



## **Adventure Bonus Message # 9**

### **Emotions**

Hey just ignore how you feel!! Have you ever heard this in response to how you are reacting to something? Well guess what, how you are reacting is likely driven by your emotions. “Oh just stop being sad about your pet being put down”, “Oh just buck up and stop being mad that you lost your job”, “Oh come on, I don’t know why you like him so much just stop feeling that way about him”. Not so easy to do any of these things, why because emotions are a very strong and a constant part of who we are as human beings. Some emotions, like fear, are so hard wired into us we experience them almost unconsciously and uncontrollably because they are part of the survival instinct dating back through evolution, try not to be afraid if you happen across a wolf out hiking!!

Emotions are defined as ***“a natural instinctive state of mind deriving from one's circumstances, mood, or relationships with others. Emotions are a mental state associated with the nervous system brought on by chemical changes variously associated with thoughts, feelings, behavioral responses, and a degree of pleasure or displeasure. They are often intertwined with mood, temperament, personality, disposition, and motivation”.***

Emotions are responses to significant internal and external events. Emotions are our feelings. Our body actually reacts, we can feel them in the tension of our muscles, the beat of our heart, the rhythm of our breathing, our body actually feel and acts different when we experience emotions.

In other words, you are going to react to things in many ways, good and bad, there is pretty much nothing you can do about how you feel initially. Emotions are just your body feeling and reacting to a situation or circumstance. What you don't get to do is react and carry out every emotion or feeling you have, but we will get to controlling and using emotions in a minute.

If you do research you will find that there are studies that say there are 4, 6, 8, 10, 20 different emotions you can experience and they are probably all right in some way, we have chosen the list below as the best compromise on the subject and believe this list encompasses most emotions you will feel.

- **Anger**
- **Sadness**
- **Joy**
- **Disgust**
- **Trust**
- ***Expectation***
- **Surprise**
- **Love**
- **Remorse**
- **Fear**

Unfortunately, when people talk about emotions they generally focus on the negative side of the ledger. When in reality positive emotions are extremely important to everyday life. The list above we would say contains five positive emotions, joy, trust, expectations, surprise and love. The interesting question

would be, did everyone look as those five as positive? Think about how you reacted or thought about “expectation” or “surprise” did you think of them through a positive filter or a negative?

Another view of it came from Frederickson (2009) who identifies the ten most common positive emotions as *joy, gratitude, serenity, interest, hope, pride, amusement, inspiration, awe* and *love*. She also noted that we really need a 3:1 ratio of positive to negative in order to have a good life. Which is completely understandable as we tend to give negative emotions so much more power over us than positive ones.

So, if how we feel is instinctive then what can we do about it, well in civilized society we cannot just do whatever we feel whenever we feel it, so many times we have to manage how we feel and our reaction to those feelings.

The first thing to understand is we are not telling you to ignore how you feel, you have the right to feel any way you feel but you must own it! Say yes, I feel really angry right now, yes this is making me feel very sad! You have a right, but you have to own it and call it out to yourself, tell yourself what you are feeling. Now understand you may be feeling many things at once, you can be surprised and fearful, yet angry all at once.

Now put it in some context, wow I am feeling really angry because I caught a stoplight and I am in a hurry, but is it really worth the effort to expend emotional angst in my mind over this?

I am really worried about the meeting tomorrow, but what is the worst possible thing that could happen?

Frame how you look at an issue that is causing you to react with negative emotions, instead of “I am so afraid of speaking in front of the meeting tomorrow, I will probably look like a fool” perhaps “I am so excited about the meeting tomorrow and the opportunity to show them all who I am and what my ideas are”.

Managing your emotions can be very tough in some situations you may find you are having trouble controlling yourself or doing as we described above. Now what?

One method to control over reaction, is to make it a habit to pause just for a minute between a feeling that hits you and taking action, just pause. Now breath, slow you breathing down, your heart is likely racing, it's why your face gets flush. Think about what really matters to you and what kind of person you want to be, realize one of the key lessons from Pozzam, you have a choice. What happens next is all on you, you don't get to blame someone else, "she made me so mad", you don't get to blame something "the meeting ran so long", what happens next is what you decide happens next.

What helps many people is movement, they start to stretch or moving their body in some way, as we said you feel emotions in your body, often you will see someone trying to control themselves by rolling their neck or stretch their arms.

Do these things and you will find your reactions are more regulated and controlled when faced with an emotional situation.

Emotions affect and are a part of your mood and often you will find yourself in a bad or negative mood, the is often a more sustained emotional state as you are still thinking about what happened and what upset you. You need to do somethings to snap out of that mood because negatively can be a downward spiral. So do something productive, clean the house, wash your car, reach out to someone in your Positivity network and have a upbeat conversation, exercise, meditate on all the good in your life, smile, listen to your favorite music, watch a fun tv show you love, change your thoughts, go out and Win Today!

Emotions are an important and vital part of life and who we are, they are our own and we have a right to them. A healthy mind can control and regulate emotions and reactions to them, if you struggle with this, if you are very sad for a very long time, if love is an obsession, if anger is nasty and uncontrollable you may need and are encouraged to get some professional help to deal with any extreme emotions and reactions.

Lastly, as we said above, love, joy, trust, acceptance, hope, pride and many more emotions are wonderful experiences and we should all strive to embrace these, negative emotion will find you, go find the positive!!