatience
11. "Overwhelm"
12. Disappointment
13. Doubt
14. Worry
15. Blame
16. Discouragement

NEUTRAL

17. Anger
18. Revenge
19. Hatred / Rage
20. Jealousy
21. Insecurity / Guilt / Unworthiness
22. Fear / Grief / Depression / Despair / Powerlessness

NEGATIVE
LEARNING