

Module Five: Mastering Your Emotions

Resourceful States:

GRATEFUL, HAPPY, EXCITEMENT,
CONFIDENCE, MOTIVATION, ATTRACTIVE,
SATISFACTION, LOVE, CONNECTION, CALM,
PATIENCE, UNDERSTANDING, PEACE,
RELAXATION, COMFORT, FAITH, TRUST,
SECURITY, CONTROL, EFFECTIVE,
SUCCESSFUL, USEFUL, VALUABLE, CAPABLE,
KNOWLEDGABLE, SKILLED, SEXY,
DESIRABLE, ENERGIZED, HELPFUL, AWARE,
ATTENTIVE, RECEPTIVE, OPEN, FRIENDLY,
SMILING, LUCKY, INSPIRED, ENCOURAGED,
ACCOMPLISHED, CONTENT, HEALTHY

Unresourceful States:

SAD, BORED, DEPRESSED, FEAR, DRAINED,
ANGER, FRUSTRATION, IRRITATION,
IMPATIENCE, STRESS, EXHAUSTION,
NERVOUSNESS, UNCERTAINTY,
RESENTMENT, DISAPPOINTMENT, OUT OF
CONTROL, ANNOYANCE, VENGEANCE,
MISERY, CONFUSION, OVERWHELM,
INSECURE, INCOMPETENT, HOPELESS,
INADEQUATE, DEJECTED, WEARY, SELF-
LOATHING, DESPERATION, LONELINESS,
INDIFFERENT, FAILURE, DEFEATED,
DISTRACTED, DISORGANIZED

How to elicit and create states in yourself

Your internal state in any situation is created by how you are using your physiology and thoughts at that moment. In order to take more control over this process, it helps to become aware of it. The easiest way to become aware of it is to practice eliciting the different states that are listed above, the resourceful ones and the negative ones. Think back to a time when you experienced those feelings. For example, when you think of calmness what comes to mind, is it the time you were sleeping in your warm bed while you could hear the rain outside and you knew that you had nothing to do that day. As you think of a memory keep adding to the specifics, what do you remember **seeing**, what sounds did you **hear**, what did it **feel** like. The goal of this practice is to begin to feel the state like you did when you actually had the experience. Remember the mind doesn't know the difference between vivid imagination and reality.

How to Increase and Decrease Feelings

You can increase and decrease the feelings you have by intentionally associating and disassociating in and out of them.

Try this example: Remember a time when you were walking in the rain. You can think of it in 2 ways.

You can disassociate from it by imagining that you're in a movie theatre watching this memory on a movie screen as if it was someone else walking in the rain. When you do this, the feelings decrease because you're not as connected to the memory.

You can associate into the memory by imagining that you're in your body while the rain is coming down on you. Remember where you were and what was around, what you could hear, and what you were thinking. As you bring back and connect to more details of the memory, you're going to find the feelings becoming stronger.

Emotional Mastery

1. Choose an emotion you would like to feel more
2. Remember a time in your life when you felt this way
3. Associate back into that memory by remembering and connecting to the details
4. Imagine you are in that memory and pretend you feel the same way
5. Now without changing your body answer these questions

Describe your breathing (deep, shallow, etc)?

Describe your posture (straight, slouched, head up/down, etc)?

Describe your body (tense/relaxed, where you feel energy, areas that stand out)?

6. List 2 other times you felt that feeling in your life...

1. _____

2. _____

Reinforcing the Good Feelings

When you achieve your goal weight what resourceful states will you automatically feel more of in your life?

Which unresourceful states will you automatically feel less of?

List 3 habits that sabotage your weight loss, the states that usually accompany them, and the antidote states:

Sabotaging Habits

State preceding habits

Antidote States

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State Awareness Exercises

What are 3 unresourceful states you experience the most?

1. _____

2. _____

3. _____

When do you feel those states the most? (time, location, people, situations)

1. _____

2. _____

3. _____

How would you like to feel in those situations instead?

1. _____

2. _____

3. _____

What could you do during those times to feel that way?

1. _____

2. _____

3. _____

Theatre of the Mind your new behaviors and feelings