Master Your Emotions

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| **Emotion**  Do one each for anger, fear/anxiety, sadness/hurt and happiness/joy | **Times I Tend to Feel This**  What are some recent and common situations when you feel this? | **How do I feel it in my body?**  Head to toe  Body posture, onset, location, duration, character (color), what makes it better or worse, movement | **What have I done in the past when I felt this?**  How have you acted in the past when you felt this emotion? | **How did my reaction probably make others feel?**  How did your reaction affect your wife and children? Just use the 4. Anger, fear/anxiety, sadness/hurt, happiness/joy | **What will I do in the future?**  Name it first.  Body, mind, heart, spirit.  Anger - Movement  Fear/anxiety - Breathing, exercising, doing the thing, planning, serenity prayer  Sadness/hurt - Telling someone, crying  Happiness/joy - Allowing it, not letting fears of future creep in (meditation), gratitude |