

Vibrational Emotional Scale (V.E.S.)

Sometimes it can be difficult to pinpoint what we are feeling. This scale is provided as a guide only to support in 'noticing' your emotions at each step of the SEJ Process.

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