

destroyed by the way you communicate.

- 4) **Get Confident** - Recall a specific time when I felt this emotion before and somehow got over it. Remembering a time when I was able to deal with the emotion will reassure me that I can deal with it now.
- 5) **Get Certain** - Imagine coming up with different ways of handling this emotion. If one doesn't work, try another. Rehearse until I feel confident. Deal with the emotion while it is little to keep it from building up or change enrage for example to annoyed.
- 6) **Get Excited and Take Action!** Do something right away that shows I can handle this emotion. Express my emotion in a way that reinforces what I have rehearsed in my mind and change the way I feel. Rehearse in my mind and do the following when required - when someone yells at me or is upset with me or disapproves of me or rejects me - Laugh, Smile, Change My state. Ask them how they can communicate what has upset them without getting personal and attacking my character. Ask who, what, when, where and how questions. For example, who are you upset with, what happened that made you upset, why did that upset you, how can you feel better about this.

GTE -P36-Things I can do to make me feel GOOD = list what you can do to make yourself feel good:
(hot bath, music, etc.)

SIX HUMAN NEEDS - THAT MUST BE MET TO BE AND FEEL COMPLETE AND FULFILLED:

GTEP72 - Six Human Needs - To be fulfilled, we must consistently meet these six human needs. If I consistently give these six needs to others I will receive them back from others. #1-4 are fundamental needs. 5-6 are primary needs to feel totally fulfilled as a person.

1. **Certainty/Comfort** - I develop certainty by my faith. Too much certainty brings boredom.
2. **Uncertainty/Variety** - I need variety, surprise, a challenge to feel fully alive and experience fulfillment. Like Stimulating Conversation and Opportunities to explore, discover and learn. Too much uncertainty, people become fearful and concerned.
3. **Significance** - I need to be needed, feel important and there is an important meaning and purpose for my life. And I am needed, I am important and I have an important meaning and purpose for my life.
4. **Connections and Love** - I need to feel connected to myself and others whom I can share my love. I AM.
5. **Growth** - Growth equals life. I must feel like I am growing to be happy and fulfilled, and feel the euphoria of meaningful contribution. And I AM and I DO.
6. **Contribution** - This means I am going beyond myself and live a life that serves the greater good. Helping people heal their bodies does this for me. My son is this for me.

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