



Discover Your Soul Self

Awaken. Reflect. Become Whole.

Emotional Scale Worksheet

A simple tool for moving from "I feel off" to a clearer emotional signal before the old behaviour takes over.

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Use this when: you feel activated, numb, anxious, angry, ashamed, heavy, or unsure what emotion is actually running underneath.

The Emotional Scale

1. Settled / Clear

Grounded, present, steady, open, calm, connected, at ease.

2. Tense / Off

Uneasy, tight, restless, irritated, unsure, pressured, disconnected.

3. Fear / Anxiety

Worried, unsafe, panicky, on edge, threatened, uncertain, overwhelmed.

4. Shame / Collapse

Exposed, small, wrong, embarrassed, not good enough, frozen, wanting to hide.

5. Anger / Protection

Frustrated, resentful, betrayed, disrespected, fed up, protective, furious.

6. Grief / Loneliness

Hurt, sad, empty, aching, disappointed, heart-sore, missing, let down.

The Chain to Notice

Event

What happened? Keep it factual first.

Body Reaction

What did your body do before your mind explained it?

Meaning

What did your system make this mean?

Emotion

Where are you on the emotional scale? What is the closest word?

Behaviour

What does this feeling want you to do?

New Choice

What is one steadier response you can choose now?

1. What happened?

Write the actual event. No story yet. Just the facts.

2. What did my body do first?

Notice the body signal: tight throat, stomach drop, heat, numbness, shaking, freeze, collapse, chest pressure.

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Use this page to name the feeling before it becomes the old behaviour.

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3. What meaning did my mind attach to this?

Examples: I am being rejected. I am in trouble. I am too much. I do not matter. I am not safe to be honest.

4. Where am I on the emotional scale?

Choose the closest zone: settled, tense, fear, shame, anger, grief, numb, overwhelmed. Then name the most honest emotion.

5. What behaviour does this emotion want from me?

Do I want to shut down, over-explain, chase, fix, attack, apologise, numb out, say yes, or disappear?

6. What is one steadier response I can choose now?

Keep it simple. Pause. Breathe. Ask a clearer question. Say one honest sentence. Take space. Set one boundary.

Want to understand the whole pattern underneath?

Inside my free course, Deprogramming 101, I walk you through how old programs, identity, filters, emotions, and behaviours keep repeating so you can start choosing differently.

Join the free course at [The Sovereign Living Project](https://TheSovereignLivingProject.com)

Reminder: The emotion is real. The meaning may be old. You do not have to obey the first reaction just because it arrived loudly.