

# How to use the Good Vibrations Tool

This wheel has been customized for your clients by integrating Robert Plutchik's original emotional wheel from the 1980s and David Harkin's map of consciousness. The emotion of shame has been incorporated, along with additional lighter emotions. A corresponding vibration number for your convenience accompanies each set of emotions on the wheel.

The numerical values on this tool represent the vibrational frequencies of emotions. Emotions are energy in motion, and motion is vibration. Emotions are neither inherently good nor bad, positive nor negative; they exist. Embracing a variety of emotions is a fundamental aspect of the human experience. This tool enhances emotional intelligence by broadening emotional vocabulary and helping to more precisely identify a current emotional state.

While controlling emotions can be challenging due to their unpredictable nature, as energy, they can be directed and managed effectively with emotional literacy. Encourage your clients to utilize this tool to pinpoint their current emotional state and then select an emotion they aspire to feel instead.

Transitioning from a lower vibrational emotion like shame at 20 to a higher one like joy at 500 may seem daunting. However, moving towards a neutral space at 200 or willingness at 310 from a place of shame or blame is a feasible step. The objective is to strive for emotional equilibrium, maintaining a state of balance in mind, body, and soul throughout the day.

Clients possess the agency to influence their emotional state. They are the architects of their own emotional landscape. Despite the elusive nature of emotions, individuals can choose to cultivate different feelings. By taking incremental, positive actions and employing healthy coping mechanisms and distractions, they can gradually shift towards a desired emotional state.

Have clients keep the Good Vibrations tool within reach and incorporate it into their routine to enhance emotional intelligence. Advise them to select an emotion currently experienced, assign it a rating on a scale of 1-10, with 10 indicating the highest intensity. Then, refer to the Good Vibrations Tool to choose a preferred emotion. Use this guide to help them develop a list of strategies to transition into this emotion. Following this process, suggest they identify a new emotional state, rate it on a scale of 1-10, and acknowledge the progress made. Be certain to celebrate their efforts in fostering emotional well-being.

# Good Vibrations Tool

\*\*\*The numbers for this tool are the vibrations of emotions. Emotions are just energy in motion and can feel light or heavy. It is possible to use emotional intelligence skills to move up the scale of vibrating to feel better\*\*\*

