**WHE Group**

**Week 4 of 10: The E for Emotions – Can Someone Make You Angry?**

Our emotions have the capability to be broad ranged and fluctuating. Awareness of our emotions is key in determining whether or not they are signals and symptoms that we need to address. Taking responsibility for your emotions is powerful.

Choose a verse from the accompanying sheet that best resonates with you

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In this dimension we discuss Choice Theory, Diseases of Attitude, What Causes Unhappiness, The Pattern of Misery, the Triad, Levels of Emotional Development, Transformational Vocabulary, and the Power of our Words.

Is there one particular topic that interests you and you would like to discuss?

We’re all familiar with the concept of “someone pushing your buttons,” is there a particular person who can push your buttons more than others? If so, do you find ways to influence, accept, or leave?

In the Pattern of Misery, we speak of the sad/mad cycle, what are ways you find yourself escaping from misery? Are your “coping tendencies” life-taking or life-giving?

Would you say your emotions have affected the level of respect you receive from others as well as yourself? What behaviors might you want to confess to be freed from your past once and for all?

From the list of Sample Goals for Emotions, find a specific goal to work on this next week. Remember: A written goal is more likely to be accomplished.

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The best and most beautiful things in the world cannot be seen or even touched, they must be felt with the heart.” Helen Keller

