

EMOTIONS WE THINK OF AS NEGATIVE ARE REALLY SIGNALS TO YOU TO CHANGE:

GTE-P.32 Power of Emotions - 10 Actions Signals for Change - When I feel any of these emotions, I recognize that they are signals for change only. I do not make the emotion or myself feel wrong for having the emotion. I recognize the emotion for what it is signaling me, and I thank and appreciate it for showing me what to change and do. **Nothing in life has any meaning except the meaning I give it. If I don't like the way I am feeling, change the meaning. The Calls to Change and Action:**

1-When/If I feel Uncomfortable/Bored, Impatient/Distressed/Uneasy/Embarrassed - This means I need to change my state, clarify what I want and take action in that direction. Be disturbed so I will want to change for the better. Get leverage on myself - get honest with myself, be uncomfortable with where I am so I must feel urgent to change.

2-When/If I feel Fearful, Terrified, Concerned, Worried, Anxiety, Apprehension or Scared - This means something is coming up and I must be ready or prepared or will have to suffer the consequences. Once I am prepared, since there is just so much one can do, I am to change my state and be confident and have faith. I have fearless faith. I trust God. I am ready and prepared for all things in my life.

3-When/If I feel Hurt or Destroyed - This means an expectation I have is not being met and I have a feeling of loss. Change my behavior or my way of communicating my needs. I cannot lose anything that belongs to me by Divine Right. Harm falls away by its own weight.

4-When/If I feel Angry, Furious, Irritated, Enraged, Livid, Resentful - This means an important rule of mine has been violated by me or someone else. Let the person know my standard may not be the same as theirs but I need their help. Sometimes it may be hurts unexpressed or built up. Anger can be an outgrowth of hurt. People do best they can.

5-When/If I feel Frustrated, Held Back or Hindered - This means I need to change my approach to achieve my goal. Insanity is attempting to get new results from doing the same thing over and over.

6-When/If I feel Disappointed, Sad, Defeated - This means my expectation may not be appropriate for the situation at hand. Adjust my goal to be more realistic as to where I am now. God's delay is not God's denial.

7-When/If I feel Guilty or Regretful - This means I violated one of my own standards or my standards were too high. Review my standards and then if too high, make them more realistic. Then I must ensure I don't violate my standard again. I must make things right when I screw up; I go and apologize, balance the scales.

8-When/If I feel Inadequate, Less Than, Unworthy - This means I need to improve what I am doing or change my criteria. Review my rules to see if they may be too hard to meet, ex. To expect to dance like Travolta the first time; or maybe my rules are okay, I just need to be confident in myself and feel worthy, have faith.

9-Overloaded, Overwhelmed, Hopeless or Depressed - This means I need to prioritize. That I feel I have more than I can deal with. List the things I want to accomplish in order of priority, then take action with the first item on my list. What is necessity vs. a desire. Take control of the events and chunk it down. This too will pass. Best is yet to come. First things first. I live in Quadrant II.

10-Lonely, Separate, Apart - This means I need connection with people. Ask what kind of connection do I want - friendship, sex, someone to laugh with, etc. - No one can abandon me, I will just follow them. Figure out what I am wanting with someone and go after it.

GTE-P33 - SIX STEPS TO MASTERING MY EMOTIONS

- 1) **I Identify the emotion I am feeling and appreciate the message.**
- 2) **I Clarify** - I ask myself what is this emotion trying to tell me or what message is it offering? Do I need to change my perception (the meaning, the appropriate way to feel) or my procedures (my communication or behavior). Once clarified, take action. Example of perception - they don't love me less, they are just feeling threatened by something else and I am in the way or remind them of it. Ex: of procedure - change the timing to communicate. In other words, change the way I am perceiving or proceeding.
- 3) **I will get curious and ask questions** - How do I really want to feel? As soon as I identify what I want to feel, I am moving in the direction I want to go. What would I have to believe in order to feel that way now? What am I willing to do to make it the way I want it? What's great about this and what can I learn from this? In other words, what will it take to have a friendship and not to be in a position where I feel