

BEST
SELLING
AUTHOR

MANAGE MY EMOTIONS *For Teens*



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Table of Contents

Introduction	1
Part 1: Introduction to Emotion	2
Chapter 1: Where am I Now?	3
Chapter 2: The Role of Emotion.....	9
Chapter 3: Coping Skills Training	21
Chapter 4: Games Emotions Play.....	35
Part 2: The Change Process.....	46
Chapter 5: Emotional Change Process	47
Chapter 6: Awareness of Emotions.....	57
Part 3: Managing Specific Emotions	66
Chapter 7: Courage and Fear.....	67
Chapter 8: Drive and Anger	81
Chapter 9: Joy and Boredom	97
Chapter 10: Compassion and Insensitivity	107
Chapter 11: Respect and Grief.....	119

Part 4: Emotions Applications	130
Chapter 12: Emotions and Motivation.....	131
Chapter 13: Emotions and Communication	141
Chapter 14: Emotions and Relationships	155
Chapter 15: Tools from Around the World	163
Chapter 16: Next Steps	177
Resources	184
About the Author	186
Author's Note	188



*To the Roses,
as well as the Thorns in my life*

*Thanks for your support
throughout this journey
toward balance.*



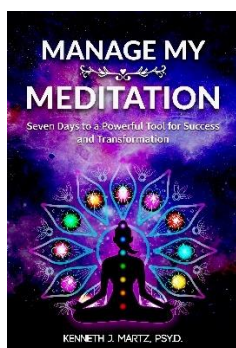
I want to make this easy for you.

You can access a series of supports to
compliment this text for FREE at:

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These include supports along the way like:

- Printable one page “cheat sheets” of tools in this book
- Recordings of the meditations, visualizations, affirmations written in this text
- A free copy of *Manage My Meditation*, to guide you step by step in one of the tools described in this book.



Introduction

The teenage years are tough. They may be some of the most challenging years of your life, and as a young adult, you will deal with much more stress than what was experienced by young adults 20 years ago. With technology, gratification is immediate; however, so is the disappointment. Many aspects of our life may be displayed in the public whether we make that choice or not. So long ago are the days where gossip was spread by the passing of a note. Information is now spread with the click of a button and embellished with a picture or video.

Take Brianna, for example. Brianna is an Honor Student and star track athlete who was being considered for a full scholarship to her dream university. Brianna, for the first time, attended a party held by one of her classmates. She drank for

Introduction

the first time. Brianna had a good time, but it wasn't something she planned to do every weekend. After all, she had bigger plans for her life. The next day her picture, holding a beer and all, was all over Snapchat and Instagram. This incident was the only time she had tried alcohol; however, her classmates figured it was rare enough to document. So, they did. People began talking, and rumors went flying. Unfortunately, the university offering the scholarship researched potential candidates' social media presence, and the pictures appeared. They were no longer interested in Brianna, and her scholarship opportunity was dropped.

With this being said, emotions lead to our choices and can run high in tense situations. This book will help you to prevent and better respond to stressful situations. Emotions are a way of life. At times they can be bothersome, but they can also be wonderful. Learning about emotions is so important that an adult version of this book was written to help adults learn about and cope with various emotions. This book is written to address the circumstances common to teens.

Introduction

This book is developed so that the topics build upon each other. You may find yourself tempted to skip ahead to “the chapter” that discusses “your issue,” or you may find yourself reading straight through since these other topics are sometimes related. Like an onion, each of the pieces are linked, and each chapter peels an interconnected layer. For this reason, I encourage you to read straight through, even if you think the topic does not apply to you. However, you approach this journey, let's get started.

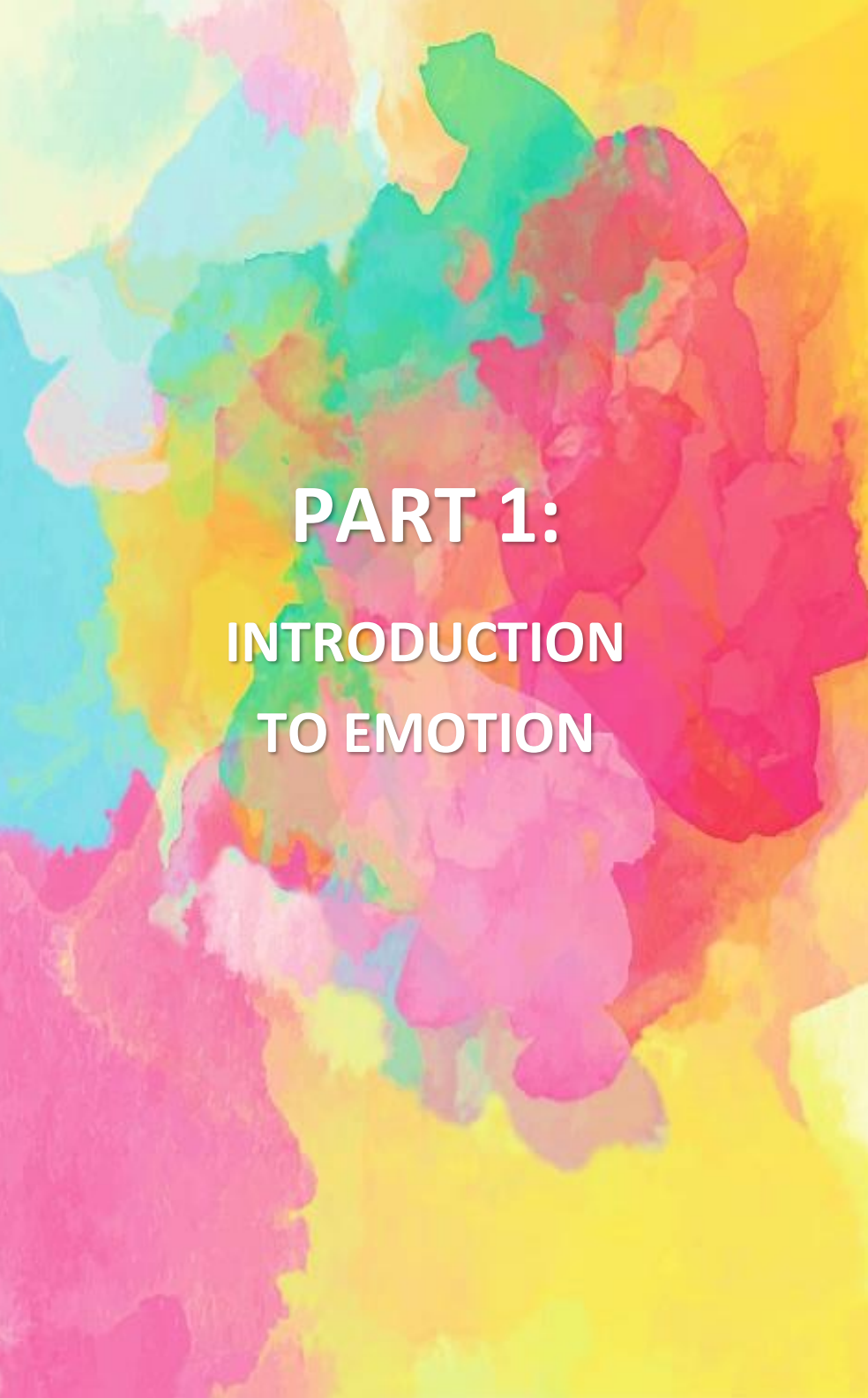
In Part 1 of this book, we will examine some background information that is needed context for all the information that follows. In Part 2, we will consider the basic process of emotional change. In Part 3, we can begin to explore the impacts of specific emotions, as well as a range of tools for each. In Part 4, we review how our personal emotions interact in multiple external situations such as relationships and the workplace.

You can also feel free to check out my website, where you will find new resources and tools to

Introduction

support along this ongoing journey at
www.DrKenMartz.com

Now begins this practice of emotions.



PART 1:

INTRODUCTION TO EMOTION

Chapter 1

Where am I Now?

*“Let’s start at the very beginning,
a very good place to start...”*

- Julie Andrews

It is best to start where we are today. There are no judgments about what we have not done in the past. We did the best we could with the tools we had learned. Perhaps that is why we are here together, to share and grow skills so that tomorrow can be different. What is it that drew you to this book? What is it you hope to learn? How important is that to you? These are essential questions. You may be motivated but want a quick answer. So, go ahead and jump ahead to the topic that calls to you. It is OK. But then, come back here, start at the beginning, and continue. The issues in this book build on one another. So later chapters are

Where Am I Now?

easier to understand if you have completed the earlier chapters. So, be here now. Take a moment to answer some questions and take the time to practice the exercises along the way.

This is your journey, so enjoy it rather than rush it. There are flavors of ice cream that I had never tried. I was too busy and set in my ways, eating the same flavor (which I still love). Now though, I have tried many flavors. Some I did not like, but now there are many others that I love. This is why we are together:

- To learn more about life through the language of emotions.
- To understand the many flavors of emotions rather than being stuck with one.
- To come to life more fully

Let's begin with some simple questions. There are no right or wrong answers. There are no trick questions, although some may be tricky, as you will understand later. I encourage you to take the time to think about these questions and to write down your answers. You may wish you had, later.

Where Am I Now?

Why did I pick up
this book?

What do I hope
to learn?

Am I satisfied
with all the
areas of my

Am I willing to commit
to the effort needed to
achieve this goal?
Starting when?

How would I like my
life to be different?

Which emotion is most
troubling to me (there may
be more than one)?

Does it seem like I
will have this
feeling forever?

Do I understand why I
have these emotions?

When I make
changes, do I know
how to make them
remain consistent?

Do I have the tools I
need to make changes?
Do I have a toolbox of
coping strategies?

You may notice that some of the answers to these questions are easy, and some are difficult. You

Where Am I Now?

may find that some are complicated. As we journey together through this book, you will be able to answer differently. Each chapter will have different exercises to explore and deepen your understanding of the topic, practice the application of tools, and learn new skills that will be used later. Take the time to complete the exercises. They build on one another, so later exercises may be less effective if you did not practice the earlier ones. Again, this is your journey. Approach it as you please. These are simply suggestions to help get the most from this process.

Wherever I am today, it is without judgment. I have come as far as I was able to for today. As I learn new things today, this opens new possibilities for tomorrow.

There is the story of the young boy who had purchased caterpillars. In days, the caterpillars had built cocoons, and as days went by, the boy could see some wriggling of the cocoons and even some small holes in the cocoons. Anxious to help them, he ripped open the cocoons. All the butterflies died. Heartbroken, he turned to his father, crying. Dad

Where Am I Now?

gently explained that as the baby butterflies are in the cocoon, they press against the walls of their cages, growing stronger and stronger until they are able to break free. Without having built this strength, they are not able to fly.

We cannot rush success or change the evolution of our emotions. Sometimes people will get caught up in judging that they “should” have known, or learned, faster. This simply is not possible, but perhaps this book and my experience will help you.

Chapter 2

The Role of Emotion

*The best and most beautiful things in
the world cannot be seen or even touched
- they must be felt with the heart.*

- Helen Keller

Our moods have developed over thousands of years. They have a wide range of benefits as well as pitfalls. They are there to help us, and they have served us for many thousands of years. Unfortunately, they never came with a user's manual, which can leave us frustrated, embarrassed, and confused.

Benefits of Emotions

Happiness, love, passion, strength; there is a wide range of emotions that help us know when we are headed in the right direction. Animals know that sweet berries are safe to eat, and bitter berries are

The Role of Emotion

unsafe. Just the same, as we become aware of our emotions, we can use them to help guide us. When my emotions consistently make me feel good, that helps to motivate me to continue.

Even the “negative” emotions are very valuable. They have precious lessons to teach us when we are off track. If I lie or cheat in life, fear and anger often follow. Their discomfort helps to guide me back. “Negative” emotions also help us to appreciate the “positive” emotions even more. I do not want anyone to feel sadness, but once I experience it, my joys feel sharper in contrast. I love ice cream, but some days there is a bit of “rocky road.” I may never taste all the flavors out there, but the more I know, the more I appreciate my favorite. (I’d say which one is my favorite, but it changes over time, with my mood and even my environment, but more on that later).

Challenges of Emotions

When we do not know how to manage our emotions, there can be harm done to our schoolwork, jobs, relationships, and ourselves. We

can become “stuck” in an “unresolved” issue, or emotions can flare like an uncontrolled flame.

Being “stuck” leaves us unnecessarily reliving old wounds. It is like having a thorn stuck in your foot. It will continue to irritate and be painful; it may get worse at times and better at times. You may someday realize that it is worse when you are walking and stops hurting when you sit down, as you begin to manage the lingering pain. At worst, it can become infected, damaging your whole body. How much better would it have been if you had learned to pull out the thorn as soon as possible?

Emotions can also flare up uncontrollably. Sometimes we get angry and perhaps yell, or worse. Next, even after the anger calms, there were wounds caused by our *uncontrolled expression*, on top of the issue that made us angry in the first place. Sometimes these thorns need to be removed as well.

The Challenge of Emotional Collections

One of the emotional challenges is that we tend to collect negative experiences and carry them around with us. This excess baggage can weigh us

The Role of Emotion

down, drain our energy, and leave us unable to manage life. Said another way, perhaps you experienced an embarrassing moment with friends at age 8, got angry with Dad at age 10, were scared of a public presentation in school at age 12, were yelled at by your coach at age 15, were in a terrifying car accident at age 16, and got dumped by the “love of your life” at age 17.

Are these simple memories, or do we linger with “unresolved” emotions from these times? Do we know how to lay down the baggage from the past and find freedom? If not, life becomes heavy, depressing and difficult, anxious and frustrating, or perhaps cold and lonely. When past hurts are not properly managed, they can become filters that harm us today, maybe we are aware of it, and perhaps it is purely on our “autopilot.”

Balance of Emotional Management

Emotions are often seen as a weakness, but they can make the mother lion a fiercely loving companion when they are balanced. Emotions can be seen as negative, but they are only seen that way

in relation to their positive counterpart. The more I love and care for my dog Mandy, the more it will hurt when she passes away. Should I avoid ever having a pet to avoid the hurt of missing my companion? We have successes in life in direct relationship to the risks we take. The same is true with emotions.

Emotional management is not avoiding emotions but rather the skill of balancing them so we can learn the lessons they teach, prevent unnecessary challenges, and shift emotions to a more pleasurable balance. Emotions can be painful, become baggage, or hurt us and those around us. Rather, we should learn to use lessons so we can function better the next time. This learning is why this work is so important; to manage these risks and grow beyond.

What If I Don't Have A Range of Emotions?

Everyone has a wide range of emotions. Just as there is a constant flow of our breath, our emotions also flow. Sometimes they may be more intense, such as a flare of anger. Sometimes one or two may be more pronounced, such as weeks of grief after

the death of a loved one. Sometimes we may even be unaware of the subtle changes.

How Do I Become Aware of Emotions?

Like many other areas in life, whatever we practice, we become better at it. There will be many practice examples throughout this book that work together to learn different lessons about emotions. Life is a natural laboratory teaching us these lessons, although, without a guide, the learning process can be slow and painful. By practicing emotional exercises throughout this book, we can build awareness and skill in navigating our emotions.

The Body and Mind Connection

The body and mind are closely linked. When the body feels a certain empty sensation in the stomach, it tells the mind which says, “I’m hungry.” Similarly, when the mind decides to go for a walk, it directs the body, which then stands up to begin walking. It is easy to see this link with behaviors, but the same is true for emotions. Let’s explore this with a simple awareness exercise:

Awareness Exercise

Take a moment to find a comfortable seated posture. Close your eyes, and just let everything go. Choose a memory from a time when you felt a mild disappointment. How old were you; where were you located, and were you standing or sitting? What time of day was it? Think about this memory in detail. Were there any sounds in the room? Who else was in the room? Whatever this moment was, take a moment to draw awareness inward, into the body, and notice what is happening in your body right now. Which muscles feel tight? Which muscles feel relaxed? Are there any changes that you notice in your breathing? Do you notice any changes in your belly or heart or head?

Now imagine for a moment a time when you were annoyed; not an intense anger, but there was a disappointment that made you feel frustrated and distracted. Once again, scan your body to notice what is happening in your body right now. Are there any muscles that are tense or relaxing? Are there any muscles that are softening, or are there any muscles that are tight? Notice any changes in your belly, or in your heart, or in your shoulders, or in your face. What's happening in your hands and arms?

Letting this image go, call to mind a moment where you were successful with something. Recall the specific time and memory. Where were you? Were you standing or

The Role of Emotion

sitting? What time of day was it? Was there anyone else in the room? As you do this, notice what is happening in your body. What changes are happening in the shoulders, in the belly, in the heart, and in the jaw? Are any muscles becoming more tense? Notice what changes are happening. Are the muscles becoming more relaxed? Do you notice any changes in breathing? Changes in tension? Changes in body weight or pressure? Begin to step back from even this pleasurable memory and notice how quickly the body has changed and shifted. Notice how the body responded immediately to the memory that you noted. As you are ready, return to the room.

The body responds immediately to our thoughts, be they positive or negative. Notice also how each memory has a different response pattern of physical sensations in the body. Some emotions will be associated with certain sensations of heaviness or lightness, opening or closing, or other sensations across the body. These subtle changes often go unnoticed in our daily life. However, suppose we begin to bring our awareness to our emotional world. In that case, it may evolve as we develop greater awareness of the subtle changes of emotion and its effects on the body.

Awareness of Emotions is Healing

It's important to remember that awareness alone is healing. Notice how important it is to be aware. For example, when a puppy is barking, sometimes it does not need to be fed. It does not fear a stranger nearby. It does not need anything other than attention. Occasionally, simply petting the puppy in awareness can ease the tension, and no other action is necessary. Often we rush off to find solutions when the simple solution of awareness and patience is precisely the right intervention. Which situations might benefit from pausing a moment to gain a full understanding rather than reacting impulsively? Perhaps we take a deep breath before responding to an angry, nagging parent. The benefit of taking the extra second to respond would enable you to process what they are saying, gather your thoughts, and formulate an appropriate response that will not get you in more hot water.

As we develop awareness over time, we can consider awareness of physical sensations, emotions, thoughts, and mental images. We can also expand beyond ourselves to become aware of the

interactions with our relationships, our culture, and the world.

Awareness Versus Autopilot

Over ninety percent of our lives are spent on autopilot. We typically don't spend much time thinking about breathing, digesting our food, and many other things we do. We are often unaware of activities we engage in, such as watching TV, passively consuming the present moment. Similarly, we may have many routines, such as our morning rituals, as we get ready to go to school. Many times, we are sleepwalking through life, responding to it, rather than being aware and actively choosing directions.

In contrast, there are moments when we are actively aware and making decisions. For example, what am I going to have for a snack this afternoon? Once I make the decision, I mindlessly go about obtaining or preparing that snack. Another example can be seen in our school life. Do we actively choose to go to school each day, or do we largely go back again because we did yesterday? Often decision

The Role of Emotion

points are brief moments of awareness in an otherwise continuously flowing life.

To a large extent, this works very well. The problem is that when we have an unhealthy pattern or habitual feeling state, we similarly continue on the same path. When walking to class, it is easy to continue the same path, but in the same way, it only takes a moment of awareness to wake up and change direction. These moments of awareness are critical to change. As we develop awareness, this journey becomes more and more precious.

Chapter 3

Coping Skills Training

*Always be true to your feelings, because the
more
you deny what you feel, the stronger it
becomes.*

- Anonymous

*Never make permanent decisions
based on temporary feelings.*

- Anonymous

In discussing stress, we considered how protective factors and strengths might allow us to manage greater stress levels and challenges. Most of us know this kind of management as coping skills. Coping skills are the strategies that we use to manage the challenges that face us. It is important to consider four areas

regarding coping skills. How effective am I with a specific skill? What is my range of skills? How well is that skill matched to the specific problem area, and is there another skill that would be better, even though it is not in my skill set? So, let's examine each of these four areas.

What are Some of the Most Common Coping Skills?

Denial

Denial is a refusal to believe that a situation exists. The benefit of this coping style is that it allows us to function without addressing the problem area. The risk of this coping style is that some problems that go unaddressed may become worse. Take, for example, a poor grade. You may be able to convince yourself that a "D" is still passing; however, you are actually teetering between the "D" and "F." Refusing to believe that you will fail without doing something about it could be dangerous.

Repression/Numbing

Similar to denial, this involves putting the situation out of your conscious awareness. In other

words, simply putting the situation out of your mind. However, this is less intense than denial since a person can return to awareness by choice. Awareness could also return if someone were to ask a question about the situation that is being avoided.

Escape/Avoidance

Escape or avoidance is similar to denial in that it does not address the situation. However, avoidance includes moving away from the situation. A limitation of escape/ avoidance is that it keeps the problem and does not actually solve it. A benefit of this strategy is that it moves the person to a safer position. If there was a fire in the house, and I used denial as a coping skill, the fire would grow, and I would be in great danger by using avoidance. I would be safer because I am actively running out of the house. However, some fires could have been contained quickly if they had been addressed early rather than allowed to progress until they fell into the categories of denial or avoidance.

Rumination

Rumination is addressing the problem. When doing this, a person often considers many angles and

aspects about the impact of potential resolutions. The limitation of this strategy is that it can cause uncomfortable paralysis as one continues to experience concern over the problem. The benefit of this approach is that it focuses attention on solutions even though none is specifically chosen.

Rationalization

Rationalization is the use of your mind to separate yourself from the emotions associated with the situation. The benefit of this coping strategy is that it allows decision-making objectivity based on predetermined values. The limitation is that this coping strategy limits our ability to connect emotionally with those involved in the situation with us. An example of this would be a team captain who makes difficult decisions for the team even if that decision is not the same one that they would want for their friends.

Applying Coping Strategies

While there are several coping strategies, it may be that I'm best with one or another. Considering the strengths and weaknesses of my preferred coping

strategy, I can know its most effective use and be aware of the limitations that I may face in handling situations.

Flexibility

Some individuals use one (and only one) coping strategy. I can be very effective working with a hammer; however, sometimes a wrench is better in life. Different tools are needed depending upon what the solution requires, so having more tools in my coping skill toolbox can increase my chances of success.

Tool Management

In addition to having a range of tools, it is important to know which tool is best for a given situation. For example, there are some situations where denial may be the best approach; there may be some situations where avoidance is the best approach; in some situations, it may be that rumination is the best approach. Having skill in your range of tools and when and how to change tools when needed is very important. Sometimes no intervention is useful, and sometimes pausing to wait for additional opportunities to arise may be

beneficial. Coping skills training helps develop the wisdom to know what is needed, rather than simply reacting based on the tool that happens to be in my hand at the time.

Self-Assessment of Coping

Do a self-assessment review of each of the coping strategies we've discussed and mark which ones you have used in the last month.

- Which are the top two coping strategies you commonly use?
- Identify a recent stressful situation in your life based on your list of coping strategies. What has been your attempt to resolve that stressor?
- Have you been rigid in your approach, only using one strategy?
- Might another one of these strategies have been better than the one approach that you have chosen?

Coping Skills Training

You can repeat this exercise regarding several stressful situations to deepen your understanding of your habitual approaches. Then you will begin to understand how and why you choose those particular strategies.

Contextual Abilities

Sometimes, different situations call for different strategies. For example, someone may use different approaches in social situations, compared to working with their parents, or as compared to approaches they use with their friends. Note that we may be comfortable with some strategies in one environment but not in another setting.

Consider stress eating, for example. When I'm stressed, food is an effective tool to reduce tensions in the body quickly. This approach may be effective in a single event. However, this may not be effective if it is the only tool I use to manage every stressor. If I use this tool all the time, it may lead to obesity or diabetes. This tool may not be appropriate for me when I am in a class where eating is not permitted. Eating may not be an effective tool for users trying

to live a healthy lifestyle. This may not be an effective tool if I do not have other coping approaches to use as needed.

Application of Coping Strategies

Let's consider some examples of how coping strategies work, particularly around denial and repression.

Denial: I Don't Do That

Denial sounds so horrible. Obviously, I would never do that. Unfortunately, it is the coping mechanism that "only" other people can do, by definition.

Consider:

Can you think of three things you are in denial about? OK, how about 1? If I am in denial, I wouldn't know... So, of course, the answer to this is... No, I can't think of any. This makes denial a particularly challenging issue. It also becomes most problematic since what I cannot see, I cannot change.

So how do I become aware of something I am in denial about? It starts by asking this very question.

Coping Skills Training

The first step is to realize that there may be things I am unaware of and then begin to look for them. Examples to consider:

- I didn't have time to write this paper, and my teacher won't notice. I'm just going to borrow a few paragraphs from this paper online.
- All my friends are here drinking. I'm just going to have one or two
- I'm a good driver. I won't get in an accident if I quickly check my text while driving.
- I am a good driver. I won't get in an accident if I go five miles over the speed limit.
- That teacher hates me. He would never help me with this project.

Often, we carry blind spots that we can quickly overcome with a brief moment of openness and awareness. If you find yourself wondering why one of these examples was on the list, be open and aware, just a moment longer.

If I am in denial, I cannot change. So, ask yourself:

Coping Skills Training

- *Am I willing to admit that I might be unaware of some personal flaws?*
- *Am I willing to have the courage to examine these emotions and patterns?*

Denial Versus the “Truth”

What if I am simply denying something that is not true? If I say the sky is red, and you say no, it's blue, that is simply a statement of fact...unless it is a sunrise, or I am color-blind, or I have red sunglasses on or any number of special circumstances. We all know about aliens, where the Coronavirus originated, and how the Earth was created, and we are very certain that the other opinion is simply wrong. There are many things that we will simply dismiss as false, which are indeed untrue...and sometimes there are things we dismiss that are true.

I remember when I was in grade school, there was a presidential election. I remember the kids in school taking sides and arguing about my candidate being the best, and yours is “stupid,” and you are “stupid” for believing in him. Kids who didn't know much more than the candidate's name were full of such strong opinions, sure of who was right and who

was wrong, fighting over it. Of course, on any given day, about half of us were wrong.

We have learned so much since then. Today, we can rise above our denial to maturely listen to opposing views and find ways that different perspectives may have some truth. We are stronger for knowing how even the adversarial system of justice helps us. Well, this may be a lifelong process, especially if we remain in denial.

There are indeed some things that society agrees are “truths.” Anyone who disagrees is labeled with a psychological disorder with fancy names for disagreeing with what is commonly believed, such as psychosis or dementia. Of course, there was a time when people thought that you would fall off the Earth if you went past the edge, or that the Earth was the center of the universe, and other things that later were proven untrue.

There are many excellent books on truth and the nature of reality. For this chapter, simply be aware that:

- 1) There are many things we are in denial of,

- 2) In most cases, that is OK, and
- 3) There are some things that we deny, which we could benefit from reconsidering.

Denial versus Repression:

Repression is a fancy term for a gentle denial that we can easily become aware of. While denial can be more challenging to break through, repression moves something out of awareness but is more temporary. For example, right now, many animals are being mistreated, children are going to bed hungry, and people are dying of violence. I am not paying any attention to these things, nor have I done so for the last hour. I push these images out of my mind since they are uncomfortable, but I can quickly know the truth of these situations and acknowledge them. For example, even though we deny the magnitude of risks, we know that distracted driving has *some* risk involved, and we can quickly change course and choose to wait to shave or put on makeup until later. For this reason, repression is much easier to change.

In contrast with the attitude that denial is bad, it is easy to see why we are all in denial/repression of

many things at a given moment. There is simply so much suffering in the world. If we didn't block some of it out, we could be completely immobilized. This is a useful and powerful tool when used responsibly.

Denial and Projection

Consider how denial may work in combination with other dynamics. When I “project” anger onto someone else. I simultaneously deny it in myself. So how do we know where to look to find these types of emotions?

Consider the Following Exercise:

Choosing someone I am angry with, what are three labels I have for them? Perhaps they are lazy, or insensitive, rude, unforgiving, or many other things.

Now consider for a few moments how I act the same way.

When we judge others, there is often an element in ourselves that does the same thing. As we become aware of the ways we are mean, lazy, or unforgiving, we move these issues out of denial and into awareness, where we can begin to make changes.

Coping Skills Training

I used to think that everyone else was wrong and read all those books about how to fix “them.” I would be happy as soon as my teacher, girlfriend/boyfriend, teammate, or friend would see how wrong they were. As I continued through this journey, it became increasingly clear how these defenses kept me from knowing myself. Once I understood this, I also found out that it is easier to change the one person I can, myself. Over time I learned more games these tricky emotions played.

Chapter 4

Games Emotions Play

If you are carrying strong feelings about something that happened in your past, they may hinder your ability to live in the present.

- Les Brown

Fear is a manipulative emotion that can trick us into living a boring life.

- Donald Miller

Emotions can be tricky, and you will most certainly experience a wide range in your teenage years. They play frustrating games to protect themselves. They can hide from the light of awareness, knowing that their darkness pales before the dawn. For this reason, it is essential not only to be aware of the emotions

themselves but also some of the elusive games they play. Consider this a game that we can improve at, master over time, and perhaps have some fun along the way. These games are similar to coping strategies but slightly different since they are more like a patterned strategy than a response to a single emotion.

The Games We Play

Hide and Seek

Just as children play by hiding behind a larger object, emotions can be hidden by distractions. Often the symptom we see is only the tip of the iceberg, so we need to look deeper.

Anger is a common example of this issue that can be easy to understand. Consider the student who recently failed their math class and becomes very angry. They blame the teacher. They blame the workload. They blame their peers. Perhaps they yell and throw things. Maybe they try to elicit their parent's help. The anger is real, but what else may be hiding underneath? When working with anger, we must honor the anger. However, understand that

anger is a mask for other emotions that hide beneath and know that those emotions must be addressed at some point. If I do not pull out a weed by its root, it will grow again.

Fear very often hides beneath anger. Fear can feel weak, so I hide it in a stronger feeling like anger. Fear is a primal emotion, activating the fight/flight response, in this case, anger. Perhaps it is fear of having to tell my parents or friends that I failed. Perhaps it is fear of losing a scholarship, impacting future plans.

Guilt can often hide behind fear. Perhaps it is fear of facing my guilt and shame. Maybe the fear is about facing my failure, shortcoming, or perceived inadequacy. Perhaps these are beliefs that I am “not good enough.” If you can address the roots, the tree will fall.

Sometimes psychotherapy can be mocked with parodies of the counselor parroting the words of the patient. For example:

- Patient: I am so angry at my boss!

Games Emotions Play

- Therapist: So, I hear you saying you are so angry at your boss.
- Patient: That's what I said!

However, the therapy process is a little different. By listening closely to the experienced emotion, the counselor can move the experience deeper. The experience begins to reflect the underlying emotion and give words to it. For example:

- Patient: I am so angry at my teacher!
- Therapist: So, I hear you saying you are so angry at your teacher.
- Patient: Yeah! He failed me for not turning in my report again!
- Therapist: That is so frustrating to be unable to stop his repeated attacks.
- Patient: Yeah, I tried so hard, but it's nerve-wracking to be unable to keep up with the workload.
- Therapist: You are so strong and conscientious; it is hard to be yelled at for making a mistake.
- Patient: Right. It is just like my dad. I could never get it right for him either.

It is essential to understand that the presenting problem is real, but often incomplete. From inside the situation, I may not be able to see it differently, so shifting perspective can help.

“Not it.”

Sometimes emotions hide from us. Remember the defense of denial. I may say or believe:

- *I’m not angry*
- *I’m not scared*
- *I’m not insensitive*

These beliefs may go so deep that they are hidden in our blind spots. We may have a vague awareness but be too frightened or ashamed to admit these emotions. As we have discussed throughout this book, we have all of the emotions, to a greater or lesser degree. So, to resolve denial, it is important to look at the fear/shame that hides it. Also, we can bring awareness to the denied emotion.

For example, you may be afraid to admit to being insensitive because of an identity as a caring person. Yet, there may be many things you have done that could be seen as insensitive. Have you

ever turned off the commercial for abandoned puppies, wounded warriors, cancer patients, or a children's hospital? While you may care about every one of these causes, we choose to focus on one(s) that we decided as priorities in our lives. Every one we choose to support is choosing not to support another.

To Explore:

Choose an emotion to work on. List three ways it is uncomfortable to admit that emotion. Then search for ways that this has been expressed in your life.

I Know You Are, but What Am I?

Sometimes people use a defense called projection. It is uncomfortable to admit something in ourselves, so we claim that the other person is the cause. When I yell at you, you yell back at me. Then I blame you for being angry, rather than seeing how I contributed to this dance. While it may be exactly true that the other person is angry, hiding beneath that awareness may be our own emotions.

It's Not You. It's Me

No. You are not angry. I am bad.

This is the reverse of the prior game. Instead of blaming you, I blame myself. However, this is still a mask of the central issue. Consider, for example, the child who starts crying because of the broken vase. He is not out of sadness but out of fear of the parent's anger. Sometimes my emotions are involved in a dance with others, creating a secondary gain unrelated to the original issue.

The Blame Game

Sometimes we blame others and fail to take responsibility. I get angry at you for something you did, and you respond by being mad at me for something I did. Suddenly we are screaming at one another for each other's faults. This battle can quickly turn into a fight over the words just said so that the original concern gets lost and unaddressed.

In the movie *Beauty and the Beast*, there is an iconic moment where they are arguing:

Belle: [Tending wound]

Beast: That hurts!

Belle: Well, if you hold still, it wouldn't hurt as much!

Games Emotions Play

Beast: If you hadn't run away, this wouldn't have happened!

Belle: If you hadn't frightened me, I wouldn't have run away!

Beast: Well, you shouldn't have been in the West Wing!

Belle: Well, you should learn to control your temper.

Belle: Now hold still. This may sting a little [Tends wound]. By the way, thank you for saving my life.

Beast: You're welcome.

Notice how the fight quickly escalates to a blame game and loses sight of the original wound. Consider how there are other emotions still hiding underneath that were not addressed. Notice also how this fight was resolved. Either party can recognize the blame game and step away from it. Letting go and offering compassion and the simple respect of a "thank you" or "I'm sorry" can shift the tone and direction of the conversation.

To Explore:

Think of a fight that you have had with someone. Observe the blame game as it played out. Identify your personal role in the situation. Identify an “offramp” when you could have stopped blaming and instead apologized or done something else, ending the game.

Keeping Score

A variation of the blame game is keeping score. However, it may be an internal rather than an external fight. For example, consider a situation at home where I ask a sibling to help with some chores. They may become angry since I am so lazy, and they often help me, never getting anything in return (keeping score). Meanwhile, I am angry at them since I have so many additional duties. They should be offering to help me more often (keeping score).

Keeping score is a losing game. In any relationship, someone will always give more in one area and take more in another. I will always get in relation to what I give, although the exchange may not be immediately visible. For example, your parents may give to you on a daily basis. They may have provided food, clothes, toys, time, and love. While this may seem naturally imbalanced, are there

things they get in return? Yes. For example, your parents may get the satisfaction of fulfilling their duties, pleasure at seeing your family smile, and moments of gratitude when you say, “Thanks” or “I love you.” Those may be priceless.

To explore:

Consider a relationship where I keep score. Make a list of all the things they give to me. Consider how to practice letting go of the baggage of days or years of them “owing me.” Notice that some of this work is clearing my personal scorecard and baggage.

Perception and Misperception Exercise

Imagine for a moment you wake up early in the day, and you gradually go outside and suddenly see a snake. Immediately your body responds in one manner or another. Perhaps you run away quickly. Maybe you grab a rake and attack the snake. After attacking the snake or running away, we have a moment to pause, breathe, and regain our awareness. In doing so, perhaps we realize that what we thought was a snake was actually our garden hose. We misunderstood what it was in the early morning light.

Misperception is a common cause of intensive emotion. Taking a moment for reflective thought, rather than immediate reactivity, can often

prevent damaging responses. Most situations we face are not life-threatening, requiring immediate knee-jerk reactions. Instead, they are typically situations that could benefit from a moment of reflection to choose the most effective action.

Over the years, I have learned that some of my perceived “facts” were wrong. Then I realized I might care less about being “right” and more about being “happy.” This perceptual shift can begin our journey inside, in the brain that processes these beliefs through filters and habits.



PART 2:

THE CHANGE PROCESS

Chapter 5

Emotional Change Process

*Feelings are just visitors,
let them come and go.*

- Mooji

*In order to move on, you must understand why
you felt what you did and why you no longer
need to feel it.*

- Mitch Albom

Emotions naturally change and change rapidly. In this chapter, we will explore how emotions change.

Sometimes we begin to think that a feeling is stable. I'm happy, I'm sad, or any of the other emotions we may be faced with at a particular time. This type of language suggests that the emotion is

permanent and perhaps worse, it is part of our identity. But what if neither of these things is true?

We think about depression (for example) as a persistent mood state that lasts for more than two weeks. But does it really?

Try the Following Exercise:

Close your eyes and take three deep, slow breaths. Become aware of your internal thoughts, sensations, and emotions. Whenever your mind becomes distracted, return the attention to the breath. Begin to notice what happens in your thoughts over a period of two to three minutes.

A common result of an exercise like this is that you will discover a wide range of thoughts and feelings even in the course of a couple of minutes. For example, there may be a moment of anxiety as you are uncertain about what may happen next; then you may have a memory of how you are angry at your boss; followed by moments of guilt for not paying attention to your breath; or of relief or happiness that the exercise is almost over and maybe even more. Emotions can change very

rapidly, just as they did with the visualization exercise from Chapter 2.

However, sometimes we get lost in our label, for example, “sad,” and its familiarity, without realizing how “sad” changes as quickly as someone tells a joke, bumps into us in the hallway, or surprises us with a hug. Now that we understand how quickly emotions change, the practice is about how to change how common that feeling is. Much like stress, it is not about completely getting rid of a feeling but just bringing it back to a normal level.

Feelings as Sensations versus Emotions

It is important to understand that there is an interaction between feelings and emotions. We often use these terms interchangeably, although they are a little bit different. Emotions are the moods that we use to label our experience, for example, “sad.” Feelings are sensations that occur in the body.

When I feel sad, there are corresponding sensations that occur in the body. For example, in the exercise in Chapter 2, you were asked to consider what the experience was in the body during

Emotional Change Process

a memory. When I experience the emotion labeled sad, there are feelings in the body. For example, someone may feel a heaviness in their chest, numbness, or foggy feeling in their head. When someone is feeling anger, they may notice tension in their jaw or hands.

Our language is filled with examples that reflect how emotions are grounded in sensations within the body, such as heavy-hearted, light-hearted, butterflies in the stomach, light-headed, hot-headed, or many other descriptions of sensations commonly associated with specific emotions.

Practice Now:

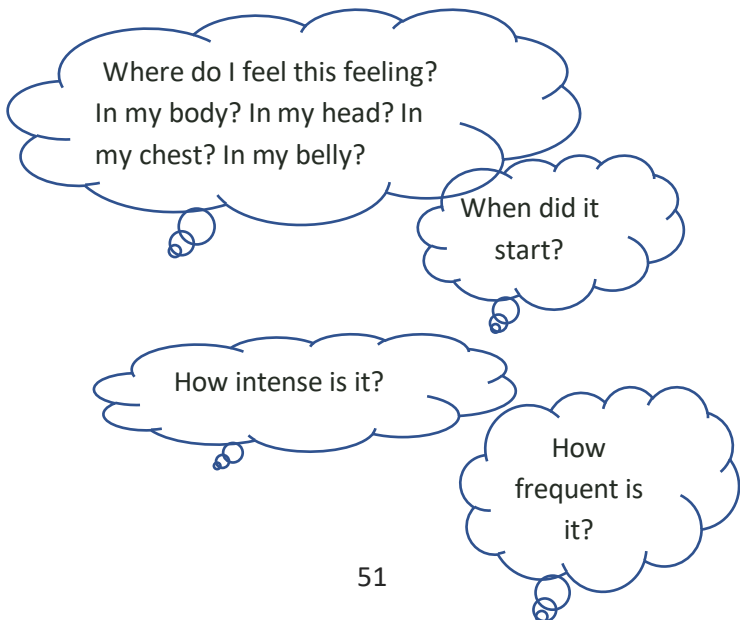
Notice your current experience. Mentally scan your body to identify any current sensations. What mood would you label these sensations? Choose one of the following: Fear, Anger, Happy, Worry, Sad. Over time we will practice with a more complex range of emotions but start with just these five. Repeat this practice several times over the next week.

Emotional Change Process

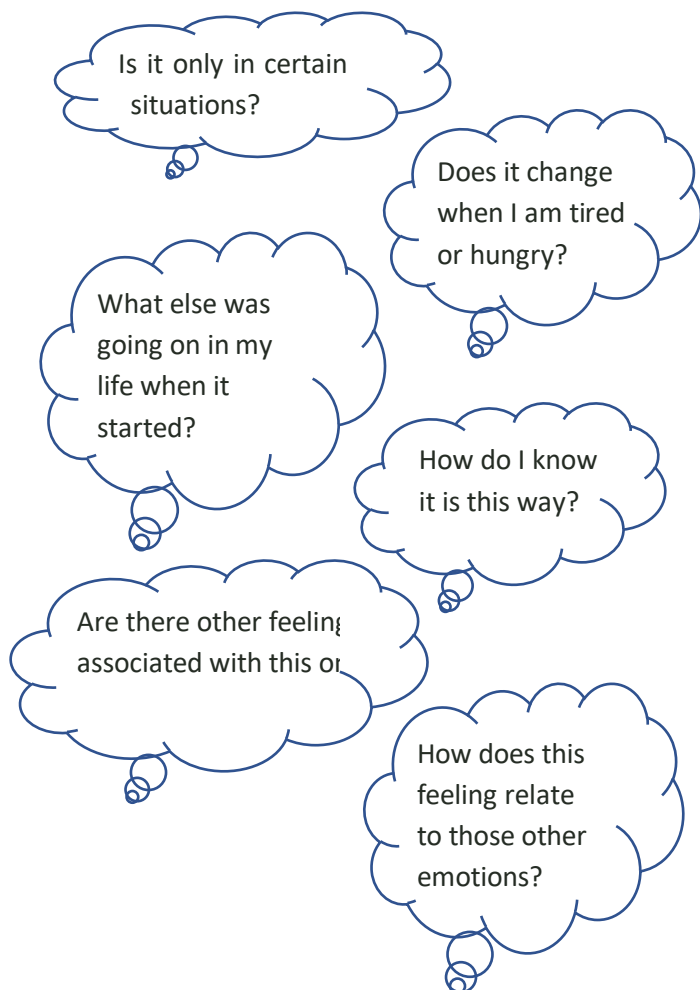
In general, the emotional change process works in three steps: 1) Identification, 2) Change of the emotion, and 3) Maintenance. We will look at each of these briefly and expand more throughout the remainder of the book.

Identification

Much like getting out of denial, the first step is awareness. Awareness itself is healing. We often think we know it all, but often our symptom is much more complex than we realized. Take some time to explore the feeling. Consider, for example:



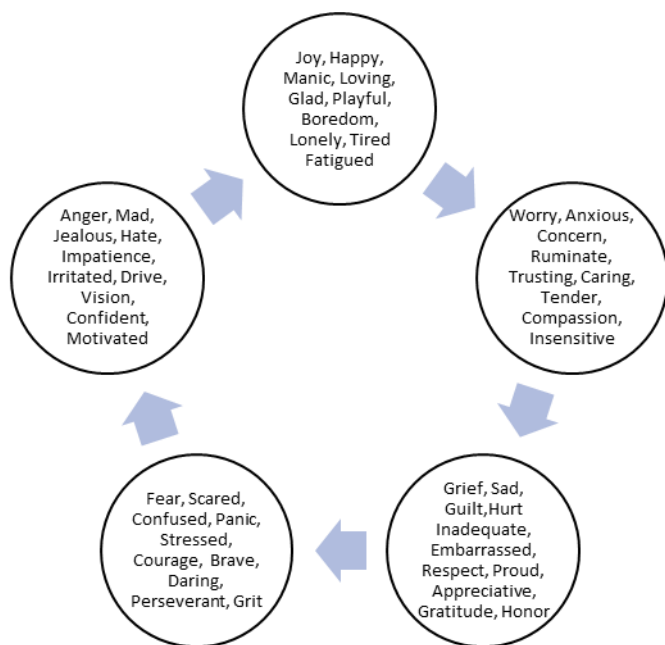
Emotional Change Process



As we work to identify better and understand emotion, we might consider using a tool such as an emotions wheel. Emotions circles list a range of emotions arranged in certain themes, so you can

Emotional Change Process

review them and identify which emotion you are experiencing at the moment. Often you can identify four-to-six emotions associated with any given situation. This type of tool helps to raise awareness about the complexity of the emotional landscape. There are many examples of varying detail. This style of a circle will be familiar to those with experience in Chinese Medicine. Using the circle below, see if you can identify several emotions you are feeling now. You can also download a copy from the resource page of my website at www.Dr.KenMartz.com.



Change of Emotions

Once you identify the emotions, next comes the process of changing the feeling. There are many tools to do this. A number of these tools are discussed throughout this book. Some examples include:

Professional Support

Psychotherapy
Family counseling
Psychiatry/medicine
Hypnosis
Peer support group
Massage
Acupuncture
Yoga & Tai Chi
Chiropractor
Nutritionist
Personal exercise trainer

Personal Change

Journaling
Letter writing
Breathing
Meditation
Progressive muscle
relaxation
Changing beliefs
Forgiveness
Letting go
Grounding techniques
Visualizations
Drawing/ painting

I may use a range of techniques to find the one or combination that works best for me. I may also want to use a combination of personal and professional techniques. Some methods will be designed to work very specifically on a situation (for

example, letter writing to a loved one who has passed away to manage my grief), while others may be more generic, changing the mood state (breathing, exercise, and other techniques).

Maintenance

Many of these tools can quickly give short-term relief or change from a feeling state. Since emotions can become habits, it is often necessary to repeat the tool or use other methods to maintain the changes that are obtained. These can be explicitly planned for the emotion in question. For example, suppose I learn that I become sad every morning when I am sleepy. In that case, I can plan to have a good night's sleep and awaken with an energizing form of exercise to prevent that morning fatigue sensation I have labeled as sadness. It is also possible to create preventive practices, such as a regular exercise program, which some research has said can relieve mild to moderate depression. In creating maintenance plans, it is useful to structure helpful occurrences at regular intervals. For example, I will meditate for ten minutes every morning at 7 A.M. It is also possible to link tools to events. For example,

Emotional Change Process

I will take four deep, slow breaths whenever I feel the heart-racing sensation of anxiety. Maintenance can also make plans to address things before they happen. For example, if I know I become anxious when taking a test, I can plan to spend three minutes in mediation prior to taking the test, entering the classroom, or arriving at school.

In the coming chapters, we will explore some of these tools, more specifically as they relate to certain situations.

Chapter 6

Awareness of Emotions

To be aware is to be alive.

- Anonymous

Consider the Following:

- *It is impossible to change things that we are not aware of.*
- *If I am not aware, any change is done to me rather than by me.*
- *Awareness does not always - or automatically cause change.*
- *In many cases, simple awareness can cause change immediately.*
- *If change comes from me without awareness, it will be accidental (which may help or hurt the situation)*

Developing awareness is essential to effective action, particularly to intervene when problems have arisen.

Deepening awareness can prevent problems. Consider the example of an iceberg. If I am aware of the tip of the iceberg, I can change course. However, the more I deepen my awareness, seeing it from a distance, understanding its depth and breadth, even under the water surface, the better I can create an effective plan of action.

Awareness Heals

Sometimes awareness alone is enough to create a change. For example, sometimes when a baby cries, it does not need to be fed or changed. Simply being held in awareness by a loved one is enough to ease the dis-ease. Similarly, I can quickly adjust when someone is kind enough to let me know I have some spinach stuck in my teeth.

Awareness Exercise: Changing Awareness

Sit or lie in a comfortable position and close your eyes. Mentally unplug from the world for the next three minutes. Put your awareness on the tip of your nose. Feel the temperature of the room. Expand your awareness to your breath. Notice how the breath immediately changes as soon as you begin to observe it. Now begin to notice the temperature as the breath goes in and out of the nose. Can you sense a difference in temperature from inhalation to exhalation? Can you notice the effect of the flow of breath on the sensation of temperature? As you observe the temperature, does the flow of breath (speed or depth) change yet again? For just a moment, try to “not” control the breath and notice what occurs. For just a moment, try to control and change the breath, making it faster or slower. Do you notice what happens in your mind as you are aware of this? Are there mental judgments of how it “should” be? Is the mind “controlling” the breath or creating a verbal commentary after an experience? Explore variations a little longer before coming back to the room.

Notice how in just a few moments, there is a wide range of elements to awareness. There is a direct interaction between awareness and spontaneous change as well as purposeful change.

This is true in other areas of life as well. For example, awareness changes our experience of anger. You may have heard that saying that in retail

stores, “The customer is always right.” This quote is not about submissiveness or giving things away but rather about listening. When a customer is angry, the best thing we can do is listen. Simple awareness, even without the intention of “handling” the concern, can help to ease the anger.

Often, we may complain about an issue. When we walk away, we may feel even angrier if we felt like they didn’t listen or tried to prove we were wrong. Similarly, if we feel heard, even if we didn’t gain a solution we wanted, we may feel more at ease.

Breathing Awareness Exercise: Observation

Sitting still with the spine tall and long, allow yourself to breathe. Notice how the breathing is now. Start to notice how the breathing is shallow or deep, fast or slow. Notice how as soon as we start to observe the breath, it changes. Continue for several breaths.

Awareness alone changes the breath. Begin to notice if you can let go of the intention of changing the breath. Begin to notice if you are able to observe the breath, like passively watching waves of an ocean. Perhaps notice if you can let go of any judgments that the breath should be faster or slower or in any way different than exactly as it is.

Increasing Awareness

When I increase my awareness, it is like shining a light on a dark space. It helps to make the situation clearer. Understand that there is also a limit to how much is needed. Just as a magnifying glass can increase our focus, it can also focus sunlight so that it burns.

Similarly, have you ever experienced a moment when a loved one or friend criticized you? Have you then gone on to worry about that situation, repeating it over and over in your head? Perhaps telling friends about how bad this loved one or friend is, how wrong they are for saying those words. Similarly, this excessive focus burns us with anger after the situation has long passed. In this case, the solution comes not from an awareness of hyper-focus but of broader awareness.

For this reason, it is essential to increase not only the depth of our awareness but also the breadth of awareness.

Sometimes when we are lost in thought, we may not realize how that thought expresses on our face

and body. While I am “stuck” in one simple piece of emotion, I may be so hyper-focused on an issue that I cannot see the solution.

There is a story of how hunters catch monkeys. They take a log and attach a chain to it so it is connected to the ground. Next, they create a small hole and hollow out the inside. Placing a banana inside the trap, they can leave and wait. The unsuspecting monkey comes along and sees the banana. The monkey reaches its hand in through the hole to grasp the banana. Suddenly it is trapped. As it tries to pull out the banana, it cannot get out of the small hole sideways. The monkey clasps harder and pulls harder, becoming agitated. It starts to scream in frustration, which alerts the hunter that the trap is sprung. Try as he may, the monkey cannot escape until the hunter releases it.

We are often just like these monkeys, trapped by our firm intent on a single solution. Sometimes when our focus is intensely narrow, we cannot see that the trap is one of our own makings, and the solution is quite simple; let go of the banana. Let go of my intended goal, and I may become free to do so

much more. Often, we live our lives in cages of our own emotions, unable to see the broader picture. This is yet another example of how quickly broadening our awareness can transform a situation, and ultimately our lives.

How Do I Increase My Awareness?

There are many tools to increase awareness in depth and breadth. Throughout this book, we will be exploring a range of them. Each exercise adds another layer of awareness. Try a range of them. Find the one or combination of approaches that resonates with you at this stage. Then practice. This process will increase self-awareness.

It is valuable to have the support of someone else. I cannot see things that are in my “blind spots.” These can be very obvious to others, even though it is difficult for me to see myself. For example, the situation of having spinach stuck in my teeth, as discussed earlier, makes it clear that others can easily gain awareness of something I do not know. For this reason, consider collaboration with a loved one or friend.

Awareness of Emotions

Consider the support of a professional counselor, another teacher, or a professional, to help with the lesson you wish to learn. When I want to learn to play the violin, I can simply start to practice and become very successful in this way. However, guidance from an expert can speed my progress considerably.

Awareness Exercises

Breathing Awareness Exercise: Abdominal Breath

Let's begin to focus on our breathing. Begin by simply allowing the breath to be exactly as it is. Begin by letting go of any judgments about how you think it should be. Placing one hand on the belly and the other hand on the chest, begin to notice which hand moves and how. As we continue to breathe, see which one moves first and which one moves second, or if they move at the same time. Letting go of any judgments about how it "should" move or why, notice how the breathing pattern changes over the course of several breaths or minutes. Notice the breathing pattern continuing to change substantially, without any effort at this time. Simply bringing awareness to the practice.

Take a moment to begin to change the breath on purpose, exhale completely, inhale deeply into the belly, allowing the chest to remain still. Exhale by squeezing the belly in, pulling the navel in, up, and under the ribs. Inhaling, let the belly drop down and out, extending

Awareness of Emotions

open. Exhale by squeezing the belly in, up, and underneath the ribs, pressing the diaphragm upwards. Inhale by drawing the diaphragm down, which pushes the belly down and out, creating some space. Continue to breathe like this for several breaths, becoming aware of this abdominal breath movement. If you find that the chest is moving, you may try sitting against the back of a chair or lying on the floor. Continue this practice for three minutes to raise awareness of the muscles and patterns of movement for abdominal breathing.

Breathing Awareness Exercise: Meditation

Meditation is an excellent practice to build awareness and mental calm. To meditate, follow these four simple steps:

- 1) Find a comfortable posture and close your eyes.
- 2) Choose a point of focus, such as observing the breath or repeating an affirmation over and over again.
- 3) Continue with your awareness of that point of focus for some time.
- 4) When the mind wanders, gently call it back to your point of focus.

You can practice for a minute or two to start. Then eventually increase as you are able to get up to twenty minutes twice a day.

You can download a handout of an introduction to breathing and meditation techniques from the resources page of my website at www.DrKenMartz.com.

PART 3:
MANAGING SPECIFIC
EMOTIONS

Chapter 7

Courage and Fear

*Fear is the path to the Dark Side. Fear leads to
anger.*

Anger leads to hate. Hate leads to suffering.

- Yoda

*Never take someone's feelings for granted
because you never
know how much courage that they took to show
it to you.*

- Anonymous

Exploring Fear

Imagine for a moment something causes you to feel fear, something that stops you in your tracks. Perhaps it is a fear of spiders, fear of public speaking, fear of failure, or fear of success. Ask yourself the following questions:

Courage and Fear

- Where do I feel this emotion in my body (e.g., Head, chest, belly)?
- What does this sensation feel like (e.g., Heaviness, tightness, relaxation)?
- How fast does this feeling arise?
- How long does this feeling last?
- When is the first time I ever felt this emotion?
- Are there things that make this emotion more or less intense?

Fear and Courage

Fear is a core emotion. It is deeply rooted in the brain in the basic fight or flight response, so it can be seen as an activating feeling that charges motivation. It is like gas in the car, giving the strength to move. Whatever I am afraid of, having fear in moderate amounts will keep me active, focused, and motivated.

Consider fear as the shadow side of courage. It is like the front and back of my hand; one does not exist without the other. Courage is not the absence of fear but rather the willingness to take action

Courage and Fear

despite my fear. Over time I have discovered I am afraid of many things in life. By pulling our fears out of denial and into the light, I have also found that the scariest things are not real but only in my imagination.

As we claim our fears, they are transformed into courage. Just like an ocean wave is scary since it can knock us off balance, people spend hours at the beach in the summer, empowered by standing strong as the waves pass us by. Some take surfboards and boogie boards to master the waves from above. Our delicate balance of fear and courage creates exhilaration. Consider roller coasters, our first kiss, public speaking, and so many other things where that initial fearful anticipation is overcome.

Lack of Fear

If I never had any fear, I would quickly die since I would engage in risky behaviors such as walking in front of traffic, standing near ledges of tall buildings, or using illicit substances. Just as a lack of fear is dangerous, an excess of fear has serious risks, in addition to being uncomfortable.

Courage and Fear

Fear protects us. It keeps us out of thoughtless danger. Suppose I got my wish of having “no fear,” I would quickly die because I impulsively made dangerous decisions. This can be as simple as changing dinner plans (four times in a row). It can also be as risky as running out into a street without looking to see if a car is coming, accepting a drink from someone I don’t know at a party, taking a “shortcut” through a dark, deserted alley at night, or getting into a car with someone who has been drinking.

Excess of Fear

An excess of fear can “freeze” us, afraid to move forward or experience life. When a deer becomes fearful and freezes in the middle of the road (instead of running away), it is in serious danger. When overloaded with fear, I may never leave the house, afraid that the car will crash, a bee will sting me, a snake will jump out of the bushes, a person will assault me, and on and on. This is the type of experience many people think of when they consider fear. However, every act of courage and heroism is a moment of overcoming fear.

Similar to stress, fear should not be too little or too much. As we find balance, we can maintain the strength and motivation of courage without the painful extremes of fear.

Is Fear a Familiar Feeling?

Ask yourself:

- *Where are some areas that I feel “stuck” in life?*
- *Is there something that I want to do but am afraid to do it?*
- *Is there a part of my life that has become cold and boring?*
- *Is there a part of my life that has become impulsive and fast-paced?*
- *Do I have frequent regrets over quick decisions?*
- *Have I lost relationships because I am not reliable?*

What am I afraid of (it may be more than one thing)? Review the following sample list of fears and rate each in the range of zero through 10, with zero meaning no fear and 10 being intense, immobilizing fear.

Courage and Fear

<u>Fear</u>	<u>Rating (0 to10)</u>
Success	
Failure	
Trust	
Loss of something valuable	
Dying alone	
Relationships	
Being embarrassed	
People laughing at me	
Making a mistake	
Losing	
Winning	
Not making the team/not getting the part	
Getting a failing grade	
Someone being angry	
End of a friendship	
Flying in an airplane	
Spam cyber attacks	
Identity theft	
Disease	

Courage and Fear

Snakes	
Heights	
Spiders	
Darkness	

Obviously, the list is endless. You also consider that fear doesn't have an "on/off" switch but a range. If I ask myself whether I am afraid I spiders, I may say "no," but it may be a fear of 1 or 2 out of 10. Exercises like this can help us to increase awareness of our range of fear.

Ways to Balance Fear and Courage

There are a number of strategies specific to the management of fear and other techniques throughout this book. Some very effective tools we have discussed include:

- Deep breathing with a focus on long, slow exhalations to relax the body, activating the parasympathetic nervous system
- Visualizations where we shrank the mental images of the feared objects

Courage and Fear

- Belief changes include identifying my fearful beliefs (e.g., the snake is dangerous) and altering them.

In addition to some prior tools, we can add some new ones.

Exposure

One tool to manage specific fears involves exposure. However, the fear we experience should be manageable, so we create very low-level experiences of the fear to inoculate, build tolerance and courage to easily manage what was previously an intolerable fear.

This tool is best if I am afraid of something specific, for example, snakes. Begin by creating a list of scenarios that you are progressively fearful of. Next, rank them with numbers ranging from 0 to 100. For example:

- 0 A book about the history of snakes on a table in Canada
- 10 A book about snakes on a table at my neighbor's house
- 20 A small pet snake in a cage at my neighbor's house

Courage and Fear

- 30 A small pet snake in a cage in my house three rooms away
- 45 A small pet snake in a cage in my house in the next room but not visible
- 55 A small pet snake is in a cage in my house in the next room, and I can see it
- 67 A small pet snake in a cage in the next room with the cage door open
- 75 A small pet snake loose in the room
- 85 A small size snake near my feet
- 95 A small size snake crawling on me

You may have other examples or substitutes for different types of issues like fear of heights. Begin by using your favorite stress reduction, such as deep breathing, then imagine the first image. You may notice a slight fear response. Continue to breathe until that response fades, then increase to the following image. Continue one after the other, taking breaks as needed until increasingly fearful images no longer create a stressful fear reaction.

Just do it.

For certain fear responses, taking action is critical. If I am frozen in fear, simply taking one step

forward can interrupt the cycle and help with a breakthrough. For example, if I am afraid to ask someone to the dance, the simple act of taking the next step can reduce the fear. Get the phone number and dial the phone. If I am paralyzed in fear for ten minutes waiting to make the call due to fear of rejection, I will have a period of discomfort. The longer we wait, frozen in fear, the more we experience discomfort. Why wait twenty minutes when I can call immediately and have a resolution, one way or the other. Paralysis prolongs the discomfort, so take a step toward action.

Grandmother Hug

Imagine your beloved grandmother, aunt, or teacher, giving you a big hug and standing with you as you face the fear. Choose someone you know has confidence in you. Find the right image for you, and let their strength support you.

Courage Builder

Consider what the worst thing that could possibly happen is. Consider how likely (or typically unlikely) that could occur. Knowing the feared outcomes and how unlikely they are can help to have

the strength to overcome them. Over time, developing trust that we are safe makes it easier to take healthy risks.

Affirmations

Say some of the following quotes to myself. Repeat often.

- I am strong.
- I am courageous.
- I am flexible/adaptable.
- I trust.

Yoga Pose: Cobra

Lie on your belly and bring your hands under your shoulders. Palms are on the floor with fingertips reaching underneath the top of your shoulders. Using back strength, gently raise your head and shoulders, feeling the heart lifting up and forward. You can also push the hands gently into the floor to raise a little higher but continue to use your back strength as your focus. Hold for three breaths, lower down to rest. Repeat as often as you like.

The cobra requires us to have the strength of courage to rise from the ground, able to protect

ourselves, and face the fears before us. As you practice, visualize and feel the strength of courage.

Visualization:

Lie down in a comfortable position and close your eyes. Allow the body to melt into the ground as the breathing softens over several breaths. Imagine you are in a theater watching a movie where you are the hero, having just overcome your fear. See how you are standing in the movie. Notice your shoulders, your face, and your eyes. Now step out of your chair and walk up to the movie screen. Walk into the screen and step into the place where you are in the movie. Notice what it feels like in your body to stand in this way, knowing you were able to overcome your fear. Searching your memory, you can see the steps of how you overcame this fear, with clarity on how easy it was. Take a few breaths to savor this feeling of success as it soaks into every cell of your body. After some time, allow your fingers and toes to wriggle, awakening with this clear sense of self to carry with you into the day.

Practice

We can practice doing things that scare us. Doing so over time can help build our courage. Consider practicing the following to practice overcoming “safe” fears:

Courage and Fear

Take a new exercise class	Try a new hairstyle	Smile at someone
Pick a random channel and watch it	Try a new hobby	Rearrange your furniture
Wear something in your closet that you never do	Try a new flavor of ice cream	Go to a new restaurant
Try something different on the menu than your “usual” meal	Turn off the TV for one day	Ask someone for help
Drive a different route to school	Cook a new recipe	Tell someone a secret
Start a brief conversation with the grocery checkout staff	Admit something you don’t know	Take “the road less traveled”

Take a Moment to Reflect

Take a moment to reflect on what you have been learning. See where you are at now:

- Is fear a bad thing?
- Can I begin to be aware of the physical sensations in my body that I label as “fear”?

Courage and Fear

- If I am afraid, is it a temporary feeling state?
- If it is temporary, which tools work best for me?
- Are there things that make the fear worse for me that I should avoid?
- Can I imagine myself strong and full of courage?
- Can I hold an image of myself as strong and full of courage for two minutes?
- What if I could hold this strength and courage for one day?
- Knowing I am strong and courageous, what can I do to help remember this easily and continuously?

Is this the same or different than you were experiencing before? Continue to notice changes in your experience of fear and courage as we discuss anger and drive. Consider how courage helps motivate us to act, which becomes our inherent drive, or anger.

Chapter 8

Drive and Anger

Don't hide your feelings. Act on them. You never know when that chance will no longer be there.

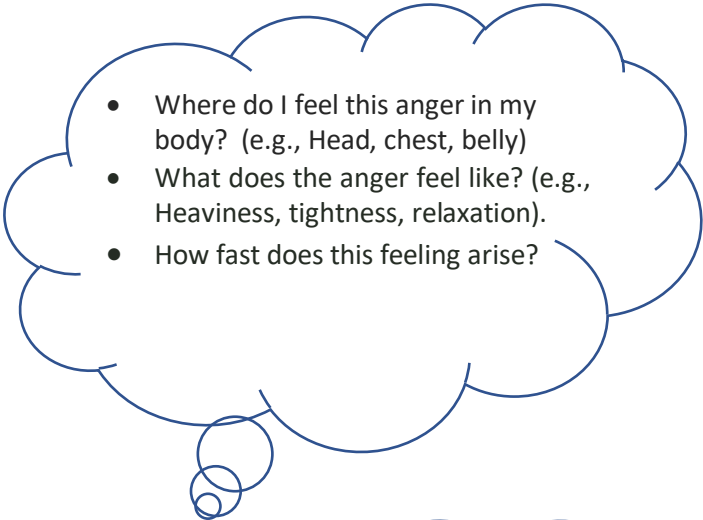
- Anonymous

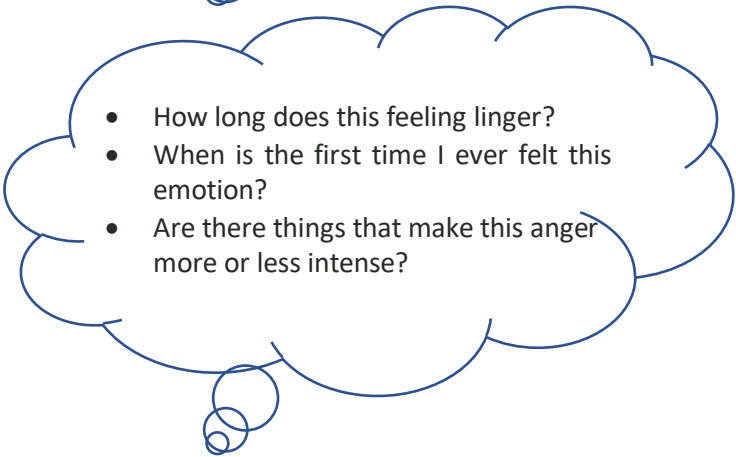
Anger is the feeling that makes your mouth work faster than your mind.

- Anonymous

I magine for a moment something you have been angry about, such as something that caused a sudden and sharp frustration. Perhaps it was when your parents forbid you to do something, an annoyance at something a loved one said this morning or anger at your teacher for asking you to re-do an assignment. Ask yourself the following questions:

Drive and Anger

- 
- Where do I feel this anger in my body? (e.g., Head, chest, belly)
 - What does the anger feel like? (e.g., Heaviness, tightness, relaxation).
 - How fast does this feeling arise?

- 
- How long does this feeling linger?
 - When is the first time I ever felt this emotion?
 - Are there things that make this anger more or less intense?

Drive and Anger

Drive is the vision that gives us direction in life. It offers motivation to achieve our goals. We associate it with successful people who are able to know what they want and take effective steps to achieve their goals. This includes the strength to “power through” fatigue, challenges, and obstacles. It is similar to the strength of a tree, which reaches deep into the earth and far upward toward the sun. Rocks that get in the way are pushed aside so the tree will reach its goals.

In excess, this drive is what we call anger, aggression, or rage. It is a painful emotional state, like the animal that lashes out after being wounded. This level of emotion can damage us and those around us, creating fear in those who experience it.

If I lack this drive, I will become a passive pushover. When I am not clear about what I want in life or do not use my courage to take steps to realize those goals, it can leave me feeling weak, unfulfilled, and inadequate.

What Makes me Angry?

There may be many things that make me angry or frustrated. What are some of the ones that are particularly annoying for you?

Disappointment	Failure
Unmet expectations	When someone is late
Bullies	An unfair teacher
My boyfriend/ girlfriend	My parents
People who don't hold the door for you	Restaurants that charge for refills of soda
Spam email	Slow internet
Power outage	Pop quizzes
Someone who doesn't pull their weight on a group project	People who chew loudly or "crack" their gum
People who don't respond to a text immediately	People talking loudly on their cell phones

Tools to Work with Anger and Drive

Breathing

One of the most well-known interventions for anger is breathing. Start with a slow deep breath. Allow the exhalation to be about twice as long as the inhalation. Count to three or four as we inhale, and count to six or eight with each exhale. Repeat until the feeling softens.

Decisions/Solutions

Often anger can relate to a frustrated goal. Instead of focusing on our frustration and what we are lacking, we can turn our focus toward solutions to the issue. For example, if I am frustrated about a spam email, I can do many things. Identify some and begin one, for example:

- I could change my email address.
- I could examine spam filters.
- I can change the spam settings of my current email provider.
- I can add my name to federal spam lists.

Identify Underlying Beliefs/Expectations

The anger that we experience has roots in our thoughts. Consider what some of the beliefs are that I hold that cause my anger. For example, if we are angry at an unfair teacher, perhaps we have beliefs such as:

- He/she is “stupid”
- They “should have”...[been more fair, granted me an extension, or done something differently]
- They are “making” me fail

When we can understand the specific belief that causes our anger (*should* statements are common here), we can begin to change them. When we change our expectations, the anger eases.

Physical Exercise

Exercise is a rapid way to change our emotional state. It immediately changes the speed of our breath. It detoxifies stress-related chemicals. It releases tension from the body and makes hormonal changes that last up to twenty-four hours. As a culture, our lives have often become more

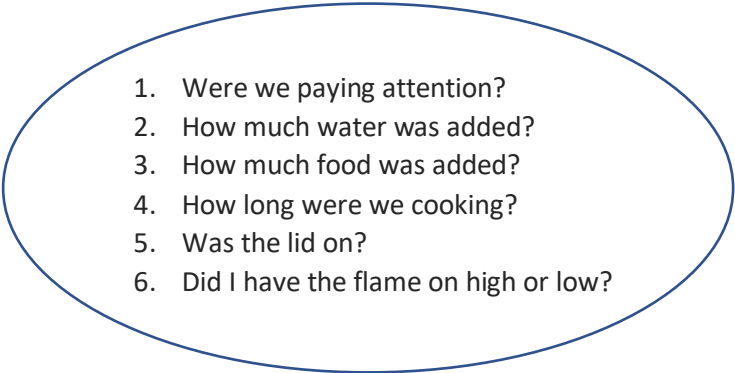
sedentary. When we lose our physical strength and regular activity, it diminishes our strength to manage crises. Consider how our mind tries to trick us into stopping our exercise. The practice of exercise includes the skill of pushing past our limitations, one more minute, one more repetition, one more set, one more pound, or one more of whatever it is we are working at.

Planning

Planning is the process of identifying our triggers of anger and planning around them. It involves looking ahead to prevent flare-ups of rage, and it also involves making sure that our vision and drive do not fall too low and become apathy or passivity.

While we think of anger management as “calming down,” this is really about intervening in a moment of anger. When a pot boils over on the stove, we need to calm the temperature quickly, but it is essential to know how to prevent the overflow. Whenever possible, it is best to develop a plan for anger prevention. With the boiling pot example, we may consider:

Drive and Anger

- 
1. Were we paying attention?
 2. How much water was added?
 3. How much food was added?
 4. How long were we cooking?
 5. Was the lid on?
 6. Did I have the flame on high or low?

The framework of these questions about boiling water can help us consider ways to change the situation. Let's see how this framework applies to the anger at an "unfair" teacher scenario by considering the following:

- Were we completing all assignments on time and asking questions when we didn't understand? Or were we distracted, talking with our friends in class and forgetting to submit assignments?
- How much water was added? Was I waiting until the last minute to study and complete assignments? A rushed attitude can affect my anger risk.

Drive and Anger

- How much food was added? Do I pay attention in class and ask questions when I don't understand?
- How long were we cooking? When I am tired and fatigued, this can impact my irritability. As fatigue increases over time, it can also increase my risks

Journaling

Writing our thoughts in a journal or on paper can also be helpful. The process of writing can slow the racing mind. Writing can move the angry thoughts out of our heads onto paper, creating some “mental distance” from them. Once written, we can also rip – up the paper and throw it away, or otherwise dispose of the thoughts somehow, “releasing” them, rather than carrying them internally.

...And What Else?

I often say that anger is a false emotion. As we become aware of our emotional landscape, anger almost invariably covers another emotion(s). Typically, it is hiding fear. Simply asking the question “and what else” can help us to identify these other emotions that hide underneath. The use of a tool

such as an emotions circle can also help us to scan emotions to find others that are hiding. For example, with the case of the “unfair” teacher, underneath my anger often lies a flash of fear of danger when I receive a less than desirable grade. Identifying the underlying emotions will also help to “vent” the anger, by diminishing it at the root, just like turning down the flame under the pot of boiling water.

Affirmations

Say some of the following quotes to myself. Repeat often.

- I have a clear vision for my life.
- I can ask for what I need.
- I can negotiate when I have differences with others.
- I have the drive and strength to achieve my goals.

Yoga Posture: Tree Pose

From standing, shift all of your weight to your left foot. Turn the right foot to point to your right side with the heel on your left ankle. If this is enough, remain balancing as much weight as you can on your left leg. If

you are stable, there is an option to slide the right foot up the left leg to the calf. You may then also bring your hands together to prayer posture in front of your heart. If you are steady, you can also “grow branches” reaching your hands straight to the sky. Continue for three breaths before slowly lowering back down to standing and practicing on the right leg.

The Tree pose is a practice of assertiveness. We begin by planting our foot firmly rooting into the ground. We feel the stability of our base before eventually growing branches, reaching for the sun, identifying our goal in life, and having the strength to reach for it. Trees sway. There is a gentle flexibility in trees, so they are neither passive nor aggressive, but hold a stable assertive balance. As you practice, feel the strength of reaching for your goals and maintaining balance in life.

Visualization 1

Lie down in a comfortable position and close your eyes. Allow the body to melt into the ground as the breathing softens over several breaths. Imagine you are in a theater seeing a movie where the situation you are watching is causing you to be angry. Notice the words and posture of the characters. See the movie’s vivid color. Ask yourself how intense is the anger on a scale of one to ten. Expand your awareness to see the edges of the screen. Then imagine the screen shrinking to television size. Let

the image become dull and turn to black and white. Perhaps a silly theme song plays behind the image. Finally, let the television move farther away, far off into the sky, and into space. Ask yourself again how intense the anger is on a scale of one to ten, noticing how quickly it has lessened. After some time, allow your fingers and toes to wriggle, awakening with this clear sense of freedom to carry with you into the day.

Visualization 2

Lie down in a comfortable position and close your eyes. Allow the body to melt into the ground as the breathing softens over several breaths. Imagine you are in a theater watching a movie where you are the hero. With the clarity of vision, you see your goal and understand the steps to achieve it. See how you are standing in the movie. Notice your shoulders, your face, and your eyes. Now step out of your chair and walk up to the movie screen. Walk into the screen and step into the place of yourself. Notice what it feels like in your body to stand in this way, trusting your ability to apply your knowledge to follow through to effective solutions. Standing tall, you can see with clarity the next steps, with clarity on how easy it is. Take a few breaths to savor this feeling of success as it soaks into every cell of your body. After some time, allow your fingers and toes to wriggle, awakening with this clear sense of self to carry with you into the day.

“Venting” our Anger

“Venting” is a tricky situation. It seems a commonsense approach to relieve pressure. But the way we do so may or may not be helpful.

Some suggest “venting” our anger by doing things such as punching a pillow, beating my spouse with a foam stick, going to a private space and screaming, going to the back yard to do a chore, such as chopping wood.

As we consider the potential value of such approaches, let's replace the term “venting” with “practice.” Venting anger sounds like a good thing. However, if we “practice anger” by punching, hitting, or screaming, it may not have the intended effect. What happens when we practice things? They become more common.

For this reason, we may want to consider alternatives to practicing these behaviors. Instead, we can practice breathing, exercise, journaling, and other helpful modalities. In a later chapter, we can also use a tool called “forgiveness.”

Practice

We can practice having the clarity of mind to know what we want and the planned steps to achieve our desires. Doing so over time can help build our assertiveness. Consider practicing the following:

Practice a weight training exercise, such as pushups	Identify a goal and list three steps to achieve it
Practice listing three wants and three needs in your life	Write a “to do” list for the day and prioritize what you put on it

Take a Moment to Consider

Pause a moment to reflect on what you have been learning about anger and drive.

- Is anger a bad thing?
- Can I begin to be aware of the physical sensations in my body that I label as “anger”?
- If I am angry, is it a temporary *feeling* state?
- If it is temporary, which tools work best for me?

Drive and Anger

- Are there things that make anger worse for me, that I should avoid?
- Are these things the same or different as those who can help me with my fear?
- Can I imagine myself as strong, driven, and focused?
- Can I hold an image of myself as strong, driven, and focused for two minutes?
- What if I could hold this strong, driven, and focused image of myself for one day?
- Knowing I am strong, driven, and focused, what can I do to help remember this easily and continuously?

Is this the same or different than you were experiencing before? Continue to notice changes in your experience of anger and drive as we discuss boredom and joy. Consider also how drive causes us to complete actions. The completion of actions can lead to the joy of feeling successful.

Chapter 9

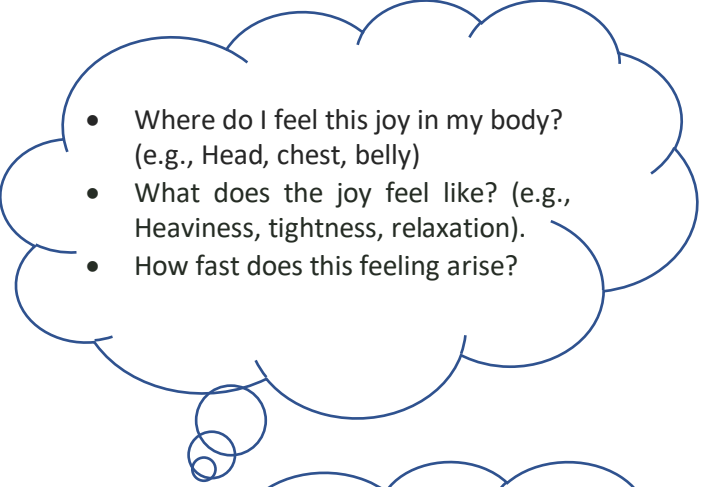
Joy and Boredom

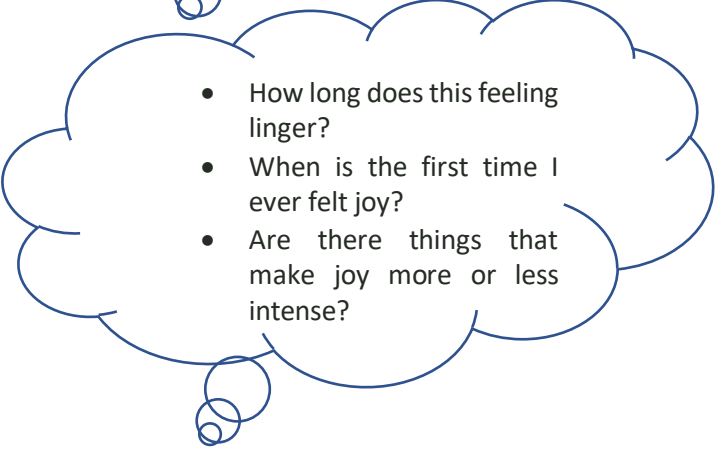
*Let anyone who comes to you go away feeling
better
and happier. Everyone should see goodness in
your face,
in your eyes, in your smile. Joy shows from the
eyes. It appears
when we speak and walk. It cannot be kept
closed inside us.
It reacts outside. Joy is very infectious.*
- Mother Teresa

Imagine for a moment something you have been joyful about, such as something that caused a sudden and intense moment of happiness. Perhaps it is earning student of the month, receiving a good grade, being accepted to a

Joy and Boredom

college/job, or simply the freedom of dancing at a school dance. Ask yourself the following questions:

- 
- Where do I feel this joy in my body? (e.g., Head, chest, belly)
 - What does the joy feel like? (e.g., Heaviness, tightness, relaxation).
 - How fast does this feeling arise?

- 
- How long does this feeling linger?
 - When is the first time I ever felt joy?
 - Are there things that make joy more or less intense?

Joy and Boredom

Some may have skipped ahead to this chapter to learn how to be happy. Everyone wants this flavor of ice cream, this particular spice of life. In earlier chapters, you may have easily thought of moments of fear or anger, but was it also easy to think of a memory of joy?

Like other emotions, this occurs in a range. Sometimes we may initially think of joy in terms of very rare events such as getting asked to the dance or graduating. These are very useful to get the initial feeling sensation. Once you are clear of the feelings, it is easier to broaden your awareness to other times with similar sensations and emotions.

Joy or happiness is common when we experience success in life. This may be accomplishing a task, winning a game, or hugging a loved one or friend. It is also often associated with a feeling of playfulness and connection with others.

Lacking Joy: Boredom

Lacking this feeling in life leads to feelings of boredom and loneliness. Boredom is a lack of

pleasure. It is possible that your situation is truly boring, but most often, this is either:

- 1) A lack of awareness
- 2) The stifling effect of grief and sadness
- 3) The freezing effect of fear

For each of these issues, you can also see the other chapters on those topics for further consideration.

What Helps me Feel Joy?

As we build awareness, consider which of the following you enjoy:

Games	Tickle fights	Movies
Dancing	Pillow fights	Running
Massage	Favorite ice cream	Sports
Kittens	Chocolate	Fridays
Jokes	Sunsets	Ocean wave
Hugs/kissing	Completing tasks	Tik Tok videos

Joy and Boredom

Spending time with friends	Spending time with younger kids	Spending time with pets
Other_____	Other_____	Other_____

There are many books and websites of 1,000 things to be happy about. Find your personal pleasures. Consider a range of playful and active choices, and plan to do some regularly. Challenge yourself to make a list of at least ten items, activities, or people that bring you joy.

Tools to Work with Boredom and Joy

Clearing Grief

As we relieve our fear and grief, we will be better able to find joy. The work of those chapters will support your practice of joy.

Smiling/Laugh

Smiling triggers the part of the brain that helps us to feel happy. It is easy to do and to repeat. It can boost the immune system and relieve stress. It is also said to relax dozens of muscles across the body.

Laughing or whistling a song are also effective tools to explore.

Massage

For many people, touch feels good. Explore massage chairs, self-massage, or professional massage as options to practice these feelings. There are many good books or videos to teach basic massage so you can perform massage on yourself. There are also many different techniques used by professional massage therapists, which feel good and relieve stress and tension.

Breathing

As discussed, breathing is one of the fastest ways to change the feeling state of the body. To explore an energizing breath, allow yourself to inhale to a count of six and exhale to a count of three for several breaths. This shift in breath pattern can be energizing, just like the body yawns when feeling sleepy.

Affirmations

Say some of the following quotes to yourself. Repeat often.

- I am successful.
- I celebrate success.
- I have trustworthy people in my life.
- I enjoy “playtime.”

Yoga Posture: Dancer

From standing, shift all of your weight to your left foot. Bending your right knee raise the foot up behind you. If you are comfortable, reach your right hand back to hold the foot. The left hand reaches up toward the ceiling. The heart lifts up and slightly forward, creating a slight curve in the back. If this is enough, remain there. If you are comfortable with more, begin to kick the foot backward while the heart leads, leaning forward. Continue for three breaths before slowly lowering down and practicing on the right leg.

Dancer pose is a practice of lighthearted joy. We begin by planting our foot firmly rooted into the ground. We feel the stability of our balance ease as we stretch forward and back. The dancer is a practice of opening the heart to play. There is a flexibility of the dancer that opens us up. While we may not be able to hold the balance as long, there is a feeling of accomplishment of the achieved beauty, which is magnified by its

impermanence. As you practice, feel the lightness of being, the freedom to dance.

Visualization

Lie down in a comfortable position and close your eyes. Allow the body to melt into the ground as the breathing softens over several breaths. Imagine you are in a theater watching a movie where you are the hero, with the pride of having saved the world and are receiving praise from the city. Perhaps you share this moment with a loved one. See how you are standing in the movie. Notice your shoulders, your face, and your eyes. Now step out of your chair and walk up to the movie screen. Walk into the screen and step into the place of yourself. Notice what it feels like in your body to stand in this way, savoring the joy of successful accomplishment. Standing tall, you can feel the lightness of being able to accomplish whatever comes next. Take a few breaths to savor this feeling of success as it soaks into every cell of your body. After some time, allow your fingers and toes to wriggle, awakening with this clear sense of self to carry with you into the day.

Practice

We can practice the attitude of play and success. Doing so over time can help build our sense of happiness and joy. Consider practicing the following:

Joy and Boredom

Laugh at yourself	Read a joke book
Watch a funny movie	Laugh like you mean it
Smile at everyone you meet today	Make funny faces at someone
Play a game with a younger sibling or cousin	Check things off your “to-do” list
Turn on your favorite song, and dance like no one is watching	Make up a game to play with your friend or family member
Make a list of three things you accomplished today, this week, this year.	Turn on your favorite song and dance with a friend or family member

Take a Moment to Consider

Pause a moment to reflect on what you have been learning about joy and boredom.

- Is joy a bad thing?
- Is chasing joy/success a good thing for me?
- Can I begin to be aware of the physical sensations in my body that I label as “joy”?

Joy and Boredom

- If I am joyful, is it a temporary *feeling* state?
- If it is temporary, which tools work best for me?
- Are there things that make joy more muted for me that I should avoid (for example, guilt, worthiness, fear)?
- Can I imagine myself strong and full of happiness?
- Can I hold an image of myself as strong and full of happiness for two minutes?
- What if I could hold this strength and happiness for a whole day?
- Knowing I am strong and happy, what can I do to help remember this easily and continuously?
- Knowing strength and happiness are “who I am,” why would I ever give that up?

Is this the same or different than you were experiencing before? Continue to notice changes in your experience of joy and boredom as we discuss compassion and insensitivity. Consider also how success causes us to want to share.

Chapter 10

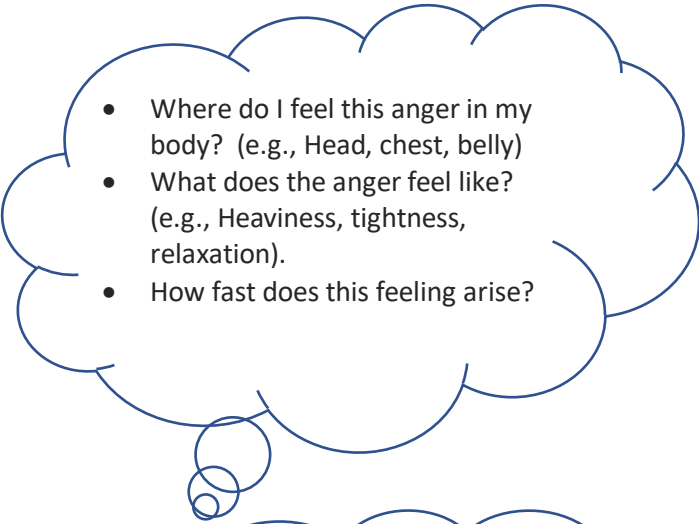
Compassion and Insensitivity

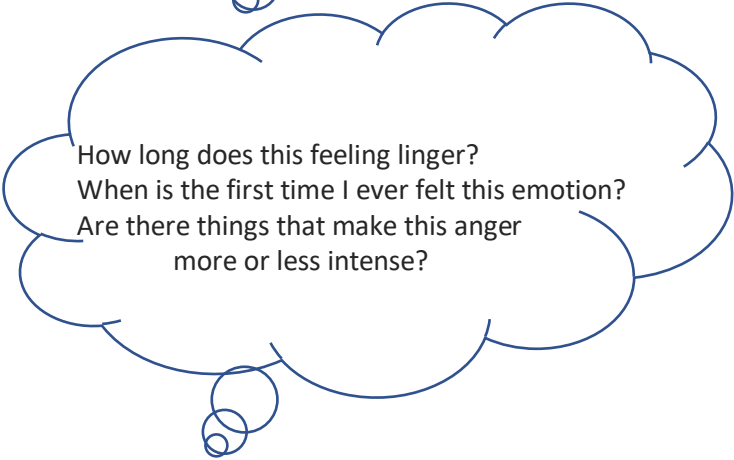
Research has shown that a simple act of kindness directed toward another improves the functioning of the immune system and stimulates the production of serotonin in both the recipient of the kindness and the person extending the kindness. Kindness extended, received, or observed beneficially impacts the physical health and feelings of everyone involved.

- Wayne Dyer

Imagine for a moment something you have been worried about, such as something that caused a sense of concern about a situation. Perhaps it is a worry for the health of a family member, worry about a grade, or how to “make” your parents understand you. Ask yourself the following questions:

Compassion and Insensitivity

- 
- Where do I feel this anger in my body? (e.g., Head, chest, belly)
 - What does the anger feel like? (e.g., Heaviness, tightness, relaxation).
 - How fast does this feeling arise?



How long does this feeling linger?
When is the first time I ever felt this emotion?
Are there things that make this anger
more or less intense?

Insensitivity: A Lack of Compassion

At times, in this high-paced world, we can become so busy that we become self-focused on my house, my job, my phone, my car, and other examples of “my” things. When there is a lack of compassion in the world, there is an increase in many social ills that are seen as “other people’s problems,” like poverty, illness, depression, substance use, homelessness, and hunger.

What Helps me Feel Compassion?

We can raise awareness of compassion in our lives by considering what causes me to recognize that feeling of “Awww,” and the related desire to help our loved ones. Consider some of the following:

Bandaging a child’s “boo-boo”	Holding the door open for someone
Making chicken soup for a sick friend or family member	Welcoming a new student at your school
Commercials for abandoned animals	Celebrating Mothers’ Day or Fathers’ Day

Compassion and Insensitivity

Commercials for hungry children in another country	Bringing doughnuts or candy to share at school
A friend asking for “help”	A warm smile
Seeing a baby	Snuggling with a pet

Tools to Work with Compassion

Touch

While being sensitive that some individuals may prefer not to be touched, this can quickly communicate this emotion. Unlike touch for pleasure, as we discussed in the previous chapter, this touch is about communicating connection. A bear hug, a pat on the back/arm, or holding someone’s hand can quickly communicate this sense of “I’ve got your back,” or “I’m here with you.”

Donating

Donating communicates to ourselves and to others that I have abundance and can share freely. We can donate our time or food and clothing items. Many of us have children’s toys that have been outgrown, clothes we no longer wear, or other

things that can be donated to local programs. Donating to others is also a gift to ourselves since it feels good for us to be helpful.

Volunteering

This shares of ourselves and can engage the heart. Volunteering at a children's hospital, a soup kitchen, or other places can help us connect with this sense of compassion. There are many ways to volunteer that may be one-time events or become regular traditions.

Gifts Freely Given

Sometimes people "keep score" with gifts. Practice an attitude of the gift freely given, not as competition or to "get" something. Often when I give freely, I also get things in return, but giving is not for that purpose.

Exercise

Physical exercise of various sorts is an excellent way to get "out of our heads." It forces attention into the body and into action rather than simply "spinning our wheels." Exercise with aerobic practice and our favorite music can be particularly

helpful, creating short-term attention, as well as a calm that comes after the more intense exercise. Try dancing, running, swimming, or kickboxing.

Journaling

Journaling is a great way to express our thoughts, but it requires us to slow our thoughts enough to write them out. Who knows? Maybe you will be able to turn these thoughts into a book one day!

Grounding Techniques

Many quick tools can be used to increase our sense of worry or anxiety. These simple tools bring a moment of attention to the present moment. For example, feeling the temperature in the room on your skin, feeling the weight of your body supported by the ground/chair/bed, counting the yellow objects in the room, noticing the smells in the room, or small sounds we usually don't hear, like a fan or children playing outside nearby.

Breathing/Meditation

Breathing is an excellent tool for calming worry. The simple focus on the exhalation and focus on the

physical body can help quiet the mind. Like a snow globe, just being still for a period of time, like the stable mountain, can help to quiet the internal storms of life.

Affirmations

Say some of the following quotes to myself. Repeat often.

- I have all that I need.
- I am compassionate and warm-hearted.
- I am stable and solid despite challenges.
- I have enough that I can share, supporting others.

Yoga Posture: Mountain Pose

From standing, keep your arms at your side. You may turn the palms to face slightly forward, helping the shoulders to broaden open. Be here now. Be aware of major muscle groups. Pressing the feet into the ground can engage the calves. A gentle tense in the upper thigh will adjust the hip. We can lift tall out of our waist, expanding our abdomen. Lifting tall will encourage the heart to lift and open, spreading the chest and shoulders broad. The top of the head lifts slightly by slightly pulling

Compassion and Insensitivity

in our chin, elongating the back of the neck. Breathe here for several breaths.

Mountain pose is a practice of stability and compassion. Mountains stand tall and strong. As storms pass through life, mountains will not be moved. The mountain may provide shelter to others; it also causes water to run away and collect into a place where animals can get a drink. The nourishment of the Earth provides food, sharing without fear of scarcity. The strength of the mountain is not how it imposes its will on others but that it stays stable and reliable. Mother Earth is always there beneath our feet, supporting us. As you practice, feel the strength of stability and compassion running through you.

Visualization

Lie down in a comfortable position and close your eyes. Allow the body to melt into the ground as the breathing softens over several breaths. Imagine you are in a theater watching a movie where you are the hero, with the balance to know who you are and where you stand in life. That stability attracts others to you like a shelter from the storm. See how you are standing in the movie. Notice your shoulders, your face, and your eyes. Now step out of your chair and walk up to the movie screen. Walk into the screen and step into the place of yourself. Notice

Compassion and Insensitivity

what it feels like in your body to stand in this way, confident in where you stand in life. Feeling abundance, it feels safe to give to others freely, sharing your strength. Standing tall, you can simply trust how easy it is, knowing that you are perfect as you are, even as life continues to evolve and change. Take a few breaths to savor this feeling of stability and compassion as it soaks into every cell of your body. After some time, allow your fingers and toes to wriggle, awakening with this clear sense of self to carry with you into the day.

Practice

We can practice having the clarity of mind to know what we want and the planned steps to achieve our desires. Doing so over time can help build our compassion. Consider the regular practice of the following:

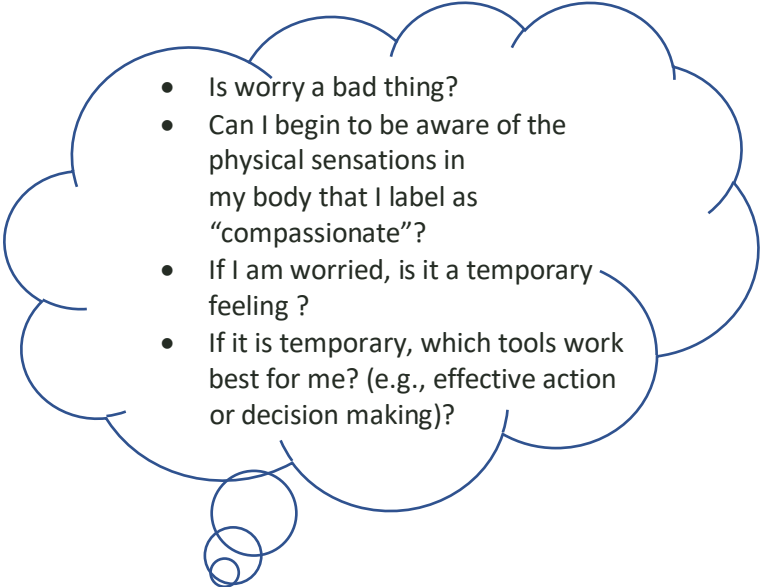
Be still and breathe	Give a gift of time to someone
Help someone who needs a hand	Share a good meal with someone
Feel the weight of your body supported by the Earth	Volunteer at a children's hospital or soup kitchen

Compassion and Insensitivity

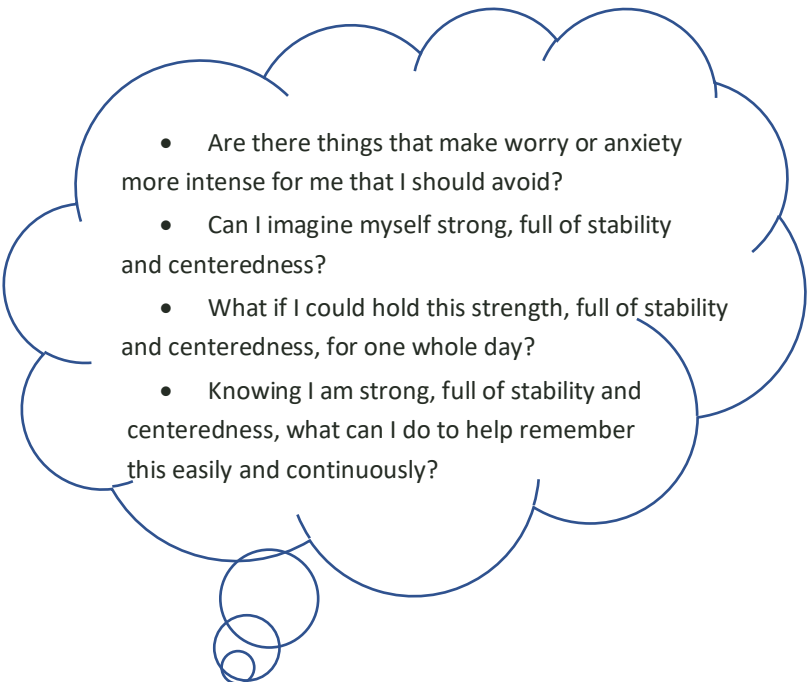
From seated or lying down, relax my muscles, noticing how the more I do, the more the Earth immediately supports me.	List three things in your life that you have plenty of, just for today.
--	---

Take a Moment to Consider

As you explore this range from insensitivity to worry, think about that balance of compassion:

- 
- Is worry a bad thing?
 - Can I begin to be aware of the physical sensations in my body that I label as “compassionate”?
 - If I am worried, is it a temporary feeling ?
 - If it is temporary, which tools work best for me? (e.g., effective action or decision making)?

Compassion and Insensitivity

- 
- Are there things that make worry or anxiety more intense for me that I should avoid?
 - Can I imagine myself strong, full of stability and centeredness?
 - What if I could hold this strength, full of stability and centeredness, for one whole day?
 - Knowing I am strong, full of stability and centeredness, what can I do to help remember this easily and continuously?

Notice also how compassion naturally gives rise to respect. When I give to someone, the most common response is, “Thank you.”

Chapter 11

Respect and Grief

*If I choose to bless another person, I will always
end up feeling more blessed.*

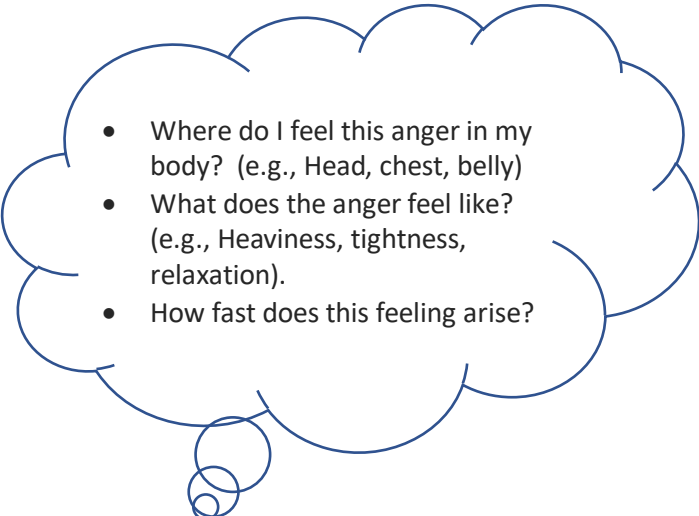
- Marianne Williamson

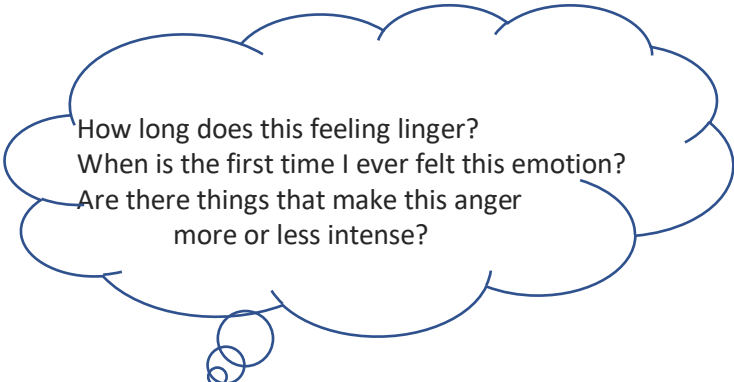
*If you are carrying strong feelings about
something
that happened in your past, they may hinder
your ability to live in the present.*

- Les Brown

I magine for a moment something you have been sad about, such as something that caused a sudden and perhaps intense moment of loss. Maybe it is a time when your team lost in an important tournament or the loss of a loved one or pet. Ask yourself the following questions:

Respect and Grief

- 
- Where do I feel this anger in my body? (e.g., Head, chest, belly)
 - What does the anger feel like? (e.g., Heaviness, tightness, relaxation).
 - How fast does this feeling arise?



How long does this feeling linger?
When is the first time I ever felt this emotion?
Are there things that make this anger
more or less intense?

Respect and Preciousness

Consider the importance of respect and values in our lives. Knowing what is important lets us prioritize so we can remain sharp and effective. Prioritizing also helps us to let go of less important things. Understanding our self-worth helps to keep us centered when challenges occur.

Excess of Respect: Grief

In contrast, we can hold something so precious that its loss causes grief, or we hold on beyond the time we should. When there is a death or loss of relationships, it is normal to feel that loss, and it is a deep respect for the gift that existed in that relationship.

Sometimes, we can “hold on,” resisting the change even when it is time. Much like hoarding can be problematic, there are situations when items have completed their time. When I purchase and eat a can of soup, the empty can is no longer needed. It is time to take out the trash, but delaying can cause it to become stagnant and foul. In relationships, we do not “throw people away” but take the best of the

Respect and Grief

relationship and memories with us as we move forward, letting go of the rest.

What Helps Me Feel Respect?

Over the course of our day, there may be many things that activate this emotion. Consider some of the following:

The end of the school day	Rewards
Saying “Thank you”	Smiles
Someone thanking me	Someone saying “good job”
Various prayers/affirmations	Remembering birthdays
Letting go of the day to drift off to sleep	Receiving help from someone
Giving someone a compliment	Asking before taking other people’s things

Tools to Work with Respect and Sadness

Values Clarification

Explore and identify my priorities across a range of areas of life. What criteria are important for you? What types of things do you want to include in life to be more rounded or more fulfilled? You can sharpen

this with specific overarching values and smaller steps to implement those values.

Needs versus Wants

Among our list of desires, group them into needs versus wants. Needs are things that we must have to survive, such as oxygen. Wants are icing on the cake that we would love to have but are not “deal breakers.” In dating, for example, we may “want it all” but understand the difference in priorities.

Writing a Letter/Burn It

Simply writing out our experience can help externalize it. In this exercise, give yourself the freedom to write the fear, anger, or hurt that you are uncomfortable to say but are “stuck” thinking about. This expression can help you to “let it go.” Plan that whatever is written is to be burned (releasing it) or otherwise destroyed so that you can safely express a range of difficult thoughts or emotions and experience your freedom from it.

Breathing

You may notice breathing appears as a tool for working with a number of these emotions, and it is

one of the most diverse tools. In the context of grief, exhalation is about “letting go.” We tend to hold our breath in grief, so easing our breath can help to break that cycle.

Spirituality/Religion

While not everyone identifies with a specific religious or spiritual tradition, those who do can find the sacred in the context of their practice. Rituals, prayers, and connecting with something larger than ourselves can stabilize this feeling of honor.

Gratitude Journal

Similar to writing in general, we can start a gratitude journal. Each night, we can write down three to five things we are grateful for from the day. This list practices and focuses our attention on gratitude, and over time, develops a solid list to anchor and remind us on the days when we forget our worth.

“I’m sorry.”

Apologies can relieve and interrupt anger in others, and it also helps us ease and clear our own guilt about past mistakes. When apologizing, we may

ask for forgiveness, but understand we are not responsible for anyone to forgive us.

Forgiveness

Often, we need to forgive ourselves or others for past hurts. Forgiveness is not about them; it is about us. Consider, for example, the individual who steals your wallet. They have moved on and may never see you again, but we may carry the hurt, fear, and anger of the wound. Just like people die not from the snake bite but from the poisonous venom left behind, our anger is like poison. Forgiveness is about clearing our anger, not the other person's guilt. Note that this does not mean they cannot be held accountable for their actions, only that I no longer carry that pain. Forgiveness is about freeing *ourselves*.

Affirmations

Say some of the following quotes to myself. Repeat often.

- I am valuable.
- I respect those around me.
- I know what is most important to me.
- I am deserving and worthy.

Yoga Posture: Knee-Down Twist

Lie down on your back. Bending your right knee into your chest, clasp the knee with both hands, giving it a gentle hug. Release the right hand and reach it along the floor to your right side. The left hand guides the knee to the left as far as comfortable. Your right hip may rise off the floor but keep both shoulders flat on the floor. Continue for three breaths before slowly unwinding and practicing on the other leg.

Knee-down twist is a practice of drawing inward to the preciousness of our core. Opposite of the tree that actively reaches open, knee down twist is like the autumn, letting go of the foliage, to remember our core self. As we relax into the pose, all the muscles in the body stretch away from our core, wringing out any unnecessary tensions that we carry. As you practice, feel the strength of reaching for your goals and maintaining balance in life.

Visualization

Lie down in a comfortable position and close your eyes. Allow the body to melt into the ground as your breathing softens over several breaths. Imagine you are in a theater watching a movie where you are the hero, with the value and self-respect to trust yourself and the confidence to

let go of all that is unnecessary. See how you are standing in the movie. Notice your shoulders, your face, and your eyes. Now step out of your chair and walk up to the movie screen. Walk into the screen and step into the place of yourself. Notice what it feels like in your body to stand in this way, confident in your core. Trusting the value in the center of who you are, when all else falls away. Take a few breaths to savor this feeling of respect as it soaks into every cell of your body. After some time, allow your fingers and toes to wriggle, awakening with this clear sense of self to carry with you into the day.

Practice

We can practice having the clarity of mind to know what we want and the planned steps to achieve our desires. Doing so over time can help build our respect and ability to “let go.” Consider practicing the following:

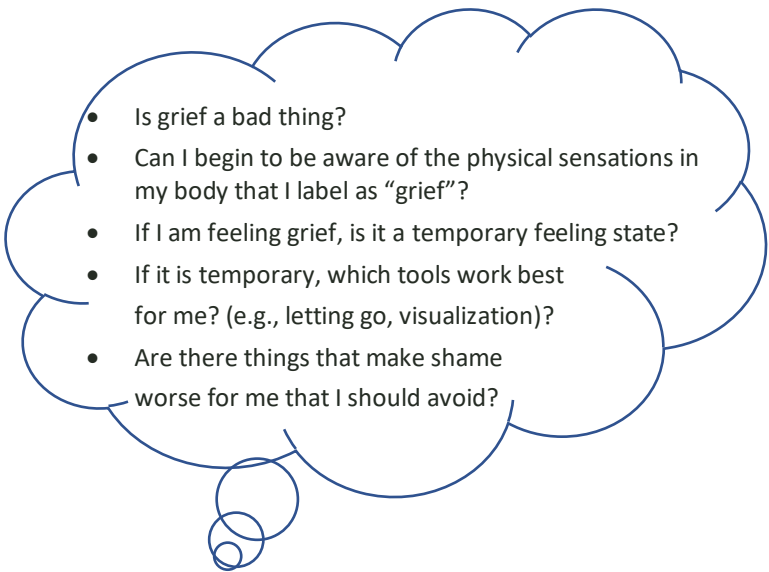
Clean out the “junk drawer”	Donate some old clothes to make room for new things
Say “Thank you” to three people today	Look at yourself in the eyes in your mirror
Take out the trash, even before it is full	Find one table and make it into a Zen surface

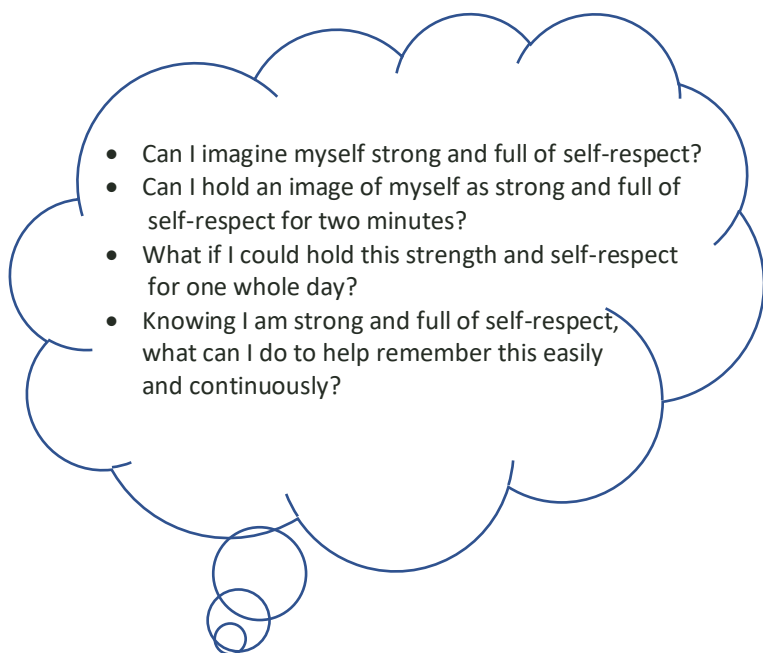
Respect and Grief

Look at yourself in the mirror and smile	Identify your #1 priority and make a picture representing it to place on your bathroom mirror
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Take a Moment to Consider

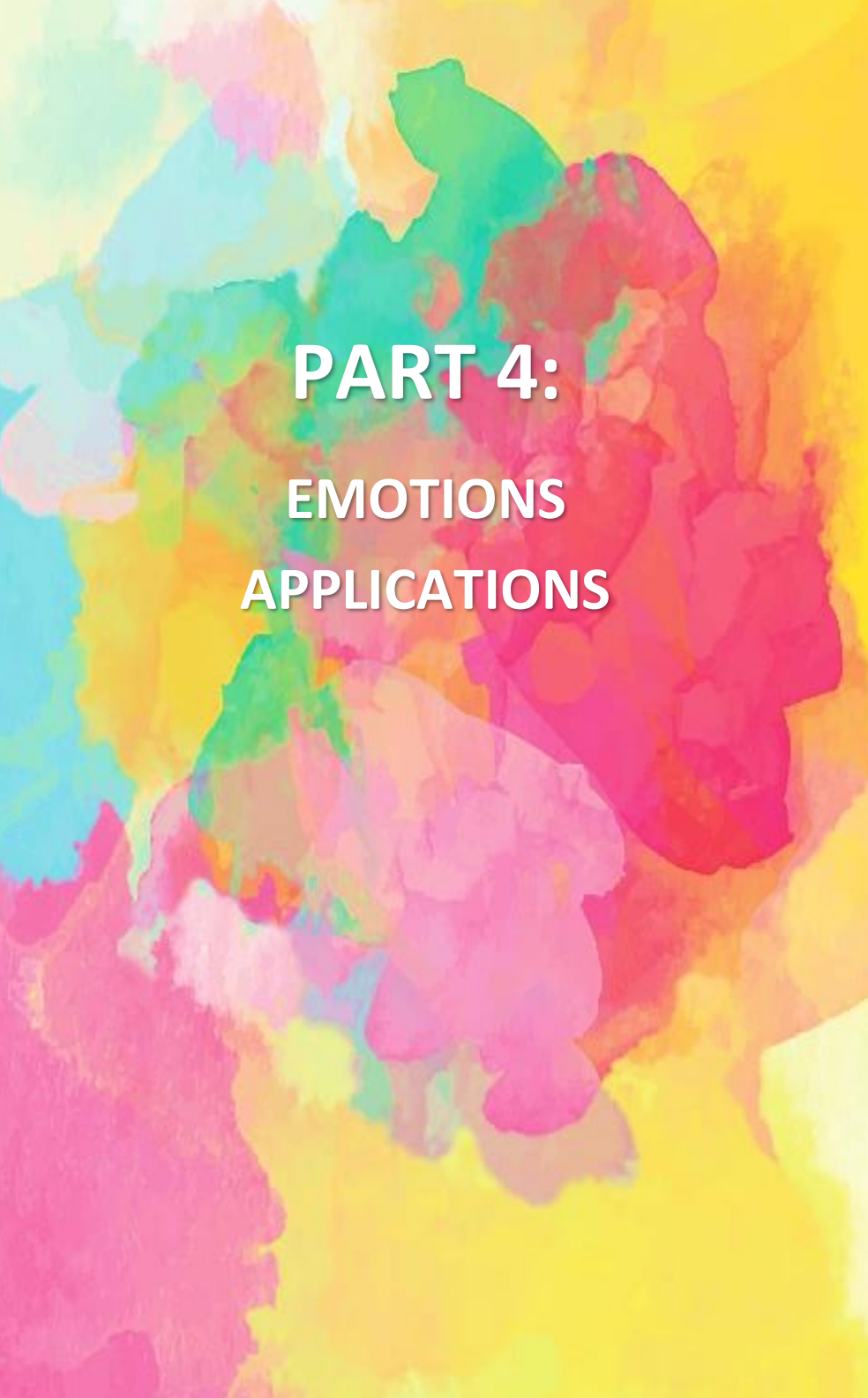
As we have explored a range of techniques surrounding grief and values, consider:

- 
- Is grief a bad thing?
 - Can I begin to be aware of the physical sensations in my body that I label as “grief”?
 - If I am feeling grief, is it a temporary feeling state?
 - If it is temporary, which tools work best for me? (e.g., letting go, visualization)?
 - Are there things that make shame worse for me that I should avoid?



- Can I imagine myself strong and full of self-respect?
- Can I hold an image of myself as strong and full of self-respect for two minutes?
- What if I could hold this strength and self-respect for one whole day?
- Knowing I am strong and full of self-respect, what can I do to help remember this easily and continuously?

Consider also how letting go creates space for new possibilities. This can be frightening as we complete the circle of emotions back to where we began. While this circle of life continues, perhaps there is something else, a container for it all?



PART 4:

EMOTIONS

APPLICATIONS

Chapter 12

Emotions and Motivation

*Attitude is a choice. Happiness is a choice.
Optimism is a choice. Kindness is a choice.
Giving is a choice. Respect is a choice.
Whatever choice you make makes you. Choose
wisely.*

- Roy T. Bennett

*Don't be pushed around by the fears in your
mind.*

Be led by the dreams in your heart.

- Roy T. Bennett

Motivation is closely tied to emotion, like the gas in the engine. Just like stress, if there was no motivation, we could never get out of bed in the morning. Without motivation, we would wander around

aimlessly. Everyone is motivated, but we may or may not be aware of what we are motivated for. Consider for a moment that if I am not aware of my motivation, it will be driving me perhaps to an area that is not what we truly want.

Ask myself:

- *Am I aware of what motivates me?*
- *Can I list three key motivators in my life today?*
- *Am I often motivated to escape harm?*
- *Am I often motivated to achieve a specific success?*
- *Have I experienced a failure and did not know why?*
- *Are there ways I have been motivated to failure rather than success?*
- *Are there ways I have been motivated to stay the same rather than change?*
- *What beliefs do I have about motivation and success?*
- *Where did I develop these beliefs from in my past?*
- *Do I feel able to achieve the things I want?*

- *Do I feel worthy of achieving the things I want?*

Avoidance/Attraction

Often there are two core motivators: Avoidance and Attraction. While I have multiple motivations for different situations, often, these fit into one of these two categories. Avoidance reflects a motivation to be away from pain, danger, or harm. Attraction is motivation toward something I desire, enjoy, or want.

Avoidance Motivation

Avoidance motivation is critical to maintaining our safety and security. These are often associated with basic human needs and often associated with fear. I may avoid a range of things that I am afraid of such as:

disappointing a parent	being rejected by a crush	losing or not making the team
exposing a "secret"	a failing grade	judgments from self/others
admitting a belief that I am not "good enough"	loss of relationship	not getting that "A"

Notice the themes of danger vs. safety. For many people, it is difficult to think about long-term goals because I am dealing with short-term, very real dangers and risks. For example, it can be difficult to think about how to be successful at school while I am worried about a family member's health. It is difficult to think about how to have a strong friendship when I am afraid my friend is talking behind my back.

Fears can create a laser focus on that issue. When I am standing in front of a tiger, I am not worried about other things in my life.

Even though it is difficult, it can be valuable to step back to think of both my long-term goals as well as these short-term safety goals. Looking ahead to my goals is essential, so this initial motivation out of pain can motivate us closer to a long-term goal.

Attraction Motivation

In contrast, there can be things we are motivated for because we *want* them. Once our

Emotions and Motivation

basic needs are met, we can begin to examine long-term needs and wants, such as the want to:

Feel courage	Feel drive/passion	Feel respected
Feel happy	“Love myself”	Feel successful
“Have it all”	Feel financial stability/abundance	Feel deeply loved by another

As we consider this list is there any one of these goals that we do not want? Notice how attractive motivation can be. It can be overwhelming because we “want it all,” and we deserve it. With attractive motivation, sometimes the issue is prioritization. We need to consider which one is most important first, second, and third. Also, which one will “unlock” several others, so it may gain higher priority since it leverages success.

Motivation and Miracles

Let’s explore these motivations a bit more with the following visualization. Please choose one of the attractive motivations from the list above to explore deeper. For teaching purposes, I am going to use a motivation for courage, but feel free to substitute

your personal goal or repeat this exercise with multiple goals.

Sit or lie in a comfortable position and close your eyes. Imagine moving forward in time to bedtime tonight. Set a clear intention and wish to feel strong and courageous in all that you do. As you fall into a deep, comfortable sleep, you are able to relax and let go of any barriers that held you back in the past. Suddenly, a miracle happens, and you are granted deep courage and confidence. However, you are still asleep, so you do not yet know this has happened. As you awaken again, what will be the very first clue that something has changed? How is life experienced differently with this newfound courage? What happens next in your morning routine? What happens next that surprises you into realizing, "something is different today." How many of these surprises occur before you realize that the change occurred in you? What happens next that confirms for you that this change has occurred? Take a moment to savor this feeling in your entire body. When you are ready, wriggle your fingers and toes and return to the room you are in. Slowly opening your eyes with a new way to see the miracles in the world today.

What did you notice during this exercise? Perhaps upon awakening, you noticed a different sensation in your body. Maybe you spoke a little differently to your loved one or coworker. Perhaps you still did many of the day-to-day routines but did so with a different emotion.

Sometimes our attractive goals seem so far away, but they can be achieved even today. Subtle shifts of emotions, mood, and interactions can be miraculous, creating a “whole new world.” This type of newfound confidence can help make it easier to address an avoidance motivation that seemed impossible at the time. Once we know where we are headed, it is easier to find the path that connects the dots from our present to that future.

Stress as Motivation

Stress is a fear-based motivator, and it can protect us from harm or risks if we can maintain a balance.

Motivation Exploration

Imagine waking up in the morning, lying comfortably in bed. You may find that since it's comfortable, you choose to linger a little longer. You feel warm and safe and may choose to linger a little longer. After an hour or two, you begin to notice what happens next. Changes start to occur. Perhaps you need to use the restroom, become hungry, or remember you have a research assignment to complete by Monday. Perhaps you begin to have judgments of yourself for being lazy. In response to these internal pressures, we get out of bed, and we begin activities.

Next, you go downstairs to get the materials for your project, and you realize you still need to complete your research, so perhaps you need to go to the library. You go to the library and suddenly realize that your notes for the assignment are not detailed enough, so you make a mental note to be more thorough next time. You attempt the research project with the information you have, but you're dissatisfied with your chosen class. So, you send an email to your guidance counselor to see if it is too late for you to switch classes. And so on...

Stress is usually perceived as a bad thing. But it isn't always. Stress is pressure that builds. It causes

us to get out of bed in the morning. We need stress to be active and productive.

However, when stress becomes too much, I can begin to feel overwhelmed, overloaded, and become much more ineffective. The modern way of thinking about stress is not that we need to get rid of stress. Instead, we need to find stress management. Like Goldilocks, we need not have too much stress or too little stress.

Chapter 13

Emotions and Communication

*You can talk with someone for years, everyday,
and still,
it won't mean as much as what you can have
when you sit in front of someone, not saying a
word, yet you feel that person with your heart,
you feel like you have known the person
forever... connections are made with the heart,
not the tongue.*

- C. JoyBell C.

Miscommunication is a common source of tension in relationships and can impact our success in many ways. When our communication is unclear, we can inadvertently hurt others' feelings or feel frustrated ourselves.

Types of Interactions

To begin, let's consider how communication falls along a spectrum, rather than an on/off switch. It may range from passive to aggressive.

Passive <-----Assertive-----> Aggressive

With passive communication, I may not be clear about what I want to communicate. If I don't know, then it is safe to say the communication will not come across clearly. When I don't get my needs met, I can become sad, depressed, or irritable, which can also be frustrating to those around me.

With assertive communication, I am aware of my needs, and I communicate them clearly. This is a balanced communication since the listener may or may not respond. This style tends to earn respect since it also gives respect to my companions.

With aggressive communication, I am aware of my needs and communicate them clearly, just like assertive communication. The difference is that there is an expectation that the communication will be fulfilled. It may go as far as a direct or implied

threat. This is intimidation and may get the need met. However, it is a losing strategy since it is very uncomfortable for those around us, and they will leave, making it more difficult to achieve future goals.

Types of Communication

Our interactions can be broken into specific types of verbal communication such as requests, ranging from in the extreme from passive complaints to active demands.

Passive <-----Assertive-----> Aggressive

Complaint <-----Request-----> Demand

Complaint

Each type of communication has a certain communication style. Passive communication may include silence or complaints. An example of a complaint may be: “It is so hot in here.” Notice that there is no clear solution to this type of communication. It is whiny and reflects feelings of dissatisfaction. It is not known if this individual wants me to open a window, adjust the air conditioning,

get a glass of ice water, or move the discussion elsewhere.

As an assertive listener, it is up to me to clarify. For example, “Yeah, it is hot today, is there something we could do to help with that?” Notice this question does not take responsibility for fixing the problem. This question is simply clarifying the concern and helping the individual articulate a more specific request.

Request

Assertive individuals use requests. In this case, the response could be, “It is so hot today. I would love a glass of water, could you get one for me please?” Notice how this is clear and specific communication. If you ask several people this question, most will say yes, and some may say no. There is also a third response, which is a return request, such as “Not right now since I am still watching this TV show, but I can get it for you during the next commercial?” Notice we are now in the negotiation of counter-offers. This respectful dialogue continues until someone either agrees or says “no.”

Conditions of Satisfaction

Assertive requests also include clear conditions of satisfaction. It is my responsibility as the requestor to be clear how I would like the request fulfilled. If I do not ask for it, I share responsibility for the lack of fulfillment of the request. For example, “Thanks for getting me this glass of water, but I really wanted cold ice water.” Again, as the listener, it is our responsibility to be clear about what we agree to.

It is essential to determine and communicate the conditions of satisfaction along with the request. So again, we could simply have asked, “I’d be happy to get you a glass of water. Would you like ice with that?” At the extreme, the requestor could ask, “Could I please get a glass of water, right now, a large 32-ounce glass with three ice cubes. It should be Evian water that was chilled in the refrigerator overnight and have one slice of lemon.” Clearly, this can be taken to an extreme, which makes it more likely the listener will say “No.” Somewhere in the middle is clear communication.

Demand

The third type of communication is the demand of an aggressive individual. In this type of communication, there may be a clear request. However, there is an expectation that there is no denial or counteroffer. As an assertive person, we can simply say “no” if we choose to, although we may face some negative responses, so we may need to choose our response carefully for the short-term. Longer-term, we may choose to limit contact with such a person.

“I” Statements

It is useful to use statements that start with “I” rather than “you.” We are assertive by labeling *our* emotions. I feel sad. I feel hurt. I feel frustrated. In contrast, “you” statements can be threatening and accusatory, for example, “You made me mad.” They did not make you mad. We do that all by ourselves, based on our beliefs and emotions of our accumulated history.

Consider the straight “A” student who is insecure about his weight but confident in his

mathematical ability. If someone becomes angry and screams at him, “No wonder you are so fat and lazy.” Since he has an internal vulnerability to this issue, he may feel scared, angry, and hurt. In contrast, if someone yells at him that he “is stupid and probably doesn’t know what $2+2$ equals,” he may be more apt to ignore the insult since he experiences no vulnerability in this area.

“I” statements are intended to seek help and minimize accusations. “You” statements risk attacking at a vulnerable spot in the partner, escalating the situation.

Emotions and Assertiveness

As just described, assertiveness requires neutrality to maintain a balanced approach. Consider also the effects of emotion on assertive communication. Fear can cause a person to become frozen and passive, and it can also unleash an intense emotion that will be perceived as a demand. Similarly, if I speak with a tone of angry emotion, it will be presented as a demand. On the other hand, compassion can do the reverse. It can weaken me

into passivity since I don't want to impose. It can also make a request seem aggressive, like a mother bear protecting her cub.

Our range of emotions can complicate clear communication. When possible, we should address them in order to communicate better. However, often communication is part of the process for addressing the wounded emotion.

Words Matter

There are a number of words that should be stricken from our vocabulary, never to be spoken again (with perhaps a couple of rare exceptions like learning them in this chapter). Every time we use these words, suffering happens, either within ourselves or in our relationships. This can undermine our communication and create relationship conflicts.

“Should” “Ought” “Must” “Have to”

Using words such as these immediately creates guilt, anger, and helplessness. For example:

- “I should have been on time,”

- “You ought to be on time.”

“Should” and “Have to” statements convey a conflict of feeling dragged into something against my will in the future. For past events, it creates nothing but shaming for something that cannot be changed. There are only two things in life that we truly “have to” do: 1) Die, and 2) Live until then. All the rest are choices.

Instead of “Should” and “Have to” statements, consider replacing with “Value” or “Want” to create freedom of choice, for example:

- “I value punctuality.”
- “I know you want to present a good impression by being on time.”

Notice how this simple shift in words feels more empowering. Another common example is that I don’t “have to” do this task at work. I want to have a job, and I value not getting fired, so I choose to do this task to the best of my ability.

“Can’t”

This is typically inaccurate, and creates dissent. For example:

Emotions and Communication

- “Would you join me for a cup of coffee?”
 - “*No, I can’t.*”
- I can’t solve this puzzle

Very often, *can’t* is simply untrue. Are you *able* to drink a cup of coffee? Yes. It is more accurate to say that you are choosing not to do so, perhaps for some other reason.

There is a range of ways to replace the word “can’t.” It can be replaced with “I won’t” “I refuse to,” which are less socially polite, but accurate and empowering.

It is possible to simply delete this word entirely, for example:

- Would you join me for a cup of coffee?”
 - “*No, thank you.*”

Depending on the situation, “can’t” may also be replaced with “not yet.” There was a time when we did not believe we could fly. If Orville and Wilbur Wright (the first to fly a plane) believed that we couldn’t fly, we might still be on the ground today.

In the puzzle example, is it true that I “can’t” solve the puzzle? Are you absolutely sure? Or is it more accurate to say that “I have not yet solved it?”

The danger of “can’t” is that it is a setup for failure. If I believe I can, or I cannot do something, I’ll be right because I will give up.

But

But is a common word that connects two thoughts. The issue is that it negates the first half of the sentence. Imagine if a loved one tells you, “I love you, but...” You immediately negate the “I love you” and focus on the negative that follows.

Consider replacing “but” with “and.” For example, “I love you, and I feel frustrated when you are late [Therefore, I request that you could help me by being on time].”

Try

Try is unclear, lacks commitment, and is often inaccurate. When I ask my wife to pick up the dry-cleaning, and the response is “I’ll try,” I do not know if I can count on it or if I should get the dry cleaning

myself. It would be clearer to directly reply, “Yes, I will,” or “No, I won’t.” I could also offer a counteroffer such as, “I am busy today, so I am not sure if I will have enough time to do so. Can I call you to let you know later this afternoon?”

To explore “try,” take a moment to place a pencil on the floor. Now “try” to pick it up. You will quickly find that there is no such thing as “try.” You either pick up the pencil, or you do not.

Hard /Difficult

These words are whiny and disempowering. If I tell you that “I am assigning a task and it is really hard,” how does it feel? Threatening, frustrating, and generally sets me up for a focus on the stress of the task. Imagine instead that I tell you that “I am assigning a task and it will be a bit of a challenge. Are you up for the challenge?” Notice how this may bring a bit of nervousness and can feel more energizing/engaging.

When I use these words, it tends to be an excuse not to act. What if the task is not truly “difficult” but rather difficult *for me*? Consider is it “difficult” to

shoot a basket in basketball? For me, perhaps yes. For Michael Jordan, perhaps no. What is the key difference between us? Practice.

I could become better at any task with enough practice. Another option to replace “difficult” is either “I am a beginner” or “I am practicing.” This subtle shift brings the focus away from the limitations and toward the possibilities.

Problem

This word immediately creates suffering about the situation. Perhaps most famously is the line, “Houston, we have a problem,” associated with the trouble experienced by the Apollo 13 space shuttle. Notice how this statement immediately focuses us on the problem rather than the problem-solving. A very simple replacement is to reframe as “The situation is X. What are the possibilities or solutions?” Notice how quickly this reduces fear and focuses on solving the concern.

Chapter 14

Emotions and Relationships

*Love is a combination of admiration, respect,
and passion.*

*If you have one of those going, that's par for the
course.*

*If you have two, you aren't quite world class but
you're close.*

*If you have all three, then you don't need to die;
you're already in Heaven.*

- William Wharton

*The best feeling in the world is...
When you look at that special person and
they are already smiling at you.*

- Anonymous

Much of this book has focused on my personal emotions. However, my feelings exist in a larger context, as well. We have a range of relationships in our lives that balance our emotional responses. If we attempt to change, these relationships will guide us back to where we were. In order to successfully change myself, I must also consider the impact on those around me. For this chapter, we will focus primarily on our romantic relationships, but many of the principles will apply to all of our relationships.

Developing Relationships

Relationships often develop through stages. Initially, we may have a time where we “put our best foot forward.” This stage often involves hiding certain things which we consider to be vulnerable, inappropriate, or could lead to judgment. At this point, individuals maintain a certain superficiality as the relationship is established.

As a relationship becomes established, we develop trust over time. We learn how our

emotions, goals, and desires interact with each other and begin to share our differences.

Over time and commitment, we develop knowledge not only of each other's superficial image but also of each other's limits with the trust that comes with being able to be ourselves. We can know that it is OK to have differences of opinion and different interests.

It is said that dolphins are an animal species that pair-bond. When they do so, one can observe the two dolphins playing and swimming together. At other times, they play and swim apart before returning together again. Just the same in human relationships, there may be times when we are together or apart, but still connected by the bonds of the relationship.

At times, relationships can become toxic, with accumulated guilt and anger. For example, illness, infidelity, or abuse can make these relationships uncomfortable or unsafe, leading to a separation.

Deepening Trust

How do we deepen trust to move forward in relationships? There are two ways to deepen trust, by accident and by choice. Commonly, trust develops by accident, and as we spend time together, trust slowly builds along with our familiarity.

Trust is also a choice. Trust is a gift we choose to give to someone. Consider a secret you have held for some time. You may be able to remember the moment of anxiety sharing that secret with someone. Like jumping into a pool in the summertime, there is a moment of decision and a leap of faith. This is a moment of choosing trust, hoping that the other will be ready to catch us.

We can practice giving trust in a range of ways. By sharing our self-judgments, we build trust over time. There is also the added benefit that if we expose our beliefs to light, we may discover they were not as real as we feared or that they are easier to bear as a shared burden.

To practice:

Emotions and Relationships

Share one thing that scares you	Share one thing that scares you	Share one thing that scares you
Share one way you judge yourself	Share one way you judge yourself	Share one way you judge yourself

Giving and Receiving

In relationships, I need to consider my own ability to balance each of the five key emotions and how my experience interacts with my beloved. Just like my emotions ebb and flow over time, there will be changes in the balance of emotions in the context of a relationship. The intent is to move toward some level of balanced and symmetrical give-and-take across these different emotional areas.

Courage

Relationships require courage, to express ourselves, and to listen to the other. Sometimes, situations require some dialogue and brainstorming before jumping to a single solution. This process of brainstorming, listening, and working together can strengthen a relationship. In contrast, fear can leave us isolated.

Vision

Do I know what I want and where I am headed? Can I assertively communicate these goals with my friend, parent, teacher, or partner and negotiate differences? Effective drive and communication can grow a partnership together. In contrast, passivity can lead to shame or anger.

Joy

When good things happen, we can share successes as well as challenges. This partnership helps us to reinforce our success and lessen the weight of challenges. In contrast, isolation can lead to boredom and loneliness.

Compassion

Bruises happen. Can we support each other as bruises happen over the course of time? At different times, I may be the “strong one” wiping away tears, and at other times I may surrender to the support from a friend, parent, or other adult. In contrast, a lack of support can lead to fear.

Respect

Honoring each other helps to strengthen a relationship. We love and respect each other, warts and all. This does not mean we do not work on improving ourselves, but it is within a larger context of sharing our wounds in a larger circle of trust and safety.

Love

While you may not have begun to date, dating can be a very exciting time; however, it can be very emotional. If you are in a relationship, consider the following.

Examining My Relationship

Consider your personal relationship and ask yourself:

- *Am I able to give courage, drive, joy, compassion, and respect?*
 - *If not, how can I practice the skill to do so?*
- *Am I willing to give courage, drive, joy, compassion, and respect?*

Emotions and Relationships

- *If not, how can I develop the trust to do so?*
- *Do I actively give courage, drive, joy, compassion, and respect?*
 - *If not, how can I build awareness?*
- *Does my partner offer me courage, drive, joy, compassion, and respect?*
 - *If not, can I ask for help?*
- *When my partner offers, do I allow myself to receive courage, drive, joy, compassion, and respect?*
 - *If not, what can I let go of to allow myself to be able to receive the love they offer me?*
- *Is each of these feelings balanced over time, with each of us giving and receiving?*
 - *If not, what can I give to help bring balance?*

Chapter 15

Emotions, Tools from Around the World

*The task is...not so much to see what no
one has yet seen; but to think what nobody has
yet thought,
about that which everybody sees.*
- Erwin Schrödinger

While there are many techniques and tools described throughout this book, there are a number of organized approaches used by many individuals from around the world. Below are described some of them in case you decide to explore them further.

No one tool is right for everyone. Try different approaches to find the one, or combination of tools,

that are best for you. The tools you use may change over time, as you have different needs and experiences. Some may be helpful for certain conditions but not others.

Specialized Tools/Approaches

Yoga

Yoga is a practice that was developed 5,000 years ago. The word yoga means “to yolk,” the “yolk” being a harness that goes around the ox’s neck so that wherever the ox goes, the cart follows. In this way, there is union or coordination between different parts such as mind, body, or spirit.

Yoga is best known as a series of physical postures, but it also includes a comprehensive system including breathing and applications for ethical practice. The physical practices strengthen the body while helping to quiet the mind. These can be very beneficial to quiet uncomfortable moods and emotions.

In a class setting, these postures become the laboratory to practice the principles of yoga ethics.

An example is the principle of doing no harm. In a yoga posture, it is important to do no harm by only practicing to the level of safety rather than pushing beyond our limits to the sensation of pain. This is an important life lesson “off the yoga mat” as well. For example, sometimes in life, we set goals that are beyond our limits, causing unnecessary pain, depression, shame, and guilt when we cannot achieve them.

There are many excellent books and videos on the practice of yoga. Many classes will be gentler or more vigorous, depending upon your physical needs and abilities. Often classes will include a range from the strengthening of the physical body, to cardiovascular strengthening and flexibility, while ending with a few moments of relaxation so that the body can integrate what it has learned.

Meditation

On the Internet, you can find many audios claiming to practice meditation. Many of these may better be described as a guided meditation or visualization. These can be valuable, especially for beginners, as we learn to quiet our mind.

Traditional meditation simply involves putting my mental awareness on one thing and maintaining it there. In this way, with practice, we can increase our ability to concentrate, we reduce distracting thoughts, and move closer towards a state of contentment and happiness. While these instructions are quite simple, the practice itself includes a range of nuances. It is a way of learning about how the mind works.

One may sit in meditation for a few minutes to begin and progress up to 20 or 30 minutes, twice a day. While doing so, the mind may initially become quite distracted. This is normal. The mind will quiet down over the course of the meditation, just like a snow globe settles down when you hold it still for a few moments.

In the meantime, meditation is a practice of being aware of our thoughts and a practice of steering them, rather than being controlled by them. At first, it may seem difficult to pay attention to my breath when I have an itch. I may be tempted to be distracted by the itch or to scratch the itch fighting against this urge can make the itch even more intense. However, if I do not scratch the itch, it will go away on its own.

Further, within my meditation, I can choose to return my attention to my breath rather than watching the itch. While this is difficult to describe, once you do so, it is quite easy. It is just like changing the channel on a television set.

Once I have this awareness, I may choose to keep it. I may find that I still enjoy going to roller coasters from time to time. However, once I understand this, I can also use it to turn my attention to the channel of emotions that is best for me at a given moment.

Mantra

A mantra can be a specialized form of meditation or a practice in itself. Mantra involves the selection of a word or phrase and repeating it over time. Like meditation, I can repeat the phrase again and again for minutes, building up to longer times.

Sometimes this can be a word or phrase in my native language, in which case it is often called an affirmation, for example:

- “I love myself.”
- “I forgive myself.”
- “I'm strong.”

- “I can overcome this situation.”

For others, it is helpful to use a mantra from another language, which can help to reduce the mental chatter. It is also believed that these sounds work directly to change the body, just as a tuning fork helps to bring an instrument into the proper key.

An example of such a mantra would be “Om Mani Padme Hum.” This is one of the most common mantras used around the world. It roughly translates as an intention for a compassionate heart.

It is said that we think 90,000 thoughts a day, and about ninety percent of them are repeated. Just like exercising at the gym, the more we practice something, the stronger it gets. So, if I practice beliefs such as, “I’m not good enough,” “I hate myself,” or “My teacher hates me,” repeating them again and again all day long, would it be any surprise that I would start to feel emotions of shame and depression? In this way, actions and mantras help us to practice the repetition of positive thoughts to offset the balance of practice of negative thoughts.

If I take a spoonful of salt and put it in a teacup full of water, it will taste horrible. However, the problem is not the salt. I cannot remove the salt from life. In contrast, I can add that same spoon of salt to a five-gallon pot of water, and it is substantially diluted. I do not need to rid my mind of every salty thought, but rather I can practice tools that increase attention on the pure and sweet aspects of life to offset the fears, hurt, and griefs of life.

As we repeat our mantra, we practice and intensify that intention. It then magnifies throughout our day, shaping our mental filters, attitudes, and behaviors.

Acupuncture

Licensed acupuncturists use words, needles, and other tools intended to work on the body's energy system called meridians. These can be understood as similar to Western medicine's understanding of nerve pathways, although they are a little bit different.

These trained professionals complete an assessment and choose to activate certain points on

the body where the individual is out of balance, restoring a balance between the body's systems. This approach can be used to address physical symptoms. It is commonly used for pain management, as well as emotional imbalances. Many of the examples in this book describe how emotions feed one another or interfere with one another are aligned with this system of understanding the body.

Chi Kung/Tai Chi

Chi Kung is a Chinese energy system based similar to the acupuncture system, but needles are not used. Instead, gentle flowing motions may be used to change the body system. Tai Chi is a form of this flowing motion, which also has applications as a martial art. As a martial art, Tai Chi practice listens for tensions in the body and uses them as a way to disarm the enemy. Conversely, it is a practice of listening inward to smooth any personal tensions or resistances to the flow of life. The practice suggests that as we align with the flow of nature rather than resisting it, we can experience greater health, wellness, and balance.

Yuen Method

The Yuen method is another Chinese-based approach similar to Chi Kung, but rather than the use of physical movement, it activates the physical intelligence of the central nervous system to direct the body toward health. Just as we can practice the skill of directing our breathing, this method uses innate physical intelligence to direct and strengthen other aspects of healthy functioning in the complex systems of the body.

The system also uses a series of geometric figures which magnify support to certain clusters of areas of need. Similar to acupuncture and Chi Kung, this method can be used to support both physical and emotional functioning, clearing blockages and strengthening systemic functioning of the body, bringing neutrality and balance in mind, body, and spirit.

Ayurveda

Ayurveda is a system of medicine rooted in Indian culture, about 5,000 years old. Ayurveda translates to the “Science of Life.” Similar to Traditional Chinese Medicine, there is an

understanding of the physical body and emotional body characteristics.

Balance is seen as the natural state of life. Imbalances are seen as fundamental to the development of symptoms and illness. These imbalances can have a range of causes such as stress, trauma, seasonal change, beliefs, and other lifestyle impacts.

Disease prevention and cure are achieved through a range of practices including diet, herbs, and similar lifestyle changes to balance the three basic energies in the body, called doshas.

Native American Healing

This tradition uses mind and body techniques to heal. Illness is seen as a spiritual imbalance that may be healed with herbs, rituals, and meditation.

Practices can also include fasting and sweat lodges to detoxify the body and prevent disease. Sweat lodges offer a communal spiritual practice for prayer and healing. In this context, the medicine man- or woman is referred to as a spiritual healer.

Clinical Hypnosis

Similar to meditation, there are many books and audios for sale that offer hypnosis for a range of conditions. These can be valuable; however, one can also seek the help of a licensed or certified hypnotherapist.

In hypnotherapy, the therapist creates a unique visualization that is personalized specifically to your needs. Since it is done in a live session, a skilled therapist can also adapt the pace and hypnotic interventions to achieve the best effects for you personally.

In general, this approach involves moving into a trance state where verbal interventions can be magnified for the greatest effect. While there are many techniques within the tradition of hypnosis, one good example is smoking cessation. The personal concern may be, “When I first wake up in the morning, I feel jittery and chug a Red Bull.” A hypnotic intervention may involve restructuring that moment with an alternate experience. For example, “Every time I wake up in the morning, and I feel jittery, I will take three deep breaths and three slow

exhalations before immediately going to brush my teeth.”

Notice how this is aligned with the discussion of the brain and as well as the chapter on addiction. Specifically, it is like creating a specific detour in my neural pathways.

Law of Attraction

There has been a modern American-based movement examining the principle called the Law of Attraction. Simply put, when I put my attention on a certain feeling, it tends to magnify and expand in my life. While this may sound like a novel concept, it is easy to see how my mental filters interact with the world, creating the experiences on which I focus.

As a very simple example, my mood is what I think about all day long. If I think of sad thoughts all day, I will describe myself as sad. If I think anxious thoughts all day, people may describe me as an anxious person. If I think confident thoughts all day, people will perceive me in yet another way. My perceptions change my thoughts and my

interactions with my circle of family, friends, and coworkers.

Watch your thoughts. They become words;

Watch your words. They become actions;

Watch your actions. They become habits;

Watch your habits. They become character;

Watch your character, for it becomes your destiny.

-Frank Outlaw

Chapter 16

Next Steps

*You can't start the next chapter in your life
if you are still reading the last one.*

- Anonymous

We have examined our internal systems of processing, coping, thinking, imagery, and emotions.

Deepening our understanding, we can see some of the mechanisms that maintain these patterns, keeping us “stuck.” In looking at emotions, we have considered how they interact with one another as well as specific tools for them individually. From a broader perspective, these internal experiences interact with all of our relationships, including personal, work, cultural and political views. These interactions shape and maintain our views and incrementally change the experience of those

around us in a complex web. As we change, our entire system changes.

It is said that we reach the finish line all together, or not at all. As I grow, I bring others along with me. Some may try to hold me back in my old patterns, but just the same, our growth helps to pull them forward as well. We are imperfect together but moving progressively closer to a world with a little more ease, understanding, and connection.

Where to go from here?

We have joined together in this journey to explore our emotions, traveled through the change process, and applied these skills in key spheres of life. Perhaps you skipped some exercises along the way. I encourage you to go back to experience them. Once we learn these new ways of being, it is time to practice.

Practice, Practice, Practice.

The Yoga Sutras of Patanjali say that mastery is developed from two key elements: practice and intensity of intention.

Practice

Just as the brain example teaches, skill grows over time through practice. How does one become an expert violinist? Practice, practice, practice. Just the same, how does one become an expert in identifying, navigating, and managing emotions? Practice, practice, practice.

This book is not a novel that you read once and are done. It is a guide with a range of tools. Choose the tools that work best for you and practice them until you fully learn their lessons and applications. Then try some others to diversify your skills.

It is said that every time we change jobs, even if we have transferrable skills, it takes about a year to fully know the job, and it takes about ten years to master it. Since most of us plan on living another ten years, why not take on the learning of mastery of navigation of my emotions? I am going to have feelings anyway, so I might as well become better at mitigating the painful emotions and maximizing the joys.

Intensity of Effort

Once you commit to practicing, you then decide on effort. I could choose to simply write one gratitude each week, or I could write ten every day. I could tell my parent that I appreciate them once a month or twenty times a day. Whatever practices and growth areas you identify, the intensity of practice affects the speed of our progress. The more we practice and the more effort we put into our practice, the sooner we reach our goal.

Taking Stock

So, we end as we began. Remembering the questions we considered at the beginning of this book, take some time to review them again:

- Why did I pick up this book?
- What did I hope to learn?
- Was I able to learn some of these things?
- Am I more satisfied with all areas of my life than when I started?
- How would I like my life to be different?
- Have I begun to make such a change?

Next Steps

- Am I firmly committed to the effort needed to achieve this goal?
- Which emotion is most troubling to me (there may be more than one)?
- Is this the same one as when we started, or is this a new awareness?
- What sensations occur in my body when I experience this feeling?
- What thoughts go through my head when I have this feeling?
- What images go through my mind when I have this feeling?
- Does it seem like this feeling is permanent?
- Is this feeling permanent?
- Do I have the tools to make changes?
- Do I have a diverse toolbox of coping strategies?
- Do I know how my brain works, in basic terms?
- Do I know how my autopilot mind sets me up for trouble, or happiness?
- Am I aware of a range of causes of feelings of my experience of fear, anger, joy, compassion, respect, and love?

Next Steps

- Am I aware of how my emotions have impacted my relationships?
- When I have made changes, do I know how to effectively make them remain consistent?

You may begin to consider how your answers have changed—perhaps deepened. This book was an introductory overview, so perhaps you learned some areas you want to continue your journey with your next book. Hopefully, you have found all that you were seeking, and more.

As We Continue...

In achieving our goals, we may find a whole new world that we had not known existed before. If I keep walking west, it may be difficult at times, but eventually, I will find this thing called an ocean. Then I will need to learn how to apply my expert walking skills to learn to swim in this new environment.

If I swim long enough, I will find a whole new country to explore, and so forth. From where I am today, I can only imagine what I will learn in the coming weeks, years, and decades. As we near the

Next Steps

end of this book, we are really only at the beginning of an amazing journey.

Through our time together, we have looked at emotions, their process, and management, dozens of tools and approaches to understand and navigate emotions, as well as how they apply across a series of common situations

Thank you for traveling with me through this piece of your journey.

I'd love to hear from you. Feel free to continue your journey with me from my website, where you will find new resources and tools at www.DrKenMartz.com

Best wishes as you continue your practice, to raise your awareness, balance your emotions, find fulfillment in life, and change the world!

Resources

There are numerous resources to continue your journey.

These are just a few:

- Substance Abuse and Mental Health Services Administration (SAMHSA):
 - <https://www.samhsa.gov/>
- National Alliance on the Mental Illness (NAMI)
 - <https://www.nami.org/Home>
- National Institute on Alcohol Abuse and Alcoholism (NIAAA)
 - <https://www.niaaa.nih.gov/>
- American Psychological Association (APA)
 - <https://www.apa.org/>
- National Association of Alcohol and Drug Counselors (NAADAC)
 - <https://www.naadac.org/>

- National Center for Complementary and Integrative Health (Division of National Institute of Health)
 - <https://www.nccih.nih.gov/health/atoz>
- National Suicide Prevention Lifeline:
 - 1-800-273-TALK (8255)

About the Author

Kenneth J. Martz, Psy.D. is a licensed psychologist working in the treatment and management of mental health and addiction for the past twenty-five years. He has specialty training in Chinese medicine, yoga, meditation, and hypnosis, as well as supervision and management.

Dr. Martz has authored over a dozen publications, including serving on nine doctoral dissertation committees. He has offered over 100 local, national, and international presentations in the mental health and addiction treatment field. You can find earlier works on your favorite bookseller, including *Manage My Addiction*, *Manage My Meditation*, *Manage My Emotions*, and *Manage My Emotions for Kids*.

Tiffany Sauber Millacci, Ph.D. has been an educator for both elementary special education and collegiate students for the past 13 years. She aims to motivate students in the classroom and help parents to advocate for their children.

She has researched and written numerous pieces for a notable psychology blog. Her doctoral dissertation was on parent's role in supporting their children's educational success.

Author's Note

First of all, thank you for purchasing this book, *Manage My Emotions for Teens*. I know you could have picked any number of books to read, but you picked this book, and for that, I am extremely grateful.

This is a book that started decades ago. With all the stress and isolation of COVID-19, I felt compelled to finish the work so it can be available to more people as we work together to pass through these difficult times.

I hope you were able to pause to use many of the exercises in this book, and they have helped to bring you more insight and ease in balancing your emotions. If you enjoyed this book, please take a moment to help someone else, sharing with friends by posting to social media on [Facebook](#) and [Twitter](#).

If you enjoyed this process, I'd love to hear from you, so please take a moment to leave a review on

[Amazon](#) or your preferred bookseller. Your feedback and support are needed to help improve future books and are deeply appreciated.

Feel free to continue your journey with me from my website, where you will find new resources, tools, and advance notice of new books at www.DrKenMartz.com

Meanwhile, I wish you all the best!

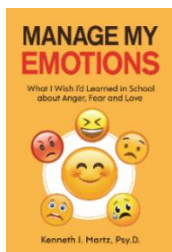
Free Gifts!



Be sure to check out my website at www.DrKenMartz.com for updates on free material, seminars, forthcoming books, and more.

From there, you can download a range of free tools to support your journey, such as

- Emotion Circle
- How to Meditate
- Relaxation Techniques
- Manage My Emotions Checklist



See also *Manage My Emotions*

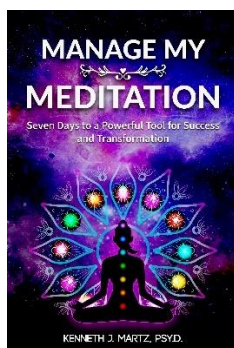
In this valuable self-improvement guide for managing emotions targeted to adults, you will learn:

- What emotions really are, how they become ingrained into your daily life
- Amazingly effective self-assessment exercises
- 8 powerful ways to conquer fear
- 14 thoughtful tools to manage anger
- 12 easy exercises to quiet our worry
- To find the motivation to succeed, passion for life, and learn to cherish positive relationships with spouses, your children, and your friends

What Are They Saying About *Manage My Emotions*?

- “Take back control and live our lives to the fullest.” **5 Star Rating** *Rabia Tanveer*
- “Exactly the book I needed...and I believe it will resonate with many other readers.”
5 Star Rating *Jamie Michele*
- “Manage your emotions and learn to live well!”
Dr. Sandra Rasmussen
- “An outstanding job of offering solutions”
Joel Elston

Continue your journey. Get your copy today.



**Download the bestselling
of Manage My Meditation for FREE
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Manage My Meditation will teach you proven and powerful meditation techniques that anybody can learn in under a week, even if you have tried meditation before and failed, or you have a hectic schedule and barely have time to breathe. You can access at the link below:

<https://drkensmeditationschool.thinkific.com>

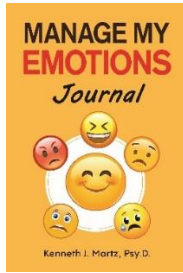
In this mindful meditation and deep relaxation book, you will learn:

- Why meditation has been an important part of over 500 million people's lives, since 5,000 BC... and why it will work for you, too
- Proven Yoga meditation methods that have been used for thousands of years with excellent results, including simple breathing exercises and

Yoga postures that will bring you calmness and clarity of mind in just minutes

- A 7-Day 'Meditation 101' program that anybody can use to quickly learn to meditate and steadily improve your natural abilities to manage stress and reduce anxiety
- How to find motivation to succeed, passion for life and learn to cherish positive relationships with spouses, your children and your friends
- How to develop the self-confidence that you have the skills to successfully meditate and continue to establish a lifelong meditation practice to transform your life.

Free downloadable meditations with music and Dr. Ken guiding you through step-by-step



Manage My Emotions Journal

One of my most asked questions has been for support in personalizing the Manage My Emotions journey.

You can now get a copy of the Manage My Emotions Journal. The journal is aligned with the exercises in this text. It will help you to:

- Personalize your experience
- Take notes
- Track progress
- Capture insights
- Manage your mood
- Articulate your thoughts and emotions

Journaling is one of the evidence-based tools discussed in this text.

The MME Journal is available in multiple formats to fit your needs. While I prefer paper copies for my journals, you can also get your copy in eBook format. You can make notes on the page in your eBook reader, or if you prefer, the eBook version comes with a link to download and print a PDF edition.