

THE TONE SCALE

The Tone Scale below is a numerical scale (scaled to show relative position). The vast majority of emotional tones a person experiences can be found somewhere on this scale.

- 40.0 Serenity of Beingness
- 30.0 Postulates
- 22.0 Games
- 20.0 Action
- 8.0 Exhilaration
- 6.0 Aesthetic
- 4.0 Enthusiasm
- 3.5 Cheerfulness
- 3.3 Strong Interest
- 3.0 Conservatism
- 2.9 Mild Interest
- 2.8 Contented
- 2.6 Disinterested
- 2.5 Boredom
- 2.4 Monotony
- 2.0 Antagonism
- 1.9 Hostility
- 1.8 Pain
- 1.5 Anger
- 1.4 Hate
- 1.3 Resentment
- 1.2 No-sympathy
- 1.15 Unexpressed Resentment
- 1.1 Covert Hostility
- 1.02 Anxiety
- 1.0 Fear
- 0.98 Despair
- 0.96 Terror
- 0.94 Numb
- 0.9 Sympathy
- 0.8 Propitiation
- 0.5 Grief
- 0.375 Making Amends
- 0.3 Undeserving
- 0.2 Self-abasement
- 0.1 Victim
- 0.07 Hopeless
- 0.05 Apathy
- 0.03 Useless
- 0.01 Dying
- 0.0 Body Death

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