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 toeBody 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 - MovementFear/anxiety - Breathing, exercising, doing the thing, planning, serenity prayerSadness/hurt - Telling someone, cryingHappiness/joy - Allowing it, not letting fears of future creep in (meditation), gratitude |