

The QUICK START Emotional Scale: From Breakdown to Breakthrough

(But take it slowly if you want to make it last)

How to Use This Cheat Sheet:

- **Locate where you are, honestly.** No shame or judgment.
- **Aim for just one level up.** That's it. Not joy, not bliss. Just relief.
- **Stabilize, then move again.** Rinse. Repeat.

EXPANSIVE STATES (High Vibe: Where You Create Magic)

1. **Pure Joy / Radiant Appreciation** – “Everything’s amazing. I love life.”
 2. **Passionate / Empowered** – “I’m lit up and unstoppable.”
 3. **Enthusiastic / Excited / Thrilled** – “This could be epic.”
 4. **Happy / Confident / Knowing** – “I’ve got this.”
 5. **Positively Anticipating / Eager** – “Can’t wait to see where this goes.”
 6. **Playful / Curious / Light-hearted** – “Let’s try stuff and see what happens.”
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NEUTRAL / PASSIVE STATES (Mid Vibe: Catch Your Breath)

7. **Hopeful / Optimistic / Grateful** – “Maybe it’s all going to be okay.”
 8. **Open-Minded / Encouraged** – “I’m starting to see new possibilities.”
 9. **Adaptable / Resilient / Flexible** – “I’ve handled worse—I’ll figure it out.”
 10. **Forgiving / Understanding** – “I’m letting go of what’s not mine to carry.”
 11. **Compassion / Self-Respecting** – “I matter, even now.”
 12. **Detached / Bored / Indifferent** – “I’m done stressing. Just... meh.”
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CONTRACTIVE STATES (Low Vibe: Where You Might Start, Not Where You Stay)

13. Doubtful / Uncertain / Hesitant – “Not sure what’s next, but I’m thinking.”

14. Disappointed / Unhappy – “I expected better. This stings.”

15. Frustrated / Annoyed / Irritated – “Nothing’s working and it’s pissing me off.”

16. Blaming / Critical / Judgmental – “This is all someone else’s fault (or mine).”

17. Angry / Resentful / Reactive – “This isn’t fair. I’m mad.”

18. Afraid / Desperate / Depressed – “I’m stuck. I don’t see a way out.”

Try the free INTERACTIVE QUICK START SCALE.

<https://emotionalscale.com/start-here>

