

Exercise 4 – ESM Session 1 – Desired emotional level (By date: \_\_\_/\_\_\_/\_\_\_)

DATE COMPLETED:

NAME:

**DOMAIN: SELF - Circle two phrases, 1: how you feel most of the time and 2: how you feel some of the time**

I'm very pleased with myself	I'm often a bit irritated at how I behave	I'm OK
I'm ecstatic about being me	I don't like to look at myself	I'm very bitter towards myself
I'm feeling pretty good about myself	I would not want to be anyone else than who I am	I'm not sure about myself
I'm not really worried about myself	I'm quite scared to look at myself too much	I'm very happy with myself
I'm a bit worried about who I am really	I'm completely at one with myself	I get annoyed with myself
I'm angry with myself	I'm excited with myself	I'm very depressed about who I am
I congratulate myself	I don't care about myself	I'm overjoyed to be me

**DOMAIN: OTHERS - Circle two phrases, 1: how you feel most of the time and 2: how you feel some of the time**

People are OK	People irritate me	People are amazing
I hate you	I don't like to think about how I feel about you	I'm angry with you and everyone
I like people	People make me very sad and depressed	People don't worry me
People worry me	I'm very happy with you and everyone	People really scare me
I'm passionate about everyone	Well done!	You are a joy to be with
I love everyone	People annoy me	I'm in total harmony with you and/ or others
People make me feel uneasy	I'm so happy with everyone	I don't care about anyone

**DOMAIN: SKILLS - Circle two phrases, 1: how you feel most of the time and 2: how you feel some of the time**

There's so much more I can do	I can't even think of something I could do	I'm amazed at what I can do
If you find out I can't, you'll laugh at me	I'm so happy with my skills	I'm angry that I am unable
I can learn new skills if I need to	I don't think I can do it yet	My skills are perfected
I am so happy at being able to do anything	I think I need new skills	I've never been good enough
I might be able to learn new skills	I cannot do it	I'm very skilled
I love doing everything	I am able	I'm too scared to try
I'm frustrated I can't do it	I'm skilled and learning more	I can do anything at any time if I want to

**DOMAIN: GOALS - Circle two phrases, 1: how you feel most of the time and 2: how you feel some of the time**

I'm very annoyed for being so negative	I'm content with what I've achieved	I don't like being pressured with goals
I'm achieving as I want and need to	I have failed	I'm passionate about doing things
I'm happy with what I've done	I don't like being judged on my achievements	I don't like to think about goals and failure
I'm scared that I will fail again	I'm not sure if I am going to succeed	I'm celebrating the fact I've done it
I love setting and achieving goals	All my goals have been achieved	I'm pleased with my achievements so far
I just loved doing that!	I've done OK so far, I'm sure I can do more	I've always failed
I'm worried I might fail	What's the point of even trying?	I've completely succeeded at everything

**DOMAIN: TRUST - Circle two phrases, 1: how you feel most of the time and 2: how you feel some of the time**

I have total trust in everything I want to trust	I have some things that I trust and believe in	It's sad but there's nothing worth believing in
I don't trust you!	I don't talk about my beliefs	I can trust if I want to
I'm a passionate believer	I'm not sure I believe	I love trusting and being trusted
I don't believe or trust anything or anyone	I believe in everyone	Why don't you trust me?
I have harmonious trust	I am scared to believe anything	I enjoy trust and belief
Not everyone can be trusted	I've never found anyone to trust in	I am happy to be trusted and to trust
I might be able to trust some people	I celebrate my beliefs	I'm quite happy to believe and trust in you

**DOMAIN: CONSCIOUSNESS - Circle two phrases, 1: how you feel most of the time and 2: how you feel some of the time**

I have no awareness	I'm not sure that I can see this	Everything is OK
I'm happy with my perception of things	You mustn't see that I don't get it	I'm fine with it all
I'm scared to look at it	I want to look at everything	Why can't you see it?
I'm worried you don't see where I'm coming from	I never see things coming until they are too late	I like looking at things to get better awareness
I love looking at things	I am aware of everything	I wish I hadn't looked at it
You are SO unaware of what's going on	I can be aware of everything	I'm aware and it's wonderful
I am insightful	Don't you see it?	I'm delighted to have awareness

**DOMAIN: NEEDS & WANTS - Circle two phrases, 1: how you feel most of the time and 2: how you feel some of the time**

I might need some things	I want it but I don't have it yet	I still don't have what I need
Maybe I won't get it	I can't let you know what I need	There are many things I want, and I will have them
I won't get it	I want everything	I can have anything I need or want
I'm happy with my lot	I can't have what I need	There is nothing that I need or want anymore.
I've everything I want	Look at what I have!	I don't want anything anymore
Why don't I have what I need?	If I need it, I'll get it	I'm overjoyed with what I've got
I'm pleased that there are things I want	Just let me have what I want	I have what I need

**DOMAIN: UNDERSTANDING - Circle two phrases, 1: how you feel most of the time and 2: how you feel some of the time**

I think I'll be able to understand	I don't care about understanding	It's good to know things
I don't think I can understand anymore	I'm excited with what I know	I'm not sure that I understand
I'm overjoyed with my level of understanding	I can't bear understanding it	I understand everything
I think I don't get it	We understand each other fully	I'm not interested in understanding
I like it that we understand each other	Why don't I understand?	I am at one with the universe
I don't understand you	I love understanding things	What are you trying to say?
I want to understand everything	I'm not sure I want to understand you	I understand

**DOMAIN: COMMUNICATION - Circle two phrases, 1: how you feel most of the time and 2: how you feel some of the time**

What's the point of talking?	I don't mind talking to you	I've got nothing to say
Let's talk	Talking makes me sad	Talking is OK
Maybe I shouldn't say anything	Isn't talking to people great?	I mustn't speak
I understand everyone	I can't tell you what I want to say	I'm passionate about good communication
I'm not interested in talking anymore	It's intuitive, communication isn't needed anymore	I love talking to people
I'm in communication with everyone	Do not even try talking to me.	I'm delighted with my communication skills
OK, we can talk a little	I'm overjoyed to be communicating with you	What do you want?

**DOMAIN: FUTURE - Circle two phrases, 1: how you feel most of the time and 2: how you feel some of the time**

I have no future	Might it happen?	It's going to happen again
If it happens, it happens	The future is bleak	It'll probably happen.
I'm overjoyed that it's going to happen	The future is going to be full of harmony	I'm scared about what will happen
I'm looking forward to it	It'll happen mark my word on it	The future is bright
It's going to be like all the other times	I celebrate the future that will happen	What if it happens?
The future is going to be amazing	I'm furious about what's going to occur	The future is perfect
I don't mind if it happens	It's going to happen	It better not happen!

Thank you for completing the Emotional Scale Mapping exercise.