

BREAKING FREE OF NEGATIVE EMOTIONS

WORKBOOK



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LINKING EMOTIONS WITH PHYSICAL REACTIONS

For this exercise, think about an upsetting event or experience and write down how it made you feel emotionally and physiologically. Which parts of your body are affected? This will help you take notice of your reaction to distress and how to be objective and take control.

Keeping a journal of the symptoms will also help you find out how your body reacts to certain negative emotions. If necessary, calm yourself down first with some pranayama yoga or five minutes of deep breathing before you begin.

Do the following awareness exercise each day:

At the end of every week, go through your journal and look for patterns. Do you tend to experience one particular emotion more than others? Were you feeling this way due to your own actions or was it because of another person?

Go through the list of negative emotions below. Pick one or more and note your feelings and physical reactions. The best time to do this is in the morning or before bed. Maintain this journal for at least a month to gain a better insight into yourself.

Today I feel:

Sad	Hopeless
Angry	Depressed
Anxious	Annoyed
Frustrated	Vengeful
Resentful	Disappointed
Guilty	Afraid
Envious	Ashamed
Jealous	Lonely
Hurt	Disgusted

a. What emotion am I experiencing?

b. How do I feel?

c. What physical symptoms do I feel?

d. What triggered this emotion?

CONSIDERING YOUR POSITIVE TRAITS

While you're digging into your psyche for negative emotions, also consider your positive traits to keep your perspective balanced. No one is perfect and you should pat yourself on your back for having the courage to take this journey into your dark side and transform it into light.

Make a list of your positive traits that make you feel good about yourself:

REFLECTING ON PLACES OF PEACE

When you're surrounded by nature, you feel peaceful, refreshed, and rejuvenated. If you can't get to a natural spot when you're upset, imagine how you'd feel among the trees and flowers, with the birdsong in your ears. Let this feeling envelop you and drive the blues away.

In the space below, make a list of the places where you've experienced peace and rejuvenation and journey to them in your mind. They'll always be there for you.

Places where you felt happy as a child:

Describe your favorite retreat in the garden or park:

Flowers and trees that make you happy:

Colors and scents you like:

MAN IS FOND OF COUNTING HIS TROUBLES, BUT HE DOES NOT COUNT HIS JOYS.
IF HE COUNTED THEM UP AS HE OUGHT TO, HE WOULD SEE THAT EVERY LOT
HAS ENOUGH HAPPINESS PROVIDED FOR IT.

- FYODOR DOSTOEVSKY

THE POWER OF VISUALIZATION FOR EMOTIONAL WELLNESS

Through visualizing positive events from your past, you can “trick” your body and mind into producing the "feel good" chemicals that make you feel good both mentally and physically. This technique is ideal for those in trying situations that bring negative emotions to the surface.

If you don't possess a strong visual memory, just go with the feeling of wellness created by happy memories.

1. Think about a time when you felt happy and alive. It could be a memory of a carefree vacation or a time when you did not feel under pressure. Looking through your photograph album or reading through your journal is a good way to dig out happy memories.

2. Once you've identified a vivid, positive memory, use your imagination to enhance the colors, physical sensations, sounds, and smells. Pay attention to how you look, what you're doing, and what emotions you're feeling. If these pictures are hard to visualize, just dwell in the joy of your pleasant memory.
3. Now zoom into the scene just like a movie camera. Notice your calm and relaxed appearance and feeling. Stay with this image or feeling for five minutes in the least. Remember to focus on the physical sensations as well as the emotions.
4. Travel into the future and see the *future you*. You have left your emotional difficulties behind.
5. Travel six months into the future and see yourself enjoying life and being happy and fulfilled.
6. It's time to remember your difficult situation and how it makes you feel. Stay with it for a minute.
7. Replace the sad image of yourself with the happy and healed person you saw earlier in your mind's eye. Recall the feelings of well being and contentment. See yourself smiling. You have left your negative situation behind. Smile and bring these good feelings with you.

May joy and success always smile on you!

FORMULATE AND STAMP INDELIBLY ON YOUR MIND A
MENTAL PICTURE OF YOURSELF AS SUCCEEDING.
HOLD THIS PICTURE TENACIOUSLY. NEVER PERMIT IT TO FADE.
YOUR MIND WILL SEEK TO DEVELOP THE PICTURE...
DO NOT BUILD UP OBSTACLES IN YOUR IMAGINATION.

- NORMAN VINCENT PEALE