



## EMOTIONAL AWARENESS FAQ

### Professional Explanation of Emotional Awareness (EA):

- Emotional Awareness (EA) serves as a strategic tool designed to pinpoint and comprehend the specific emotional responses triggered by various situations. It functions as a valuable resource for navigating a range of disturbances effectively.
- During the initial phases of this exercise, the interaction between the coach and the client may require 30-45 minutes. As familiarity with the process grows, the duration can be reduced to 10-20 minutes. Our objective is to impart fluency in utilizing EA, enabling the navigation of multiple disturbances within a single session.
- Clients engaging in regular EA sessions are likely to discern emerging patterns of misinterpretation. The identification of these patterns plays a crucial role in fostering positive changes in both thinking and behavior.
- The decision to employ the EA tool arises when any form of disturbance is experienced. Emotions such as anger, resentment, fear, anxiety, rumination, or hurt feelings are prime candidates for utilizing EA. Ideally, the tool is most effective when applied "in the moment," addressing the disturbance before the mind constructs a comprehensive narrative around it.

*It is imperative to emphasize that EA does not serve as a substitute for professional mental health treatment or psychotherapy.*

### Significance of EA:

- Life presents daily challenges, ranging from a frustrating encounter with a driver to interpersonal conflicts with friends, coworkers, or significant others. Left unaddressed, these experiences can significantly impact one's well-being. Over time, unresolved feelings may intensify and distort, eroding peace, serenity, and overall happiness.

### Understanding the Dynamics:

The escalation of seemingly minor disturbances into mental crises often stems from two primary factors:

- The influence of past experiences and emotions on present situations.
- Misunderstandings are embedded in inherited belief systems, which are occasionally projected onto current circumstances.



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### Can you give me an example of that?

You bet! Here is an example of a recent EA session.

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#### *Client's Disturbance*

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It was a typical day at work. I printed a presentation and went to the printer to get it. Intermingled with my printout was the owner's printout. This was not unusual. I separated the printouts appropriately and brought them to his desk. I wasn't annoyed or disturbed in any way.

"Here's your printout," I said, "it got intermingled with mine, it's a big printout." He replied "No, yours got intermingled with MINE. **And don't you forget it.**"

I almost started to cry. This is what went through my brain:

*"He's never treated me this way. HIS company, HIS printer. So, I get the luxury of using it as HIS employee? Don't you forget it? What does that mean? Does he think he has power over me? No one has power over me! I didn't realize he didn't like me. Why doesn't he like me? I work my ass off here! I work nights, weekends, holidays, and even vacation days I'm logging in to make sure everything is all right! How dare he treat me this way!"*

I cried on the way home from work that day. I continued to ruminate about the situation. I obsessed over it. I started playing out scenarios in my head fantasizing about what I would say to him if it happened again.

The next day at work I was still upset so I:

- Ignored him
- Stopped bringing him his printouts
- Stopped saying good morning
- Stopped being my cheery self around the office
- Started looking for another job

It was an awful day for me at work. The next day wasn't much better.

#### ***Client's Experience:***

While the owner's remark was potentially insulting, the client's reaction to it was deeply personal. A less personal interpretation might have been to simply consider the owner exercised poor judgment (rudeness) at that moment. Possibly he was having a bad day or navigating a difficult circumstance. In any event, the owner's shortcoming was **not** likely personal.



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### How do we know this?

In this circumstance, we know this from the client's admission:

### ***“He’s never treated me this way.”***

Often during an EA session, a client will reveal (without even knowing it) the truth of the circumstance at hand. The **EA session also revealed** the following:

- The client's feelings of low self-esteem
- The client's fear of authority figures
- The client's fear of what the owner thought of her (of what others think of her in general)
- The client's resentments regarding working nights, weekends, holidays, and during her vacations
- The client's expectation of appreciation or 'special treatment' (for working nights, weekends, etc.)

The above contributed to the client internalizing the event and attaching personal meaning to the owner's rudeness. **This** ultimately resulted in emotional distress and suffering (not the actual event).

After doing the EA session the client was able to let this situation go with no hard feelings, no further rumination, and no further retaliation.

The EA session revealed several misunderstandings in the client's belief system. By continuing to do EA Work the client was able to navigate several other circumstances in her life that brought her pain and suffering. Consistent EA work has allowed the client to safely challenge **her belief system** in a constructive and productive manner.

***Continued on the next page...***



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### How does the EA work?

Over several sessions, we will teach you these simple components of EA

- Identify the disturbance (without the story) in one or two sentences.
- Identify what you wanted, needed, or expected from the situation or person.
- Identify the story you told yourself about the situation, about him/her, or yourself (challenging the belief system)
- Identify your reactions and behaviors you exhibited at the time of the disturbance or after (the things you thought, said, or did, retaliations, self-soothing behaviors, or addictions, etc.)
- Identify the core fears the disturbance triggered.
- The coach and client review the responses. A dialog takes place and alternative interpretations are presented for consideration.
- The coach assists the client in seeing the situation through a different lens.

At the end of an EA session, we strongly suggest the client:

- Ask your Higher Power / God / Nature / Universe / or whatever the client considers to be a power greater than themselves to:

***“Please remove this disturbance and direct me to what or how You would have me be.”***

- Turn your thoughts to someone you can help (an act of altruism in the form of thought or action).

\*We strongly recommend several introductory sessions so the client can learn how to ‘drop the story’. This will allow the client to work with their ***core belief system***.