

## **Reach for the Better Feeling Thought**

Sometimes we get so caught up in a negative situation that we can't seem to get out of it. At times like this the idea of feeling good just seems absurd...but there is a way to come out of that deep state of negativity and that is to reach for a thought that feels better than the one you're thinking now.

If, for instance, you are feeling deep despair about something, moving to a feeling of anger about the situation might make you feel just a little better. Once you are at anger, moving to blame will lighten your emotional load a little more. From a place of blame, you might slip into disappointment, which feels even lighter, still. From disappointment, you might shift to slight hopefulness about a better outcome and now you're in a place where you can really begin to feel better as your hope bolsters and you slide into optimism and joy.

It isn't always reasonable or practical to think we can shift through these various thoughts and emotions within a matter of minutes, hours or even days, depending on the circumstances. However, making an attempt to focus on just a slightly better-feeling thought can do wonders to shift your mood when you find yourself in a bad spot.

In a nutshell, the name of the game is to reach for relief. Whatever thought makes you feel just a little bit better will bring you relief and as long as you keep reaching for relief no matter where you are on the emotional scale (found below), you will be able to climb out of that emotional pit you found yourself in.

### **Emotional Guidance Scale**

1. Joy/Appreciation/Empowered/Freedom/Love
2. Passion
3. Enthusiasm/Eagerness/Happiness
4. Positive Expectation/Belief
5. Optimism
6. Hopefulness
7. Contentment
8. Boredom
9. Pessimism
10. Frustration/Irritation/Impatience

11. Overwhelment
12. Disappointment
13. Doubt
14. Worry
15. Blame
16. Discouragement
17. Anger
18. Revenge
19. Hatred/Rage
20. Jealousy
21. Insecurity/Guilt/Unworthiness
22. Fear/Grief/Depression/Despair/Powerlessness