

Workbook for Lesson 6: Regulating Your Emotions

Overview

In this lesson, we provided a guided meditation for when you experience an intense emotion. It's audio only, because listening reaches the unconscious mind more easily and allows real change.

While analyzing why this audio recording works so well, we rediscovered five big truths about emotions:

1. You experience emotions because of your thoughts in a specific moment. You can recreate the pain of a memory just by thinking about it. That means you can also create calm, confidence, and joy on demand.
2. Emotions are vibrations contained in certain parts of your body. Your feelings are never bigger than you.
3. Feelings fade by themselves in about 90 seconds. You extend an emotion's lifespan by attaching stories to it. You can learn to let an emotion just be there to make it pass faster.
4. As soon as you label an emotion with one word, you separate yourself from it, and it loses its hold over you.
5. Emotions give you feedback on the clarity of your thinking.

Bringing everything together:

When you have a settled mind, you can let emotions come and go. It's not about being unemotional. It's about understanding emotions so deeply that they no longer control you. Your clarity and inner wisdom are always there, waiting for you to return to them.

Action Steps

From now on, quietly pay attention to your emotions. And then follow five steps to deal with a feeling:

- Pause
- Notice
- Name it
- Do nothing
- Let it pass

Preview of the Next Lesson

In our next lesson, we will explore the idea of clarity of mind further and discover how to return to that state.

Blank Model Template

Circumstance: _____

Thought: _____

Emotion: _____

Actions: _____

Outcome: _____

(Use this template to explore how changing your thoughts and feelings changes everything downstream from them.)