

How to Use the Emotional Perception Scale

If you want to attract the outcomes you desire, it's important to maintain a positive vibration. I created the Emotion Perception Scale to help people work their way back up to a positive emotion by reaching for higher thoughts. Here's an example of how this might work.

Let's say right now you are at "11 - Blame and Disgust" regarding exercise. Try to get into this feeling - you're disgusted with yourself because you know that exercise works but for some reason you just can't seem to get yourself motivated to do any exercise. Is there a thought that could bring you up to the level of disappointment?

How about *"I'm disappointed that I can't follow through on my good intentions to start exercising."* OK, how does that feel? Say it out loud and really feel the emotion of it.

Next, perhaps you could move to pessimism with the following thought: *"I'd like to join a gym but I know from past experience that I probably wouldn't stick with it."* Then, from pessimism let's move up the scale to hopefulness. *"Maybe I could find a partner to be my workout buddy and we could schedule regular workout times."* Do you see how your energy and vibration shifted as we moved up the Emotion Perception Scale?

Use this technique of moving up the scale anytime you feel yourself generating negative emotions about something. However, be sure to make

gradual movements in thought. You can't go from feeling disgusted with yourself to suddenly saying "*Oh, I just love myself so much.*" You'll never believe that statement because it's too big of a jump. This technique uses the theory of cognitive behavior therapy; reaching for a better emotion by creating believable thoughts that generate that emotion. So as you move up the scale, make sure you believe the thoughts you create.

Provided for you by author Pat Altvater:

Pat Altvater, M.A., author and trainer, is a Certified Law of Attraction Coach whose passions include presenting keynotes, lectures, workshops, and retreats for corporations, organizations, and/or individuals for over 20 years. She's the former owner of 10 women's only fitness facilities and has been coaching clients for over a decade. Her program Women Outsmarting Weight™, which includes a binder with 18 lessons and worksheets on important body, mind, spirit behaviors, a guided imagery trilogy of CDs for releasing weight, increasing self-esteem and connecting to intuition, a workbook, a journal, an accountability tracking pad, and affirmation cards, is being used by hundreds of people across the United States to release weight and BE healthy in a non-diet way. Her newest book called *Journey to WOW – Ignite the Power Within*, helps readers recognize and easily release core beliefs and mindsets that keep them stuck and then provides a simple, 5-step Law of Attraction process, based on the BE-DO-HAVE model, for attracting everything they desire.

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