

Emotional Vibrational Spiral

EXPANSIVE

LOVE/JOY/FREEDOM

Empowerment, Appreciation, Self-Authority

HAPPINESS

PASSION/COMPASSION

HOPE/TRUST

THRILL/EXCITEMENT

Eagerness, Excitement, Enthusiasm

OPTIMISM

Positive Expectations, Belief

WELLBEING

Contentment Satisfaction

TRANSITIONAL can be liberating or imprisoning

BOREDOM/IMPATIENCE

FRUSTRATION/CONFUSION/IRRITABILITY

WORRY/DOUBT

PITY/CRISIS/OVERWHELM

GUILT/SADNESS

PESSIMISM

ANGER/FURY/RESENTMENT

IMPRISONING CONSTRUCTING

FEAR/ANXIETY/ANGST

HURT/HUMILIATION

Betrayal, Abandonment, Rejection

JEALOUSY/ENVY

BLAME/SHAME

REVENGE/VIOLENCE/HATRED

LONELINESS

Worthlessness, Feeling Hollow

HOPELESSNESS/DESPAIR

Meaninglessness, Emptiness

