USING THE EMOTIONS METER

- Step 1. Connect to emotion
  - Take a moment to connect to your current emotional experience. Sitting comfortably, gently close your eyes, and tune in to your body's emotional charge.
  - Focus all of your attention on the physical sensations that are here now. There might be feelings of tingling or agitation, or anger, or sadness. Allow yourself to remain in this state for a moment and observe it carefully.
- Step 2. Rate pleasantness of emotion
  - Rate how pleasant this emotion is for you on the scale below (where 1 = very unpleasant and 10 = very pleasant):
- Step 3. Rate your energy levels
  - Rate how high your energy is at this moment (where 1 = very low amount of energy and 10 = a very high amount of energy):
- Step 4. Plot emotion on the graph
  - Using your scores from steps 2 and 3, find the emotion that matches in the emotion meter. The numbers along the bottom reflect pleasantness (Step 2), and the numbers on the left side represent intensity (Step 3). For instance, if you scored 3 on step 2 (pleasantness) and 8 on energy (step 3), the emotion that corresponds with these scores is anger.
  - Note the table quadrants are color-coded: the red cells represent emotions that are high in energy and low in pleasantness (e.g., angry, scared, and anxious); the blue cells are emotions that are low in energy and low in pleasantness (e.g., sad, disappointed, and lonely); the green cells are emotions that are low in energy and high in pleasantness (e.g., calm, tranquil, and relaxed); and, the yellow cells are emotions that are high in energy and high in pleasantness (e.g., happy, excited,and curious). There are 100 emotions in total; 25 emotions per quadrant.
- Step 5. Reflect on the reason for emotion
  - You now have the opportunity to reflect on why you are feeling the way that you are feeling right now. Use the space below to write about why this emotion is here with you.

ENERGY

	1	2	3	4	5	6	7	8	9	10
10	ENRAGED	PANICKED	STRESSED	JITTERY	SHOCKED	SURPRISED	UPBEAT	FESTIVE	EXHILARATED	ECSTATIC
9	LIVID	FURIOUS	FRUSTRATED	TENSE	STUNNED	HYPER	CHEERFUL	MOTIVATED	INSPIRED	ELATED
8	FUMING	FRIGHTENED	ANGRY	NERVOUS	RESTLESS	ENERGIZED	LIVELY	ENTHUSIASTIC	OPTIMISTIC	EXCITED
7	ANXIOUS	APPREHENSIVE	WORRIED	IRRITATED	ANNOYED	PLEASED	HAPPY	FOCUSED	PROUD	THRILLED
6	REPULSED	TROUBLED	CONCERNED	UNEASY	PEEVED	PLEASANT	JOYFUL	HOPEFUL	PLAYFUL	BLISSFUL
5	DISGUSTED	GLUM	DISAPPOINTED	DOWN	APATHETIC	AT EASE	EASY GOING	CONTENT	LOVING	FULFILLED
4	PESSIMISTIC	MOROSE	DISCOURAGED	SAD	BORED	CALM	SECURE	SATISFIED	GRATEFUL	TOUCHED
3	ALIENATED	MISERABLE	LONELY	DISHEARTENED	TIRED	RELAXED	CHILL	RESTFUL	BLESSED	BALANCED
2	DESPONDENT	DEPRESSED	SULLEN	EXHAUSTED	FATIGUED	MELLOW	THOUGHTFUL	PEACEFUL	COMFY	CAREFREE
1	DESPAIR	HOPELESS	DESOLATE	SPENT	DRAINED	SLEEPY	COMPLACENT	TRANQUIL	COZY	SERENE

PLEASANTNESS