



## **6 Steps to dealing with a Negative Emotion**

Whenever you feel an emotion, it is a message. Not a bad or negative thing – it is a call to action! A message to change either your perception or your actions.

What makes it negative is indulging in the emotion. Don't make them wrong, appreciate them. Ask yourself "What is the message my emotion is trying to give me here?" What do I need to change? My Perceptions or my actions?

No-one can make you feel ANY emotion. You are responsible for YOUR emotions and your responsibility lies within the meaning you make of the situation.

- 1)** Identify the real emotion. "What and I REALLY feeling?" UPSET might be hurt. Use some transformational vocabulary – be more specific, use emotion wheel. Instead of saying "I am destroyed, I am humiliated" – use a more accurate word. Use a softener – I feel a 'little bit' hurt. Usually will always be an emotion of HURT or LOSS.
- 2)** Acknowledge and appreciate the message your emotion is giving you. Don't deny, avoid, suppress. Don't make them wrong, don't share them. Identify and acknowledge.
- 3)** Get incredibly curious as to what it has to offer you. As to what the message is. Ask self "What is the real message this emotion is trying to give me?" "Is this what I want in my life?"
- 4)** Get yourself to feel reassured that you can deal with this emotion. Feel reassured that you can deal with this emotion. Remember a time when you have dealt with this emotion successfully in the past.
- 5)** Get certain that you can handle anything like this in the future. Think of a time in the future that this emotion may come up. Use it as a strengthening exercise. This prepares your brain to be able to deal with it in the future. Your brain cannot tell the difference between something you vividly imagine and something that actually occurs.
- 6)** Take the action you need to take change in your life!