



BE UNSTOPPABLE

COACHING



Taking Control of EMOTIONS

Tool and Worksheet





Taking Control of EMOTIONS

Emotions are the deciding factor for every decision an individual makes. Emotions or how we feel, governs everything, from what we choose to eat, what we choose to wear, how we relate to others, how we make decisions, what we are thinking and how we perceive life in the present moment.

Regardless of if the emotion one feels is positive or negative, the root of that emotion stemmed from a meaning we gave a past similar experience, in essence a paradigm. The event that triggered the paradigm, coupled with the conclusive thought of what that paradigm represents, fuels an emotion, which is then automatically generated when a similar event presents itself.

In order to take control of emotions, one must assess the paradigm and thought that is fuelling the feeling, to decide if the emotion in the present moment is empowering or disempowering. Understanding what the emotion means and what the emotion is influencing, can assist in looking back to how that emotion generated and choose to feel it, if it is positively serving you and others, or choose to change something, empowering yourself for a better life outcome.

Assess the Paradigm + Thought Positive Emotion = Empowered

Assess the Paradigm + Thought Negative Emotion = Disempowered

Disempowered Means That You Need to Make a Decision







When one feels the surge of a negative emotion, the disempowered feeling is indicating to the individual that something is not meeting their needs and expectations, thus a decision needs to be made. Most people react to a 'negatively viewed' circumstance with anger, frustration, depression, resentment, etc... rather than identifying what the negative emotion is, what need of theirs is not being met, and what has to happen for that to change.

All people experience negative emotions, but these emotions do not need to debilitate an individual ... negative emotions should be felt, acknowledged and understood, to use their power to 'drive' a person towards the outcome that meets their needs and expectations. It is within an individual's control to make a conscious choice of what to do with the pain being experienced, what decision will be made as a result of that pain, and how to use that powerful choice with motivating force, to achieve what they want and take the next steps forward.

CHOOSING WHAT EMOTION TO FEEL IS IN YOUR CONTROL

You have the Power to Choose to be Empowered or Disempowered

Identify and Take Control of Your Emotions

					
Happy	Energetic	Strong	Hurt	Angry	Confused
Pleased	Determined	Certain	Sad / Upset	Frustrated	Uncomfortable
Grateful	Inspired	Sure	Depressed	Annoyed	Inadequate
Optimistic	Vibrant	Secure	Overwhelmed	Agitated	Uncertain
Content	Healthy	Empowered	Overloaded	Irritated	Doubtful
Joyful	Motivated	Powerful	Frustrated	Fed-Up	Embarrassed
Glad	Focused	Ambitious	Disgusted	Disappointed	Lost
Appreciative	Creative	Bold	Hateful	Resentful	Pessimistic
Enthusiastic	Passionate	Tenacious	Lonely	Furious	Indecisive
Loving	Curious	Unique	Hopeless	Bitter	Guilty / Regret

.....POSITIVE EMOTIONS.....

.....NEGATIVE EMOTIONS.....

CONTROLLING NEGATIVE EMOTIONS

The first step to taking control of your emotions is identifying what the emotion is telling you. What are you feeling? What does this mean? What do you do you need to do?

e.g. Feeling Hurt ... meaning my expectations are not being met / they don't understand me, so, I need to communicate in a better way (you take control).

e.g. Feeling Angry ... meaning my rules or standards are not being met, possibly broken, so, I need to clarify what those rules are to that person (you take control).

e.g. Feeling Overwhelmed ... meaning too many things are demanding my time, so, I need to prioritise and break down demanded work/goals (you take control).

e.g. Feeling Guilty ... meaning I have done something I regret, against my values, rules and goals, so, I need to forgive myself and consciously change my actions (you take control).

Identify two or three common negative feelings you experience and describe what these feelings mean to you and what you can do to take control of them.

Taking control of negative emotions is achieved by following a few steps. As life and circumstances present themselves, the practice of managing your emotions will become easier and more efficient, due to your increased level of self-awareness. Let's start this process by carefully identifying the emotions and steps to take control, by answering the following questions, each time a circumstance fuels a negative emotion.

1. Identify the Emotion: What is the feeling? What does it mean? What needs to be done?
e.g. Feeling Angry ... meaning my rules or standards are not being met, possibly broken, so, I need to clarify what those rules are to the person who violated them.

2. Identify the needs and expectations that are out of alignment with the emotion.

3. Identify the paradigm that ignited the emotion.

4. Identify the thought aligned with the paradigm.

5. Assess, in light of the current situation, how justified the paradigm, thought and emotion being felt is. Are the combined forces fueling the emotion relevant today?
Do you really need to think and feel this way anymore?

6. What learning can be taken from the paradigm, thought and emotion being felt?

7. TAKE CONTROL ...

8. Identify - What is the desired outcome? What do you want to happen?

9. Identify - What emotions do you need to feel to achieve that outcome?

10. Identify – What decision will you make and what action will you take, to meet your needs and achieve that result?

Taking Control of Negative EMOTIONS

Practice

Based on the ten steps above to manage emotions, complete the following reflections, as you become more confident, efficient and in control of managing negative emotions.

Example 1 – negative emotion

How I took control and managed the situation

Example 2 – negative emotion

How I took control and managed the situation

Example 3 – negative emotion

How I took control and managed the situation



Taking Control of EMOTIONS ... Action Goals

What action goals are you going set to help you manage your emotions? Take into consideration what you have reflected on and the insights you have gained through this worksheet, to help you write goals and action steps below.

Remember that emotions are the deciding factor for every decision you make, as they are triggered by a past similar experience and thinking. You have the power to choose to be empowered or disempowered by the emotions being felt. Choosing what emotion to feel is **IN YOUR CONTROL** and highly influences your decisions and actions.

GOALS

ACTION STEPS
