EMOTIONAL FLUENCY Love* **Happiness** Authentic emotions, ranging from constricting to expansive, are fluid. Feeling them will awaken, connect and restore you **Passion** to your most authentic and healthy self. Hope, Trust False Emotions (bold type) are mental constructs that cannot Thrill truly be felt. They hide the authentic emotions that are **Optimism** difficult for you to feel and traps you in your victim story. Well-Being, Satisfaction Self Respect grows when you honor your emotions honestly and appropriately. Boredom, Impatience Frustration, Confusion Worry, Doubt Crisis, Overwhelm, Self Pity Sad, Disappointment, Remorse, Guilt Pessimism Anger, Fury, Resentment CONSTRICTIVE Fear, Anxiety* Hurt* *Love: Joy, individuality, freedom, connection and authority. Jealousy, Envy, Hostility *Anxiety: Fear and worry that has Blame*

- SKILL BUILDING
- 1. Permission to feel! Each emotion has its own resonance, from the lowest constricting emotions to the most expansive.

Violence, Hatred, Self Righteousness

- 2. Communicate responsibly with positive intention. (WAIT Why Am I Talking?)
- 3. Be curious. Which emotions do you avoid or have difficulty feeling?

Lonely, Worthless, Numb

Hopeless, Despair, Grief

- 4. Name the emotional places you get stuck.
- 5. With the guidance of your Nurturing Parent, uncover the authentic emotions that are hidden under the shell of false emotions.

not been responded to. You are likely in fight, flight or freeze mode.

*Hurt: Abandonment, betrayal,

humiliation and rejection.

*Blame: The foundation of the

victim story.

6. Expand your range of emotions. Practice "walking the stairs" from top to bottom and back again. Pause and name the thought and feeling that you associate with each emotion.