

1. Peace
2. Joy , Completeness, Serenity
3. Knowledge, Empowerment
4. Love, Freedom
5. Appreciation
6. Passion
7. Enthusiasm, Eagerness
8. Belief, Positive expectation
9. Optimism
10. Hopefulness
11. Contentment
12. Boredom
13. Pessimism
14. Frustration, Irritation, Impatience
15. Overwhelmed
16. Disappointment
17. Doubt
18. Worry
19. Blame
20. Discouragement
21. Anger
22. Revenge
23. Hatred, Rage
24. Jealousy
25. Insecurity
26. Guilt
27. Unworthiness
28. Fear
29. Grief
30. Depression
31. Guilt
32. Despair, Hopeless
33. Powerlessness, Helpless
34. Shame

The farther down the scale you go, the worse things get...

