



CHARITY
PRAISE
GRATITUDE
ACCEPTANCE
FORGIVENESS
LOVE
FAITH
HOPE
PEACE

H
I
G
H

GODLY SORROW

NEUTRAL
FLEXIBLE
CURIOUS
COURAGE
JUDGEMENT

WORRY
RESENTMENT

GUILT
FEAR
ANGER
PRIDE
BLAME
SHAME
APATHY

LOW

**Vibrational
Scale:
A Great Tool for
Awareness and
Clarity**

**TIP#1: Move 1 or 2
steps up.**

**OR TIP#2: Take the
Bridge of Neutrality**

1. Pray for Courage
2. Be Curious
3. How would it feel to feel neutral?