

# EMOTIONAL

## LADDER

EMOTIONS FOR EACH LADDER RUNG	SONGS THAT BRING OUT THOSE EMOTIONS
Joy Appreciation Love Passion Empowered Freedom	<i>what songs makes you smile?</i>
Enthusiasm Eagerness Happiness Positive Expectation Belief	<i>what is a fun song that makes you want to dance?</i>
Optimism Hopefulness	<i>what is a light-hearted song that brings back fun memories?</i>
Contentment Boredom	<i>what is a light-hearted song that moves you to motivation?</i>
Pessimism Frustration Irritation Impatience Overwhelm Disappointment	<i>what is an inspirational song that moves you to motivation?</i>
Worry Doubt Blame Discouragement	<i>what is an angry song that moves you to motivation?</i>
Anger Revenge Hatred Rage	<i>what song makes you angry?</i>
Jealousy Insecurity Guilt Unworthiness	<i>what song makes you sad?</i>
Fear Powerlessness Grief Depression Despair	<i>what song makes you cry?</i>
1. Pick the Emotion that you are currently feeling 2. Pick a song that brings out that emotion. 3. Play that song and then each song going up the scale. It is ok to play a song multiple times. Its also ok to skip past a song, once you're deep into that emotion. 4. The goal is to work your way up from the "lower" levels to the "higher" levels © 2018 CARY DANIEL ALL RIGHTS RESERVED	