



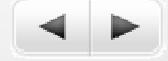
# Module 2

*Working with your emotions*



## Emotions intro...

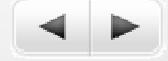
- In life we have to feel emotions, we have hugely varying ways in which we feel them, but they are par for the course
- Our emotional life being out of balance is one of the greatest causes of suffering known



# What determines?

What determines our emotional happiness, is it the events of our life?

- If this was the case, the quality of someone's life would be caused by the events that happen, this is simply not the case...
- Some of the happiest people have some of the most challenging events happen to them...

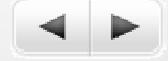


## 3 emotional styles

There are 3 key emotional styles that people tend to use:

1. Feeling little and spending much of our life in our heads
2. Emotionally balanced
3. Being at the mercy of our emotions

Different schools of psychology preach different ways...



## 3 kinds of emotions

1. Head Created Emotions
2. Body Created Emotions
3. Soul Experienced Emotions

Usually all 3 are happening to greater or less degrees..

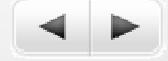


# Head Created...

## Head Created Emotions

1. Something happens in our inner or outer world
2. We make it mean something
3. We create a feeling about it

This often cycles around and around

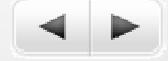


# Body Created...

## Body Created Emotions

1. Something happens in our inner or outer world
2. It triggers an unconscious response
3. We make it mean something and label the feeling

Often we then cycle into a Head Created Emotion

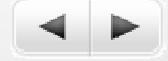


# Soul Experienced...

## Soul Experienced Emotions

1. Something happens somewhere
2. We have experience, and we could label it as something

This is not the same as an unconscious version of the previous two!



## How to work with...

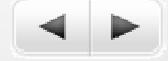
- Learn to observe what is happening – if you can see it you don't have to be it
- Understand your patterns – the more conscious they are, the more you can consciously choose to stop them
- Bring yourself back into balance...



## Working with head...

If you experience primarily head created emotions...

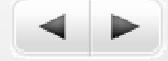
- Understand that you need to get out of your head, not work it out more in your head
- Meditation
- Yoga, movement, things that bring you into your body
- Understand why you have retreated from your emotions and explore the resistance gently



# Working with body

If you experience primarily body related emotions...

- Understand that your emotions are not the only way to experience the world
- Your perspective is only one perspective
- Work through the emotional backlog that is being triggered
- Allow yourself to engage your mind and see the situation from other perspectives



## Keys for this area...

- Beliefs – what ultimately determines our emotional behavior is our beliefs – analysing what you believe about emotions is a great way in to working with this
- Learning to be in your body and not your feelings
- Learning to disconnect from your mind
- Allowing things to be uncertain and change!



## Feedback questions

- Where are you at and how are you finding the programme at this point?
- What have you discovered about your relationship to emotions?
- What questions/comments do you have at this point?

Please e-mail to [grace@TheOptimumHealthClinic.com](mailto:grace@TheOptimumHealthClinic.com) with “Conscious Transformation 2 Feedback” in the *Subject* line