



Scale of Thoughts and Emotions

Name:

Date:

Email:

Phone:

How many times do you say or think these worded expressions?

CIRCLE THE APPROPRIATE NUMBER

1 = Never 2 = Seldom 3 = Occasional 4 = Frequent/Often 5 = Constant/Day-to-day

Unconsciousness (Reproductive Organs)

1 2 3 4 5	I don't know
1 2 3 4 5	I am not aware
1 2 3 4 5	I don't understand
1 2 3 4 5	I don't feel anything

Anger (Liver/Gall Bladder- Thyroid/Parathyroid)

1 2 3 4 5	I won't!
1 2 3 4 5	You can't make me!
1 2 3 4 5	I'll get even!
1 2 3 4 5	I hate that!

Survival (Lungs /Respiratory)

1 2 3 4 5	Am I going to make it?
1 2 3 4 5	I can't make it
1 2 3 4 5	How will I survive?
1 2 3 4 5	It is difficult to endure

Pain (Pituitary)

1 2 3 4 5	Why did you do this to me?
1 2 3 4 5	It hurts too much
1 2 3 4 5	I can't bear it anymore
1 2 3 4 5	The misery seems endless

Apathy (Lymphatic / Spleen)

1 2 3 4 5	I don't feel good enough
1 2 3 4 5	I don't feel like it
1 2 3 4 5	I can't do it
1 2 3 4 5	What's the use?

Letting Go (Colon / Large Intestine)

1 2 3 4 5	I can't let go
1 2 3 4 5	I must be in control
1 2 3 4 5	I've got to let go
1 2 3 4 5	I'm out of control

Grief (Pancreas)

1 2 3 4 5	No one understands.
1 2 3 4 5	There is nothing I can do
1 2 3 4 5	I feel very sad
1 2 3 4 5	It has always been missing

Forgiveness (Kidneys / Bladder)

1 2 3 4 5	I feel very sensitive about that
1 2 3 4 5	You hurt me 10 yrs ago
1 2 3 4 5	I'll never forget what you did
1 2 3 4 5	That was inexcusable

Fear (Adrenals / Thymus)

1 2 3 4 5	What if it doesn't work?
1 2 3 4 5	I've got to have it
1 2 3 4 5	What's going to happen to me?
1 2 3 4 5	I worry about everything



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Please print document, fill it out, and
email back to: Eyesbyron@gmail.com

Scale of Thoughts and Emotions (continued)

Name:

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Put Positive Words Behind Prefixes

(Example: "I am happy to be here", "I see me changing for the good", "I will get a lot of things accomplished today", "I feel good today". "I love life", etc.)

Consciousness & Enthusiasm (Skin/Hypothalamus/Pineal)

I am

I love

I know

I see

I can

I choose

I will

I do

I create

I feel

I have

I enjoy