



# Changing Emotional Directions

W O R K B O O K

Ken Martz, Psy.D



# TABLE OF CONTENTS

3

## ABOUT DR. KEN

Learn more about the experience behind the pages

5

## RECOGNIZING OUR PAST

Honest understanding of our past helps to create responsive goals.

11

## GOALS FOR OUR FUTURE

If you don't know where you are going, any road will get you there.

16

## COMMITMENT

Knowing your motivation helps to have the fuel to drive forward.

21

## PLAN

Bringing clarity of the next steps is critical to success.

26

## TEAM UP

We are stronger together. Team up for success.

30

## ...AND MORE

What's next? Let's keep the momentum moving!

# ABOUT

D r . K e n

## HELLO !

### My Work

I have been working in the treatment field for decades, supporting literally tens of thousands of individuals in their journey toward a happier, more fulfilling life. Through the years, I have written over a dozen publications as well as have presented over 100 local, national and international presentations in the mental health and addictions field.

My passion centers around continuing to share my experience and knowledge regarding mental health, as this is needed now more than ever!

### Experience

Over the years, I have worked in a variety of settings. These include outpatient clinics, residential treatment centers, university classrooms, and state government operation boardrooms. In addition to having practiced clinical work for 30 years, I have supplemented my teachings with education regarding meditation and yoga for the past two decades.

All of my experiences and training have helped me to create a rounded view of a Patient from many different angles. I have done research into developing effective tools and techniques so that you don't have to! Let's use a few of these life-changing tools together to help you build a new life!



Ken Martz, Psy.D.



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### As Seen On



BUSINESS INSIDER

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# WELCOME



## GLAD YOU ARE HERE

We often struggle in life. We sometimes take different roads, but some are shorter than others. I appreciate your willingness to make important change in your life.

Thank you for your trust and willingness to join me on this piece of your journey. You belong here as we journey together.

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# STEP

## 1

### RECOGNIZING OUR PAST

*History Repeats Itself Endlessly  
For Those Who Are Unwilling To Learn From The Past*  
Leon Brown







# STEP

## CHANGING DIRECTIONS

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e are here today because of the steps we have taken in the past year and over the course of our lives. Everything in our lives today is a collection of decisions, actions, inactions, emotions, and beliefs from our past. Every success has taught us to hope, while every wound has taught us fear. We become a collection of our experiences, and this knowledge becomes our "Truth," our identity. However, this is not who we are but simply a collection of our experiences.

Over time, we may forget the original lessons but continue the same beliefs and actions. Unfortunately, sometimes these lessons no longer serve us as situations change.

Sometimes, these memories were painful. We run from them for fear of further pain. This robs us of the ability to change. Nature doesn't escape but is in constant motion of change and transformation. Just as water turns to clouds, which turns to rain, the evolution is constant.

Sometimes these memories were of great success. These can also hold us "stuck" in the past, attempting to recreate these experiences or grieving their losses. By letting go of past joys, we are free to create new ones.

These emotions may be an intense, one-time experience, or they may be a repeated pattern of distress.

It is important to be clear about our past as it is the fertilizer of our growth. Take your time with this step, with courage and trust.

# OWNING OUR PAST

BE COURAGEOUS, MARK ALL THAT APPLY  
FROM APPROXIMATELY THE PAST YEAR

## FEAR

- ☐ FEAR OF FAILURE
- ☐ FEAR OF SUCCESS
- ☐ HIDING MY STRENGTHS
- ☐ PLAYING SMALL
- ☐ FEAR OF INTIMACY
- ☐ FEAR OF REJECTION
- ☐ "I DON'T KNOW HOW"
- ☐ "I'M NOT GOOD ENOUGH"

## INTIMACY

- ☐ ISOLATION
- ☐ LONELINESS
- ☐ WITHOLDING TRUST
- ☐ LACK OF COMMUNICATION
- ☐ PERFECTIONISM
- ☐ LIES
- ☐ "I DESERVE TO BE ALONE"
- ☐ "NO ONE LOVES ME"

## ANGER

- ☐ ANNOYANCE
- ☐ LACK OF PATIENCE
- ☐ CRITICIZING
- ☐ BLAMING OTHERS
- ☐ SHUTTING DOWN
- ☐ ABUSE
- ☐ "I HATE YOU"
- ☐ "I HATE MYSELF"

## HOLLOW

- ☐ BURNOUT
- ☐ EXHAUSTION
- ☐ LOSING INTERESTS
- ☐ BOREDOM
- ☐ RELUCTANCE
- ☐ LACK OF PLEASURE
- ☐ "I DON'T FEEL LIKE IT"
- ☐ "I DON'T CARE"

# OWNING OUR PAST

BE COURAGEOUS, MARK ALL THAT APPLY

## GRIEF

- ☐ SADNESS
- ☐ GIVING UP/HOPELESS
- ☐ DEATH OF A LOVED ONE
- ☐ HURT
- ☐ LOSS OF A DREAM
- ☐ LOST IN SOCIAL MEDIA/TV
- ☐ "I CAN'T DO THIS"
- ☐ "IT DOESN'T MATTER"

## ADD MY OWN

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- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## HATE

- ☐ BEING JUDGEMENTAL
- ☐ BEING CRITICAL
- ☐ VERBAL ATTACKS
- ☐ PHYSICAL ATTACKS
- ☐ SPITEFUL
- ☐ HOLDING GRUDGES
- ☐ "YOU ARE MY ENEMY"
- ☐ "I'LL SHOW YOU"

## SUCCESSSES

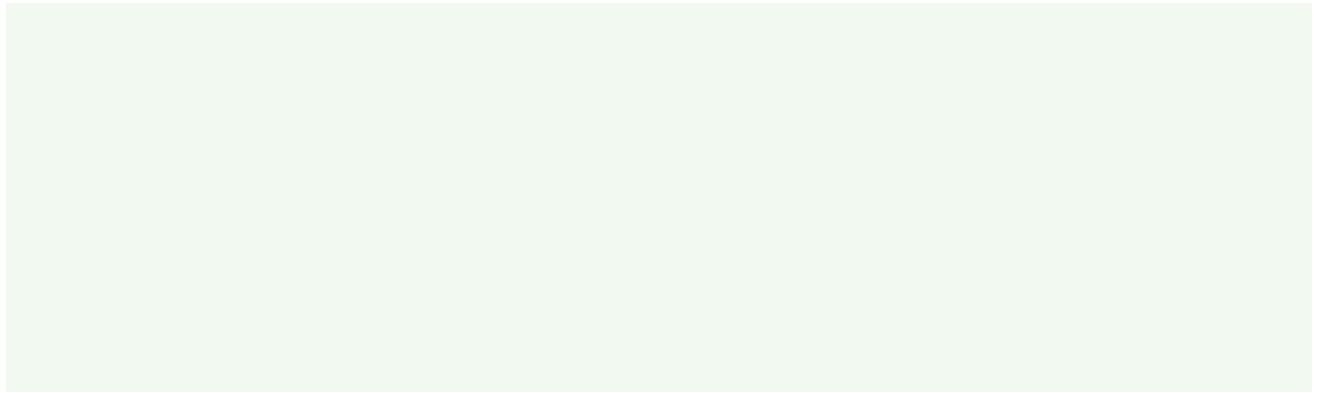
- ☐ BEST DAY
- ☐ BEST RELATIONSHIP
- ☐ BEST JOB
- ☐ BEST SUCCESS
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- ☐ \_\_\_\_\_
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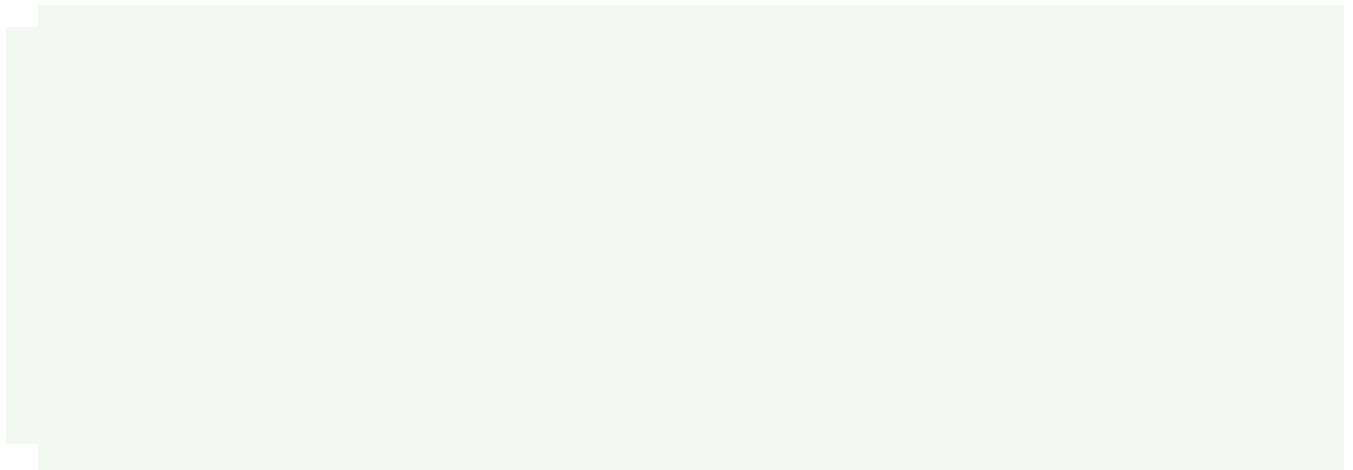
## STEP 1

# REFLECTION

Of those identified, which is the most important emotion that I want to let go of from my past? Was this a one time experience or a historical pattern?



Exercise: Close your eyes, and take a few relaxing breaths. Take a few minutes to scan through your life history. Identify situations when you had this important feeling or learned lessons about that feeling from others. Scan through life in childhood, adolescence, early adulthood, and through today. Based on what you find, what did you learn about the roots and experience of this emotion?



# JOE'S STORY

Could this be you too?



## I Changed My Life

"I met Dr. Ken after having a terrible panic attack. I thought it was because my wife yelled at me a lot, stressing me out. I started to recognize how I doubted myself and was afraid of success, so I would blame others and pick fights so I would have an excuse not to succeed. So it wasn't about my wife, but about me. As we dove deeper, I found how this fear had chased me throughout my life, with a range of challenging relationships throughout my childhood and adult life. No wonder I acted that way since life kept giving me what (negativity) I asked for. Once I realized what I was doing, it got so much easier. Together we sorted out my values and a course of action. I started to build a relationship with my wife, and with her support, I have been excelling at work and just got a promotion. It has been great learning how to change my mind to change my life."

Joe

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# STEP

## 2

GOALS FOR OUR FUTURE

*Goals Determine What You Are Going To Be*  
Julius Irving



# 2

# STEP

## CHANGING DIRECTIONS



Once we understand how we got to this place, we can use this knowledge as the springboard to our future. Once we understand the challenges we want to change, that helps to clarify the direction we want to go toward.

Consider the things you discovered in Step 1. Now identify what the opposite of those things is. For example, instead of "Playing Small," you may have a goal of "Owning and Sharing My Strengths."

On the following pages, identify what you want these life arenas to look like. What is the goal that it is becoming as we are free from our past limitations?



## STEP 2

# FINDING OUR FUTURE

## CHANGING DIRECTIONS

1) Relationship with Ourselves:  
What are the best qualities of the person I am becoming?

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2) Relationship with Our Health:  
What is our vision for our healthy living? Does this include any practices for physical movement, diet, or rest?

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3) Relationships with Others: What is our vision for our primary relationship (e.g., spouse, date), as well as our larger circle of friends and extended family?

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4) Relationship with our Work:  
What activities do I engage in that bring value to myself and my family, financially or otherwise?  
These things bring my unique skills to the world.

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# FINDING OUR FUTURE

## CHANGING DIRECTIONS

5) Relationship with My Values:  
What are my top three values to help guide my decision-making?  
[See also list of values on page 18 for ideas]

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6) Relationship with Our Emotional Health: What is our vision for our emotional health? Does this include any practices for personal growth, journaling, or stress management? Am I alone, or are there partners on this team?

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7) Relationships with Pleasure:  
What do I do for fun? What activities help me to laugh and feel free?

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8) Relationship with Our Spirituality: What is my relationship to a formal or informal larger purpose in life?

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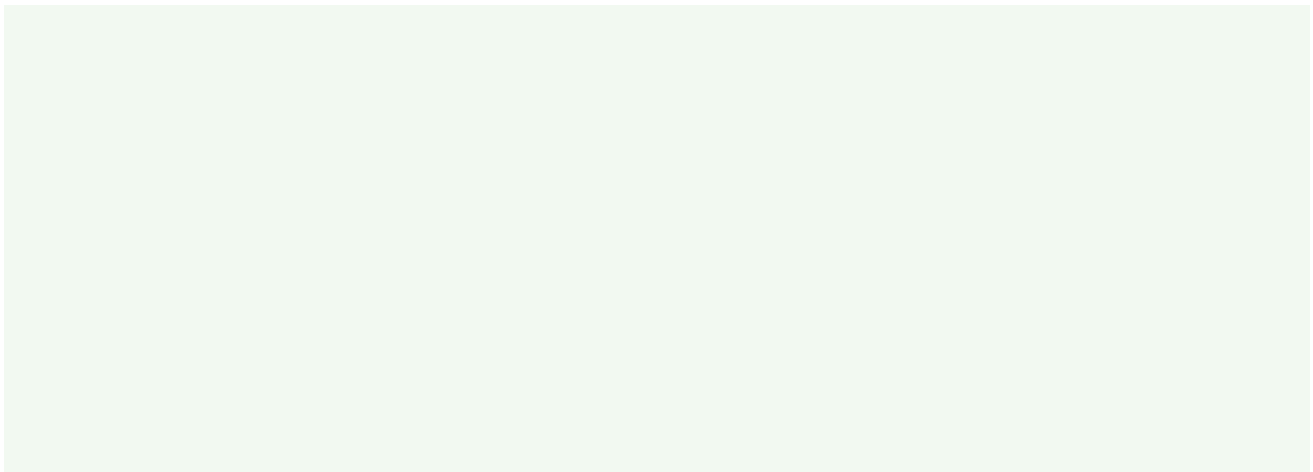
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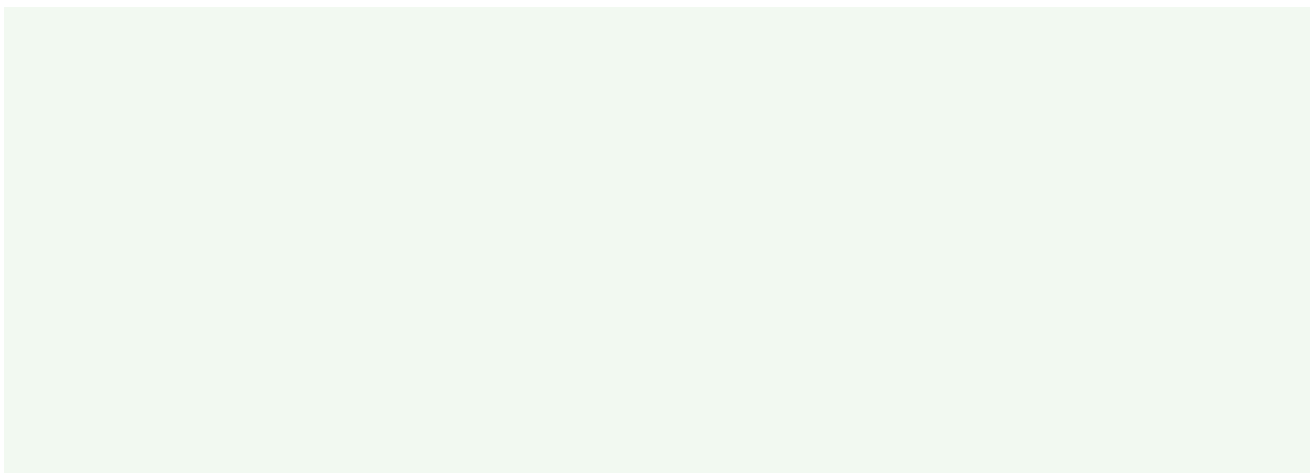
S T E P 2

# REFLECTION

What is the most important insight I have learned in this step?



Based on what I have learned what is the next right step?





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# STEP

# 3

## COMMITMENT

*Commitment Is The Foundation Of Focus*

Shannon L. Adler



# 3

# STEP

## CHANGING DIRECTIONS

Once we understand our direction, we need motivation to fully implement it. Knowing our "why" helps to insulate us from doubts and barriers that arise over time.

Consider the goals you identified in Step 2. Now consider why these are so important to you. Our reasons may be very personal to us. There are no right or wrong answers.

On the following pages, identify some of the driving benefits that help to keep you moving. What are some of the values that keep you moving when challenges arise?



# VALUES

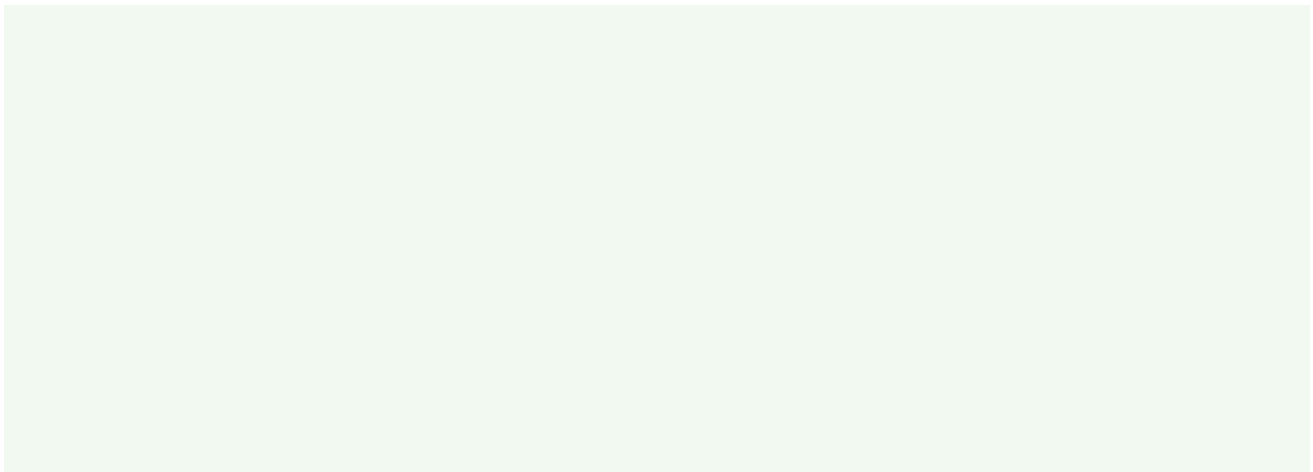
B E C O U R A G E O U S , M A R K A L L T H A T A P P L Y

|                                            |                                               |
|--------------------------------------------|-----------------------------------------------|
| <input type="checkbox"/> FREEDOM           | <input type="checkbox"/> SIGNIFICANT OTHER    |
| <input type="checkbox"/> HONESTY           | <input type="checkbox"/> FRIENDSHIPS          |
| <input type="checkbox"/> TRUST             | <input type="checkbox"/> FAMILY               |
| <input type="checkbox"/> INTIMACY          | <input type="checkbox"/> PARENTING            |
| <input type="checkbox"/> MONEY             | <input type="checkbox"/> LEISURE              |
| <input type="checkbox"/> SUCCESS           | <input type="checkbox"/> FUN                  |
| <input type="checkbox"/> FAME              | <input type="checkbox"/> JOY                  |
| <input type="checkbox"/> RECOGNITION       | <input type="checkbox"/> PLAYFULNESS          |
| <input type="checkbox"/> ETHICS            | <input type="checkbox"/> SELF-RESPECT         |
| <input type="checkbox"/> ACCOUNTABILITY    | <input type="checkbox"/> SPIRITUALITY         |
| <input type="checkbox"/> EXCELLENCE        | <input type="checkbox"/> LOVE                 |
| <input type="checkbox"/> PRIDE             | <input type="checkbox"/> POWER                |
| <input type="checkbox"/> KINDNESS          | <input type="checkbox"/> PEACE                |
| <input type="checkbox"/> OPENNESS          | <input type="checkbox"/> PERSONAL FULFILLMENT |
| <input type="checkbox"/> TEAMWORK          | <input type="checkbox"/> _____                |
| <input type="checkbox"/> WHOLE-HEARTEDNESS | <input type="checkbox"/> _____                |

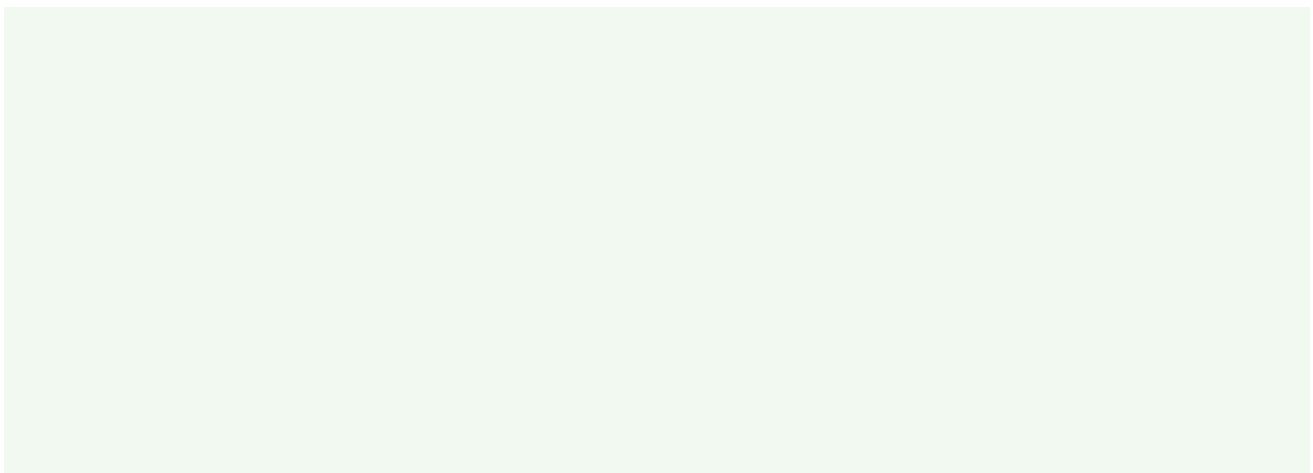
## STEP 3

# COMMITMENT

Rank order the top three values. How does this value structure guide my path forward?



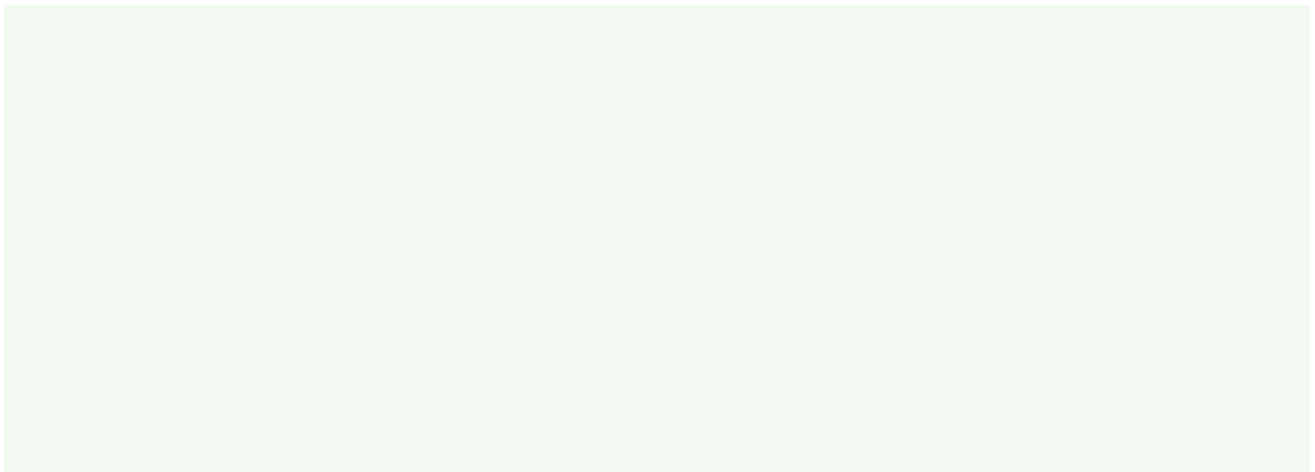
Who else benefits from my personal growth, and how?



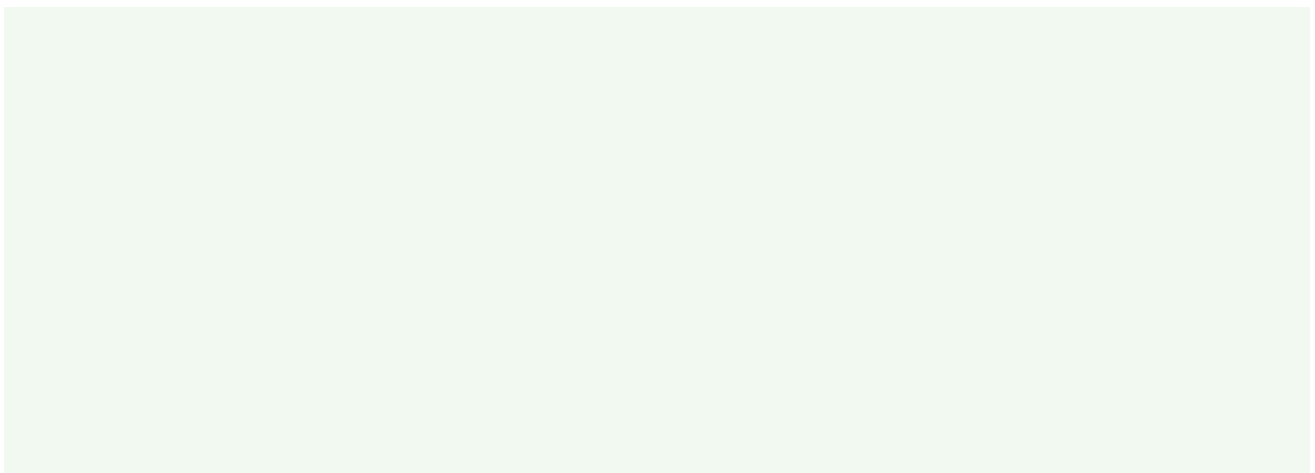
### STEP 3

# REFLECTION

Reflecting on my challenges, goals, and values, how would I define my "life purpose?"



Based on what I have learned what is the next right step?



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# STEP

# 4

## PLAN

*Failing To Plan Is Planning To Fail*

Anonymous



## 4

## STEP

## CHANGING DIRECTIONS

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nce we understand where we are headed and why, it becomes much easier to determine the steps to arrive there. By making our steps clear and precise, they can be easily accomplished, and help to motivate us to continue forward.

Consider the major goals you identified in Step 2. Now identify small but consistent steps to help move them forward. In this step, be as precise and specific as possible. For example, instead of "Exercise," you may have a goal of "Go to My Gym at 5:15 for 30 minutes of cardio exercise on my way from work on Monday, Wednesday, and Friday."

On the following pages, identify what you want these life arenas to look like. What are the achievable steps?



## STEP 4

# PLAN FOR SUCCESS

## CHANGING DIRECTIONS

1) Relationship with Ourselves:  
What are some small steps I can achieve this week?

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2) Relationship with Our Health:  
What are some small steps I can do on a regular basis

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3) Relationships with Others:  
What are some small steps to build connection this week?

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4) Relationship with our Work:  
What activities do I engage in that bring value to myself and my family, financially or otherwise?  
These things bring my unique skills to the world.

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### STEP 3

# PLAN FOR SUCCESS

## CHANGING DIRECTIONS

5) Relationship with My Values:  
What are some regular situations  
to apply my values to?

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6) Relationship with Our Emotional  
Health: What is one thing I can do  
for my emotional health this week?  
Who is one person whom I can ask  
for help this week?

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7) Relationships with Pleasure:  
What are some small things to help  
me laugh this week?

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8) Relationship with Our  
Spirituality: What are two things I  
can do to deepen my connection  
with my values and Higher Power?

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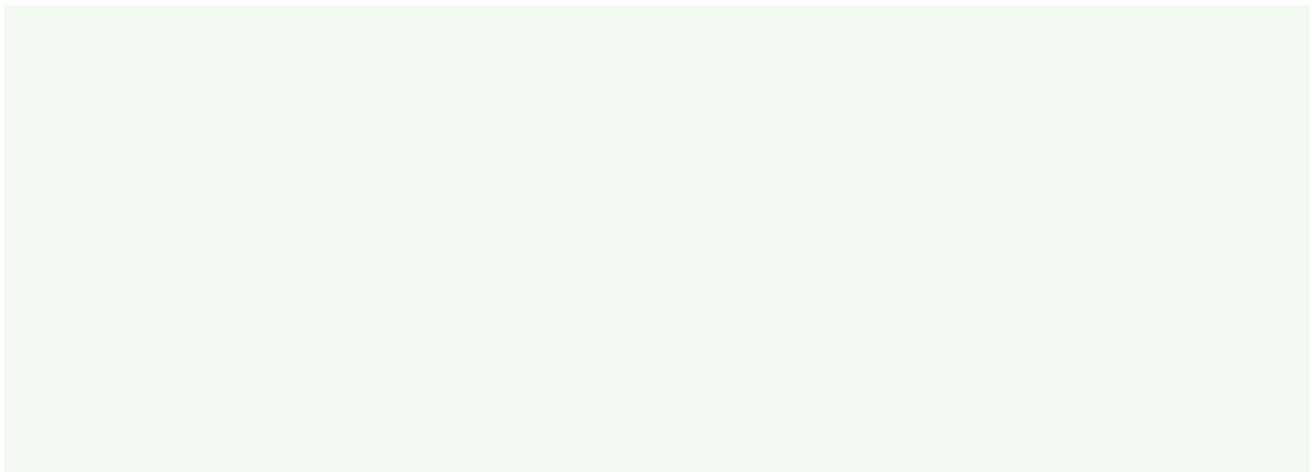
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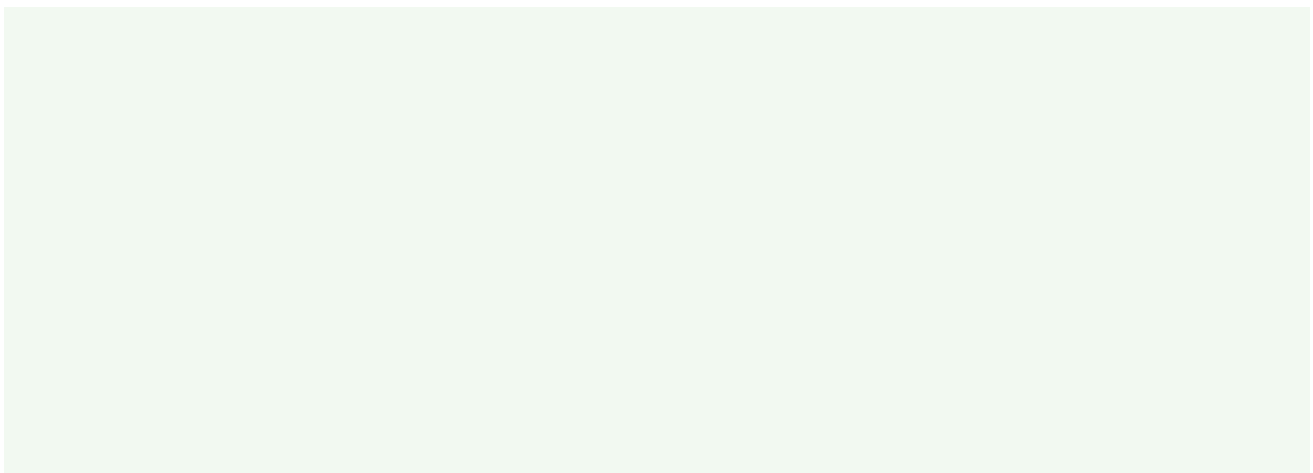
STEP 4

# REFLECTION

What is the most important insight I have learned in this step?



Based on what I have learned what is the next right step?



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# STEP

## 5

### TEAM UP

*We Are Stronger Together Than We Are Alone*

Walter Payton



# 5

# STEP

## CHANGING DIRECTIONS



W

ith a plan in place, we are set for success. Occasionally, roadblocks arise that cause us to forget our purpose and overpower our will. In these instances, a partner can help us to stay the course.

Consider all the things you have learned so far. Now identify who can help you on this journey? Who can you entrust as a partner and support?

On the following pages, identify whom you could speak with to deepen your connection, and support your journey.



STEP 5

# TEAM UP

## CHANGING DIRECTIONS

1) Who are two to three people or places I can share these goals and plans?

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2) Which of these will be best able to be safe and supportive while being willing to hold me accountable?

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3) Is there a way that one of these supports could become a partner? Working on a similar goal and supporting each other?

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4) Action Plan: When will I share this plan, and how? Be specific. Also, include a progress check to see how it is going in a week/month.

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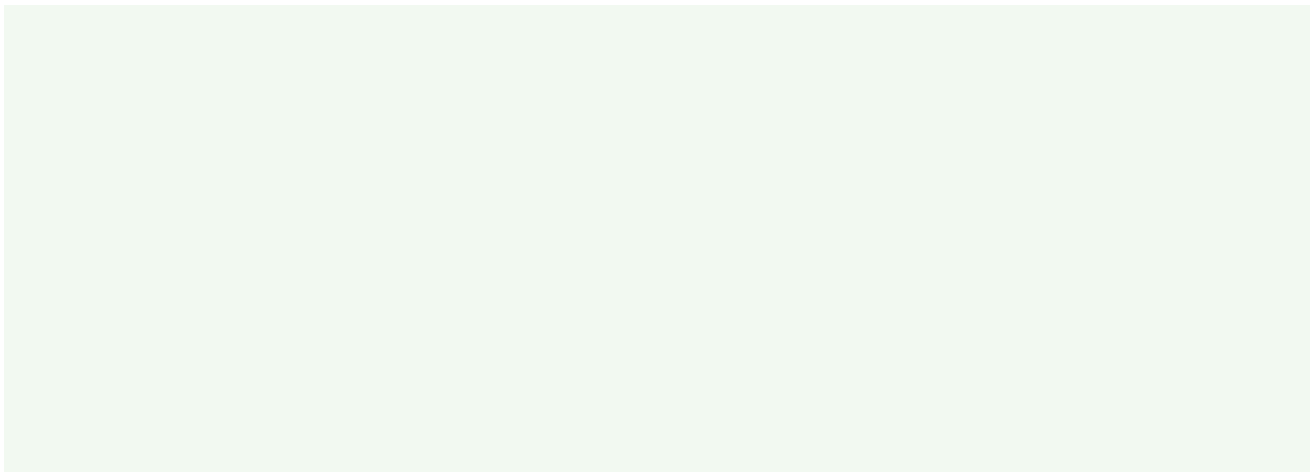
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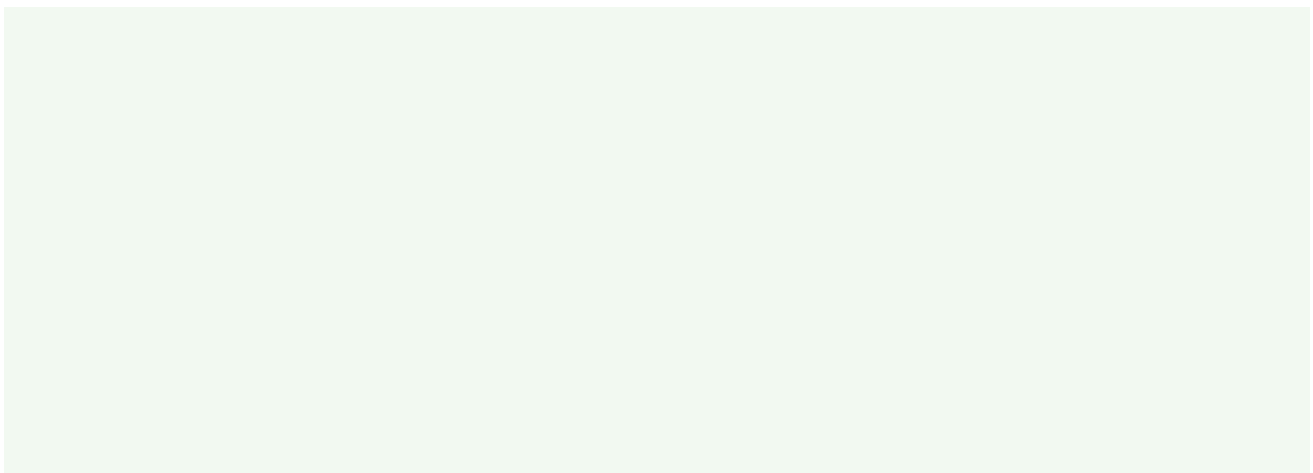
S T E P 5

# REFLECTION

What is the most important insight I have learned in this step?



Based on what I have learned what is the next right step?



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# STEP

# 6

...AND BEYOND

*All The Talent In The World Is Useless Without Perseverance*  
Steve Morse



# 6

# STEP

## CHANGING DIRECTIONS

**Y**ou have made it here. Congratulations. The work continues. You have the things you need to implement these changes and be successful.

It is my passion to give people of every budget the tools that they need. You can sign up for free for my mailing list and visit my website or Facebook group at any time. I have a range of books on Amazon and seminars online That I continue to release, specifically for people who wish to self-direct.

Tired of doing it all on your own? For those that wish for professional Expert guidance and experience, I offer one-on-one packages. This specific support can help you to transform quicker and easier, with accountability built-in. Excited to start working together? Please See the last page of this brochure in order to book a free 15-minute meeting with me!

I am looking forward to hearing from you and helping you on this journey to greater success, health, and happiness! Different things are right for different people. Whatever is best, I am here for you.

Not sure on the right fit? Here is what others had to say about my services...



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# What Do the Experts Say?



## **Dr. Blythe Cleverly, Brain and Behavior Expert**

I am honored to call Dr. Ken Martz a trusted friend and colleague. Beyond the professional accolades, it is his personal warmth and honest enthusiasm for giving hope to those who suffer, that is truly inspiring to me. The world needs more qualified and caring practitioners like him!  
[www.DrCleverly.com](http://www.DrCleverly.com)

## **Joel Elston, Master Life Coach**

Dr. Martz does an outstanding job of offering solutions to manage our emotions, and prevent them from sabotaging our life goals. His 30 years of experience in the mental health and addictions field allows for insight and perspectives that few can give.



# What Do Clients Say?



## Amazing

He is an amazing therapist. Highly Recommend

## Cares

Dr. Ken is professional and respectful. He has a wealth of experience and truly cared about what he is doing. I've enjoyed the time shared while growing as a human being.



## Passionate

Dr. Ken's excitement and enthusiasm radiate through the technology. I genuinely feel Dr. Ken is passionate about his work.

## Understanding

He has been understanding, completely non-judgmental, and helpful in my journey to find myself.



# WANT MORE?

## 1:1 SUPPORT

Sometimes our self-awareness can identify large or difficult experiences. Or you may simply wish to have extra support so that you can progress faster.

If you wish to work with me directly, schedule a free 15-minute meeting to explore possibilities such as a one-time consultation or ongoing support to learn to apply these tools to a specific issue.

Those scheduling by January 31 may use coupon code WB100 for \$100 off the monthly 1:1 rate.

See you there!

<https://tinyurl.com/MEETKENFREE>



**JOIN US**



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