

Master Your Emotions

Emotion	Times I Tend to Feel This	How do I feel it in my body?	What have I done in the past when I felt this?	How did my reaction probably make others feel?	What will I do in the future?
<p>Do one each for anger, fear/anxiety, sadness/hurt and happiness/joy</p>	<p>What are some recent and common situations when you feel this?</p>	<p>Head to toe Body posture, onset, location, duration, character (color), what makes it better or worse, movement</p>	<p>How have you acted in the past when you felt this emotion?</p>	<p>How did your reaction affect your wife and children? Just use the 4. Anger, fear/anxiety, sadness/hurt, happiness/joy</p>	<p>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</p>

