Emotional Mastery
Move from Communicating to Relating
Introduction

Emotional Mastery is what this booklet is teaching. Our emotions are the most amazing things we have in terms of expressing who we are or who we are not, and often they are the most difficult to control, express and or get across to others. I can see over and over that we often make our biggest decisions out of our most reactive emotions and this is why many of us get totally of course in our lives. It is the intention of this quick tip booklet to give you a deeper and simple understanding of the basic emotions which have the largest impact on our lives, loves, jobs, weight, our finances and our relationships.

Our emotional state is the only experience the other has of us, so if we are out of control of our emotions we will not give others a good experience. If we are out of control of our emotional state we will not have a good personal experience of our own selves either. We won’t like ourselves and others will find us difficult to like as well. If we seem to have relationship problems which are chronic then we have to take some responsibility and look at the fact that we are the common denominator in these problems, and maybe we need take some inventory on what about us may need some transformation.

The emotions are like vehicles. The emotions take us from one experience into the next. The hardest thing to maintain, in the throws of an intense emotion, is the concept of having presence of mind. If we are in an emotion without presence of mind then the emotional vehicle is very likely to crash into something unpleasant. In order to have presence of mind while emotional we have to have patience and take our time. Patience is the ability to stay steadfast when thing are uncomfortable without acting out in an impulsive or negative way. Most of us rush to rash decisions when we are feeling emotional and in doing so we make decisions that forever change the course of our lives and we live with regret.

What we will learn is that there are five basic emotions: Sadness, Love, Anger, Envy and Fear. These emotions are all natural. We are supposed to feel them. This booklet will teach you how to be more accepting of each of these emotional states to refrain from judging them as wrong. These emotions are not harmful or reactive. If we can stay in the natural flow of these emotions we are not likely to make poor decisions as a result of them. The problem with the emotions is that most of us were parented to have shame around them. Maybe our emotions annoyed our parents and we were punished for having them. This shame is what causes the natural emotions to be
repressed. Once the natural emotions are repressed we lose presence of mind and we transition into having unnatural emotional states that are toxic to our lives on all levels.

For example, sadness that is repressed turns into chronic depression. There is nothing natural about chronic depression. It is poisonous to our lives and we are not able to have any kind of healthy relationship with others, with time, with money or with career if we are living in chronic depression. Anger that is repressed turns to rage. Rage is violent, non-productive and comes about in an effort to preserve and defend our self-worth. Envy which is repressed turns into jealousy. Jealousy is perhaps the most dangerous emotion, as it is considered the most violent. Fear that is repressed turns into panic. This may be the most prevalent emotional disorder in our country right now. Every time we turn around we are hearing of people having anxiety/panic disorders.

The purpose of this booklet is to offer insight into the natural and unnatural emotions and how we can learn to stay in the natural emotion before it turns toxic. The booklet will start with a brief education on communicating vs relating. It starts here because each chapter can be related to the first chapter. For instance, give people feedback on your sadness, rather than attacking them because they do not understand your chronic depression. Each article is an opportunity for the reader to learn to communicate their natural emotions through feedback rather than criticism. We are here to gain emotional mastery. Welcome and en-JOY!
Chapter One

Criticism vs Feedback
It is Time for Feedback
Communication is the one issue most people attribute their relationship problems to. I have good news, communication in and of itself is not the issue. We need to look at how the brain receives and interprets information. Communicating is the act of talking. I believe we all are well adept at talking. Many of us, actually, talk too much. The issue is not then with communicating but rather with relating. We have misunderstandings not because we cannot communicate but because we cannot relate. Let’s explore the difference between criticism and feedback. Criticism comes from the world of the mind and feedback comes from the world of feelings.

The majority of people when feeling emotional or insecure communicate from a critical place as a way to gain control. It is common when we are emotional to embellish facts and re-write history to make a point. Criticism hurts and erodes the integrity of the relationship because it is competitive not collaborative. It is defensive, not open-minded. So much communication is fear-based, and out of fear and insecurity criticism is utilized. It is the distortion that if we feel ‘righted’ that we will solve our insecure emotional state. Criticism only deepens the emotional insecurity, it deepens chaos in the relationship and it deepens resent.

*Quick tip: It is better to smart than to be right.*

Criticism can only ignite argument and defensiveness. Argument, by far, is the most repulsive form of language because it makes a person look defensive and ugly. This is anti-seductive. If we are engaging in criticism we are coming from a place of arrogance, entitlement or control. To criticize is to judge and make someone wrong. It is usually delivered in the form of an attack, over-correcting, or sarcasm.

If we are being critical of someone we see ourselves as right. We maximize our own qualities, and minimize the qualities of the other. We are right and they are ‘misinformed.’ It is a perfectionistic tactic of demanding something in the other that we are not adept at doing ourselves. To criticize is to cut down. Critical people blame-shift and deflect the issue from what is really going on, to some unimportant non-issue.
Criticism creates argument, separation and division. It is based in argument and it promotes more argument. It is all based in talking and litigating whose thoughts and perceptions are more correct than someone else’s. Criticism comes from reactive emotions. When we are emotionally reactive, we have to remember we only batting average on the truth of a situation.

Quick tip: The truth comes from patience. If you are feeling reactive do not respond. When you respond only communicate facts.

The egocentric energy of criticism creates what I call the chaos-loop. Once someone is criticized, they feel stung. The central nervous system experiences that sting and becomes adrenalized. Typically the receiver feels a need to defend and or prove themselves to the criticizer. Once the receiver engages in defending themselves they are hooked. They will not win the battle. Criticizers are tenacious fighters, especially in the area of verbal warfare. They will outlast their victim every time. If they can get you hooked, the more you say, the more ammunition you give them to continue the criticism and argument. It will loop around and loop around all the while you are being further and further criticized until you “tap out.”

Quick Tip: Criticizers are not relationship oriented. They are agenda oriented. Because their agenda is to win the argument or get their way it does not matter what the truth or what the reality of the situation really is. They are not looking at that. They are only looking at poking holes in every word you say, to get you so far off topic that you will be confused about what the topic is even supposed to be. It is a loop that is likened to going on a ‘throw-up’ ride at an amusement park. The best way to get out of this issue is to stay away from these people. Now, if this person is your boss, your best friend or your partner, you will need to change your response to them. One great way to do this is practice saying, “I am not responsive to criticism but I am always open to feedback.” If that does not work, then I suggest getting away from them for a while in order to stop the momentum of the criticizer.
It is very easy to criticize. Criticism is fairly thoughtless and superficial. It is hardly smart. When we give feedback we are operating on an entirely different frequency. We are thinking about feelings, not about blame. We are thinking about the bigger picture, not winning the current argument. Feedback comes from the facts of an emotional situation, not from the distortion of the reactive emotions. Feedback takes thought, patience and maturity. Criticism requires nothing intelligent.

The great thing about the emotions is that they are universal. To communicate means to commune, to come together. The way you experience sadness is the same way I experience the emotion of sadness. The way you feel fear is the same way I feel fear. The same things may not trigger these emotions in us, but the way they are felt is the same. We can only come together or commune on what we feel. So here is how we can move into relating and away from communicating. If we all experience/feel the emotions in the same way, then we all have the capacity to understand the other and the way they feel. We may not understand and/or agree with why they feel the way they do but we can understand the feeling they are having and that is where feedback comes in.

If there is a difference between two people we can start by asking the other one what they feel rather than what they think. To be honest no one really cares what we think. Thinking is subjective and often distorted, where feelings are just feelings. They are not right or wrong until we attach them to thinking and proving ourselves. To give feedback we are sharing our feelings about something. Feedback opens up and criticism shuts down. Feedback has a good intention, and originates from a place of vulnerability and reflection. Feedback is never violent.

Feedback generates conversation, negotiation, and evolvement of new perceptions. Feedback offers the opportunity to nurture and look more deeply at someone or something. It is collaborative not competitive. Feedback is succinct and to the point and does not promote a loop-like engagement. Feedback promotes thought in self and in the other. Higher opportunities, visions and understandings can come from feedback.
When we feel we have related with another, we feel close to them, we feel as if we have deepend a connection and trust is developed. Trust is developed because we were able to be seen, loved and understood by someone else. Feedback comes from a personal truth. Feedback is not looking for agreement but understanding. Feedback allows for personal differences without persuasion.

Quick tip: When we share our feelings/emotions, keep reactive emotions out of it. No one will take us seriously if we are approaching serious issues through our tears. If we believe in what we feel then bring it to the table with assuredness and confidence. This is the best way to get our emotions to be taken seriously.

Now, chronically defensive people will not know the difference between criticism and feedback. How do you know if you have been critical or if you have given feedback? By how you feel after you have shared whatever it is you needed to share. If you feel you have absolved yourself of the negative feelings you were having and you feel free, regardless of their response to you, then you probably were approaching with feedback.

If you leave a conversation with the need to blame, further defend yourself and you go back into litigation preparation then you were probably being critical or responding with criticism. Anything long-winded and hypervocal is criticism. Feedback is simple. At the core, the truth of what we feel is usually simple and easy to explain. The feelings themselves are not complicated. It is the way we think about what we feel that makes it complicated. When we feel we get vulnerable, often when we feel vulnerable we get self-protective and our minds take over and distort the feelings to protect them. Feeling then becomes MIND, and not feelings.

I highly recommend ridding your life, as much as you can, of chronically defensive people. The only relationship opportunity you will have with them is superficial. If you can accept these people as being superficial then you can live in the awareness of the place that type of person will have in your life, and not to expect more. Knowing someone’s place in your life is extremely important for your well-being. If you know a
certain person is chronically defensive and will not ever really be able to see you, then you should not expect more and tailor your relationship to that person being only in a limited place in your life. To not do this is to allow more and more pain into your life. You will find as you clear your life of these difficult people, more space opens up for your own happiness. Who is in your life is the most important decision you make.

**Little life message:** *To commune with the other, use your feelings not your thoughts.*

*Sadness, envy, love, anger, fear. Use these feelings as guides to relating.*
Chapter Two

SADNESS IS NATURAL. IT’S OK TO BE SAD
There are five core emotions I am most interested in. Grief/sadness, fear, anger, love, and envy. These feelings are our primary or natural responses to any trigger provoked from the outside world. These feelings are universal in that we all experience them the same way. The same things may not bring them on but they are all experienced in the same way. How I feel sad is the same way that someone else feels sad. Emotions are “passing through energies.” They are here to come up and pass through.

If we examine grief/sadness, it is the emotion that naturally arises when we lose something we are not ready to let go of. That could be a pacifier for a baby, a friend that moves away, a lost stuffed animal, a broken relationship, the loss of job, the loss of money, a death of a loved one, the loss of someone’s approval and or recognition, the loss of a friend etc. If as children we were allowed to experience and express our sadness, we would learn our sadness is normal and okay. We would develop no fear or shame around our feeling of sadness. When children are validated in their sadness, heard, loved and understood they become so comfortable with this emotion they learn to move through it quickly and efficiently as adults. They would learn it is to be expelled, expressed and let go. Sadness would be viewed as a naturally occurring experience and that all is well even feeling sad.

*Quick tip: if we allow our sadness it will pass through. Once it passes through we can learn to be smart and knowledgeable with this emotion.*

However, most of us as children were told not to cry. We got the following messages “to cry over that is silly,” “that is nothing to be sad about,” “be quiet can’t you see that other people can hear you?” “don’t make a scene,” and we get the message throughout our lives our sadness is a burden and/or annoying. What I have found is the people who most reject my sadness are the ones who created it in the first place. When someone creates a negative response within me from something they have provoked, I have found they are the most annoyed by sadness response. My sadness may cause them to take some responsibility for the reaction they helped to create. Thus, most sadness goes invalidated by those closest to us.
I cannot tell you how many people in my office will apologize before they cry, as if it something so shameful, unnatural and embarrassing to be doing. All I can assume is they were taught their sadness was shameful and embarrassing. In their attempts to “get over” their sadesses, they learned to repress it. To repress something means to keep it in, not allow it its expression, or to hold onto it. For many, sadness is a sign of weakness. As we repress the emotion of sadness it does something very dangerous to us. Repressed sadness turns into chronic depression.

*Quick tip: It’s ok to be sad. It is here to teach you something and then be released. If we clutch to it, we will simply be suffering over our own suffering which is not productive.*

Chronic depression is not a natural emotional state. The body is not meant to handle this as a container, and you will find the chronically depressed never feel well physically or emotionally. The entire frequency of a chronically depressed person becomes dense and diluted. With enough repression the chronically depressed person lives in a distortion around relationships, people’s intentions, their abilities or lack thereof etc. This is not how we were meant to live.

We were meant to feel the first feeling, to express that, have it validated and understood so the emotion pass through and be free. Imagine if that is how we were allowed to be in this natural emotion. How different we would feel with our sadness. It really does not take much to validate another person’s pain. This natural emotion is one that visits and travels with all of us often throughout our lives. Sadness is an emotion we can ALL relate to. However, we cannot all relate to chronic depression, which is why it is so isolating for those who experience it. They have packed all of their sadness into the basement of their emotional house until they became like hoarders and it took over the whole system.
Once we begin hoarding the emotions they become so overgrown they become fixed. This makes them unnatural. Once anything is fixed it is unmoving. How can that work in a world that is in constant motion? The more fixed one is the less flexible and the more difficult life becomes. Once chronic depression is created, the person actually becomes attached to the depression just like hoarders are attached to stuff. Why? They essentially become their sadness, and lose touch with the reality, with the choices open to them and all the power they could have.

Quick tip: If you feel you have chronic depression, then do something about it. Research how to change your diet to supplement better mood, start exercising, continue moving, working and living. Focus intensely on changing your thoughts. A negative person will not have miracles attracted to them. To have miracles you have to become one. When you are positive and in movement/action miracles are inevitable.

When you are with your partner and you sense they are feeling sad, get in touch with what that feels like to be sad within your own memory recall and relate to them from that universal space of knowing what something feels like. Lets say you were the cause of your partner’s sadness, instead of defending right and wrong, why not try and identify with how your partner is feeling instead of diminishing them, or defending yourself and see how much better you can relate. It is their sadness they are feeling. It may have been triggered by you on purpose or on accident, but it is still their feeling so you can try and see it from an objective distance.

From the simplest place in your open mind you can definitely relate to how you feel when you feel sad. From here you have the opportunity to give your partner the space to express this natural emotion. You don’t have to own their sadness for them but you can encourage them to expel it from themselves. If you did this, imagine the freedom your relationship could have. If you tell your partner in any way they are wrong, all that happens is the natural emotion gets repressed, it turns into an unnatural phenomenon with resent being the catalyst to destroy the relationship. Keep in mind there is no harm to sadness. Someone’s sadness is not an affront against you. It is a natural emotion that
only wants or desires to pass through, so it can be released and processed. It is not meant to be repressed and marry up with resent. Resent is a chronic emotional state that gets resent (resent) back into the relationship. Relief from resent only comes from expression.

The time it takes for an emotion to pass through will be quickened if we can express the first emotion. If you cannot express it to a partner then maybe this isn’t the right partner. However, even if you cannot express yourself in a relationship, no one really needs to validate your emotional state other than you. If you are certain and comfortable in your emotions others will naturally sense this in you, and take you more seriously.

The great thing about the first feeling is that it is simple. Someone asks you what is wrong and you say “I feel sad.” No more of an explanation is necessary. When we feel our feelings are going to bother someone else, we jump up say too much, become too emotional, and try and prove our feelings and their rightness, then no one takes us seriously. We look like an insecure chaos center and people turn us off. The first feeling for us is the raw truth. If something is real for us, state it simply. Simple phrases with deep meaning give our natural truths a sense of dignity. They are quiet and easy for the other to understand. The simple is always easier to relate to when it comes to emotions and feelings. Arguing, proving, yelling, tantruming, stomping are all loud, and the problem is… no one will want to relate to you.

At the end of the day, the sadness response is still your response and you are responsible for it. When it is obvious the other is not going to take any action to help in the clean-up of the sadness mess, you are still responsible to clear your sadness. Why, because we can clear anything without the approval of the other, once we can look at the genuineness and honesty of our first response. We can begin to see what makes us sad may not make another sad, and we can validate for ourselves why and how the sadness got triggered. Knowing yourself on this level will help you to help another relate to your feelings. Knowing your own responses helps you to deepen your relationship within yourself and to better represent yourself in the emotional world.
Psychological health is synonymous with maturity. A chronic, fixed emotional state lacks maturity. Again, it is fixed and unmoving and stuck in perceiving an unfair and unjust world. Once we get to the chronic state we act out in ways that normal, rational people would not react. To pay attention to your first feeling, and to see the simplicity of sadness makes things much less complex and much more relatable. So you feel sad…it is ok. It is ok to feel sad. Find your way to express this. An emotional state that is chronic is one of seeing yourself as victimized and hopeless. This narrow view does not promote creativity or the maturity to use the sadness for growth and opportunity.

**Quick tip:** Nothing is happening to you, it all happening for you. Start to ask yourself forward-moving questions such as: why do I feel sad? What can I do to help this emotion pass through? How can I let myself experience this emotion? What can I learn from this sadness to help my personal growth? What is the opportunity I can get from this feeling? How can I express this simple emotion in a way that someone else could relate to me? If you have experienced a death…what books or support groups could you search out to help you process your sadness in a way where your growth and insight are deepened? If you have lost a job, what resources have you researched to get your life back on track?

**Little Life Message:** Sadness/Grief is a natural emotion. Every emotional response we have is designed to bring us into a deeper and deeper understanding of ourselves and others. Understanding the natural emotions will teach empathy. Empathy is a sign of psychological maturity and health. Power on!
Chapter Three

Anger: It’s Ok To Say No Thank You!
In the previous chapter it was discussed when sadness is repressed in turns into chronic depression. Any chronic condition is unnatural. We need to look at our first feelings. The core emotions of grief/sadness, anger, love, envy, and fear are being examined in this series. These are the natural emotions and are uncomplicated in their purity. I am not suggesting they are comfortable, I am suggesting they are uncomplicated in their truths. Anger is, in my opinion, the most misunderstood of all of the five emotions. I am teaching the emotions in an effort to help you to relate better to those in your life. In chapter one, I discuss how communication is not the issue, rather we have trouble relating. Use your five simple emotions and see how much better you can relate.

I would like to break anger down into its simplicity. Anger is our response that says “no thank you.” It is always attached to adrenalin and the more primitive parts of our brains, but anger is a natural emotion. Anger is an emotion we all feel, thus it is an emotion we can all relate to.

Some outside trigger comes into our life, and the response from our guts tells us this is not correct for us and we have the emotional experience of anger. Its message to us is ‘please set a boundary.’ It is a signaling system. It is really that simple in its original form. Anger tells us to say no when we need to say no. It is intuition’s warrior serving to protect us from the unkind things of the world. If every time we felt anger and we had the simple knowledge that it is there to tell us when to say no, I believe we may all do things differently. Anger never has to be violent or disruptive. It is simply ‘no thank you.’

Anger is the most confusing emotion, especially for children. It seems odd to a child who watches their parent get angry, yell, and have tantrums, but when the child does the same thing it is considered bad behavior. Parents do not approve of anger and so do not want the child to even experience the emotion let alone express it. If we were angry as children and our whole system was flooded with the feeling of NO THANK YOU we were often punished, humiliated and degraded. We were considered bad. So we learned to repress our anger, to keep it in. In doing so we lost our ability to say no thank you.
How scary is that? If as children we were allowed to not only experience this emotion but also express it, we would have learned our anger was the natural response we would have when we were not able to say no thank you. If that were the case we would have learned to work through our anger quickly and effectively and in a way where there did not need to be any violence.

The issue lies in the fact that most of us are saying yes when we need to be saying no. Why do we do this? To make other people happy. We also have a fear of negative consequences. We feel guilty if we say no when we are being coerced in some way to say yes, and so we go against our instincts. People pleasing creates an anger-sickness inside of us. We say yes when we want to say no because we are so afraid of letting someone else down, or looking weak, or not wanting someone to be upset with us and so we convince ourselves that saying yes is the more peaceful and right thing to do, after all the other person will be happy, or the situation will seem resolved for the moment and so we escape the fear of saying no thank you and the consequences we imagine that that will have. Thus, we do not grow.

*Quick tip: People-pleasing is hazardous to our health. In pleasing we become so identified with the other that we lose track of ourselves.*

When we are able to say no we help to define ourselves as separate and different from other people. We let people know where we start and they stop. We give ourselves a clear identity when we assert ourselves to say no thank you. Also, when we say no thank you we allow the other person to learn their problems and/or wants are their own and they need to be responsible for them.

Anger that is repressed turns to rage. Rage is not a natural emotion. Enough times of being violated, the more we do not say no, or our no’s are not heeded, the more the anger builds and it turns into rage. Rage is violent and hardly gets our needs met. The end result of rage is shame. Shame is fixed and unmoving. Shame creates more rage and rage creates more shame. It is a vicious cycle, all resulting in self-hatred and the hatred
of others. Rage is the body’s way of getting someone to take us seriously, and yet the louder and more belligerent we get the less people listen. Also with rage we tend to be ten steps behind our thoughts and actions, and we are only batting average on the truth. We are just spitting out venom. Why? In an effort to preserve our self worth.

Quick tip: When we are in a rage we are not responding with more maturity than a two-year-old. When we are mature and grounded in understanding what we feel people will see what we are saying as having importance. In this way solutions can be generated.

Every time we say no and it is not respected, or every time we say yes when we should be saying no, we add resent into our emotional basement and we feel bad about ourselves that either we weren’t strong enough to make our no respected, or we are feeling weak because we said yes when we should have said no. So we collect our angry feelings, and throw them into the basement hoping that next time we can do better, but when the next time comes we still are not doing what we need to do and so we keep adding more anger to the basement. All of this collected anger turns into rage and it erupts, and often on some small non-issue.

At the core of rage is a feeling of low self-worth. When this core wound gets triggered all the anger that has been repressed awakens and we end up in the unnatural emotion of rage. The body is not designed to carry rage as a container. Rage often becomes one’s only mechanism for preserving their self-worth, as a person looks for some sort of respect from the outside world. On the outside the raging person appears to be powerful. Rage provokes fear in the other and the smell of this fear is a drug to the person in rage. They feel temporary power and control that literally changes their neurochemistry just like a drug. However, the come-down from rage is shame.

Shame provokes the justifying and rationalizing system to preserve self-worth and people who live in rage can justify and rationalize just about anything they do. Once someone is in chronic rage they are no longer interested in being smart. They are interested in being
right. They are interested in power and control. Yet, the more shame they feel the less lovable they become, the more angry they become that people still love them when they don’t deserve it, and the more they rage.

*Quick tip: Think about the difference between power and force. Would you rather be powerful or forceful?*

When rage becomes fixed, the body is always on a hypervigilant stance waiting and watching for who or what is going to slight them next. Expectations of others become exaggerated and unobtainable and the rage increases as they always feel let down by others. It could be the waiter, who gets the order wrong, or the neighbor’s barking dog, or your husband didn’t say hello to you in the right tone of voice. Rage is a defense against intimacy and used to keep people out. People with rage are impossible to reason with, they are not open to new information and so their capacity to grow is incredibly limited. These people end up ‘right’ and alone. For them, to be right supersedes all love relationships. They become agenda oriented rather than relationship oriented. To be wrong is to be destroyed if you have a rage problem.

Imagine if as children when we said no thank you if we were heard, listened to, validated and were at least able to have some acknowledgement of the feeling we were having. We may not have always gotten our way, but we would have been given the gift of understanding that our no thank you’s were important.

**Solution:** At its core anger is a natural emotion. It is one we all feel. We can all relate to it. If you are angry, state it simply “I am really angry.” Then express your no thank you. If you are unsure of what made you mad then ask yourself forward-moving questions such as “at what point did my gut fire that I was mad?” “What made me uncomfortable?” “Who made me uncomfortable?” “What part of this made me feel disrespected?” “What do I need to say no to?” Answer your own questions and you take responsibility for your own anger response. Once you find your own answers internally, with few words, state your boundary. If you feel afraid your boundary will make someone mad and you don’t
state it in this instance you are being deceptive, and you will only bring on more anger. If you are saying yes when you want to say no you are being deceptive. Believe it or not, people would really rather hear your truth. You will find more respect for yourself and you will generate more respect from the other, all the while eliminating the repression and storage of anger that will turn to rage.

*Little life message:* *Take care of the natural emotion while it is still natural and eliminate your rage. Anger is simply telling you to say no thank you.*
Chapter Four

ENVY IS SIMPLE
IT IS THE NATURAL DESIRE
TO BE BETTER
This chapter will analyze the natural emotion of envy and its fixed counterpart jealousy. Envy is a beautiful emotion. It arises naturally in all of us the minute we see something in someone else that we admire. The stunning thing about being human is there are always people we will observe that we feel possess some trait that we do not. This is the start of inspiration. When we see something we like in another we become inspired to possess that trait ourselves.

*Quick tip: Envy ignites inspiration.*

I hold the belief we are all capable of being everything we envy in the other. We can start by studying the person, the trait they possess and work on possessing it with ourselves. Because we are all unique we will express this new trait with a slightly different twist, but nonetheless we can possess it. We can emulate or practice what we see until it becomes our own natural state of being. It takes time, commitment and effort to make such changes. This is where most fall short.

We can get locked into the perception that “they already possess that trait, so it is theirs” No one human being has ownership over any one trait or combination of traits. They are not built on quotas or limits. All things are all open to all of us. Envy leads to inspiration and inspiration leads to transformation. As we transform, we expand ourselves and we enter into the endless process of becoming a newer and newer form of who we already are. Expansion, liberation and endless creation.

*Quick tip: We each have something magnificent to contribute to all of life. There is no lack. Be inspired to find your nitch.*

For instance, I admire people who do not take no for an answer. To me they seem fearless. If they get a ‘no’ they seem to be inspired into an instant state of creativity. The brainstorming begins as they search for another way to get to their desired goal. Having envy for this trait in others, helps to give me a picture or a blueprint for how to not take no for an answer myself. Practicing this type of creativity and not allowing another to
determine my fate has helped me to go beyond many personal boundaries in my own life. It is an on-going practice and continues to improve my life in every way. I realize that being a good rule-follower only made me a good rule-follower but not a maverick. I am much more interested in being maverick.

I search targets that seemed fearless to me and I study and emulate them through my own idea of them. It is inspiring. The key, I have learned, is in working through the emotions that someone else has the ability to tell you that something about you or your life is absolute. If someone told me no I accepted it as truth and lived under that limit. I have found when I decide I do not want the limit all kinds of fears can surface. Can I do something even though I have been told I cannot? Can I be something even though I have been told I have not? Is this a limit I have to follow? If I don’t follow it what will happen? It is those fears which I have to examine and get through. I live by facing the fears and doing what I need to do. I have learned how fear can either stunt or inspire creativity. It all depends on how it is used.

Quick tip: Study those you admire and realize the only difference between you and them lies is faith and belief. Faith and belief can always be generated from within.

Envy is that which makes us want to be better, have more, do more and fear less. It is designed to motivate us to become more and more of who we already are. Once we become more of who we would like to be, we will find something else in another to envy and we will have another and another opportunity to transform who we are. There are no limits. How beautiful is this? We can improve our form to any level we choose.

What happens then when we envy something in someone that we feel we can never possess no matter what we do? If we see something we envy in another and it makes us feel small or not good enough in ourselves, envy will shift from its natural form and turn into its unnatural counterpart, jealousy.
For example, I have a patient who is a super-model. This girl is gorgeous. She came into my practice depressed and with suicidal thoughts because she was severely bullied in her high school by less beautiful girls. What I shared with her was that her being as beautiful as she is silently bullied the bullies. They saw her beauty as something they could never have and so seeing her each day made them hate her with jealousy.

Each viewing of her they would have to repress their envy and it turned into violent jealousy. The feeling of jealousy makes us feel we have no power or control over our worlds, and to compensate for that feeling we exert some type of force to alleviate the anxiety. We tend to project onto people that because they have a certain trait we do not have that somehow their lives are easier and this breeds hatred. The more unfair we feel life is, the more a victim we feel, the more jealous we become. So what do we do when we feel what we want is unobtainable?

**Quick tip:** Jealousy and love/kindness cannot co-exist in any form.

The only thing you can do. Yes, my patient is a super-model but she also had a horrible childhood and is not confident in herself. Everyone has different things we want. If we cannot have supermodel looks for example, there are plenty of other ways for this bully to shine and make herself stand out. She could be the star of her class as far as intelligence, she could excel at a sport, and she could find a hobby like dance that she could excel at. We are all here to excel in one way or another. We are not all here to excel in the same ways for the same reasons. It is learning to be yourself and learning to improve and commit yourself to being a better and bigger version of who you already are. Jealousy is strongly tied into low self-esteem.

Jealousy is a secondary emotion, envy is the primary emotion. Jealousy contains a host of negative thoughts and feelings of insecurity, fear and anxiety over an anticipated loss of something that a person places a high value on. Jealousy is the combination of emotions such as anger, sadness, resentment and disgust. It gives an overall feeling of being out of control of one’s fate. So whether jealousy shows up due to feeling that
someone is prettier than you are, or it shows up in a relationship where you feel threatened by an outside source to the relationship, jealousy is everywhere.

The number one emotion that places people in prison is jealousy. A lot of men and or women will see another person that is outside the relationship as a threat to the relationship. This is caused by the low self-esteem of the jealous person. Often there is no threat but the jealous person cannot stop feeling that there is a threat. Jealousy is essentially immaturity. If we believe that something or someone we love could be so easily taken from us we can become controlling, obsessive and crippling to our partner.

With jealousy there is no insight into the insecurity, there is only the need to control. There is no center in the person where the person could say “well if the leave me, then it is their loss.” It becomes an obsession with the jealous parting exerting control over their partner’s responses to the outside world. It can become ‘neediness.’ Neediness, jealousy and expectation are the three relationship-enders. Why? Because they compromise the freedom of the other.

We are all going to have insecurities now and again in our relationships and within ourselves. We are going to feel certain levels of threat or fear, but jealousy becomes like a disease and it creates dis-ease in the relationship. It is a closed state of mind based around a distorted perception of the world that feels real to the jealous person. Jealousy is violent because it causes the jealous person to wish misfortune onto others, and to even act that misfortune out onto the target as in the example above with my super-model patient. Jealousy becomes malicious while envy can be a positive motivational force.

Low self-esteem comes from not believing in yourself. One thing I can say for sure is that no one has it any easier on this planet than another. We are exactly where we need to be, learning what we need to learn as individuals and taking our individualized life classes. We can all improve in ourselves whatever it is that we want to improve whether it is physical, emotional, mental or spiritual. We have to see desired goals and go after those in our own unique way, either through modeling the behaviors of others we envy,
losing weight, working on your appearance, or nurturing the places you excel and celebrating those.

**Quick tip:** The more you believe in and love yourself the less jealousy you will feel. Fill your life up with your loves, your passions and things that make you feel extraordinary. *If you do not have these in place, start now.*

Forward Moving Opportunities: If you are feeling jealous take a look at what feels threatening and examine how you can embody that trait in yourself. If you are feeling jealous that your partner may leave you for someone else, look at your insecurities and decide how to improve upon them. If you can scale back your jealousy and look at what you envy in the other, let’s even say you envy that your partner is good at taking time for him/herself without needing you, how can you stop being jealous of this and learn to take time for yourself, to build your life more around you. Each emotional moment of jealousy can give you clear direction for what you can improve in yourself.

**Little Life Message:** Envy is a natural emotion. It is the emotion that inspires us to be better.
Chapter Five

LOVE IS FREEDOM

POSSESSION IS CONTROL
Our emotions are our gifts, our friends and allies. They are our soul representatives. They represent the world of each person’s private inner life. Because emotions are universal we best relate to each other on the level of the emotions. The best way to have productive communication is to come from our natural emotions. We do not need to become better communicators. We need to be in touch with our natural responses and relate to the other from how we feel. The natural emotions are never violent, threatening, crazy-making or controlling.

Violence, circular fighting, stonewalling, and not listening is what most people call communication. Our first emotions represent our truth. Our secondary emotions represent our defenses. Our first emotions show up in open discussions, our secondary emotions end up in non-productive fighting. Our first emotions allow each partner to be smart and understood. They allow our discussions to grow and for each person to learn more about the other. Our secondary emotions create a right and wrong platform where no one is heard and each person looks crazy. Understanding is halted with the use of the secondary emotions.

This article is going to discuss love and its fixed counterpart, possessiveness. Love is our most consistent and present natural emotion. Love is the first emotion we experience. Love is also our most powerful emotion. When love is allowed to be expressed we feel free within. Love is the natural expression of who we really are, and is the one emotion that brings us all together. When a natural disaster occurs it is love that unites the world. No other emotion has this power. Love unites and branches off into other emotions such as compassion, tolerance, forgiveness, understanding, softness and mutuality.

The emotions are the first way in which preverbal babies communicate. They are dependent upon the emotions of the caregiver to provide them an experience. It is called felt-thought. Babies coo and smile and the caregiver coos and smiles back. This is called mirroring. When we receive mirroring we bond through this emotional sharing. We know we exist. If babies are hungry and they cry, the caregiver will respond to the emotion of hunger, connect, and feed the baby. This is how trust and mutuality are
established and love grows. Love grows and trust and mutuality grow. Love is the first and most natural form of communication that allows us to bond with others.

If, as children, we had our emotions mirrored, were made to feel our love was special, we know we exist in the world of love and relationship. If it was ok to express it, receive it without limitation and condition, humiliation, and rejection, love would be experienced as normal, free and unlimited as an emotional state.

Love is an emotion that is best experienced when there is giving and receiving. Love is meant to grow when this interaction occurs. Love requires mirroring. If you give to someone there is the joy of seeing the other’s happiness upon receiving, and it feels exhilarating to receive in return. Love can be felt by receiving and through giving. Love’s natural desire is increase. Just like a baby cooing and the mother cooing back, when we give and receive, love can increase. The more love is mirrored the more love will grow. There is no score keeping, no judgment, just mirroring, playfulness and joy. If love is left to be free, love is the most simplistic emotion, the most capable, the most healing, the most bonding, and the easiest, so why then is love so hard?

*Quick tip: We fear love because we fear it can go away without our choice or control. This is true if you have not a love inside yourself for yourself.*

Most of us have not been raised to be free with our love, and nor did we have consistent or positive mirroring of the emotion growing up. Most of us experienced love to be tied into performance. We were given love based on agreement, negotiations, and a bartering system. We learned there was not enough love that it could run out, so we had better be “good” in order to receive our portion. We had to be sure not to need “too much” so as to not run our quota past its limit.

Most of us have been humiliated in our love and our desires for it, we have been told we are needy, that we give too much, take too much, require too much, that we are annoying, or we are not enough. Sometimes we are ignored in our efforts to give and receive love.
and this tells us we do not exist. There is not a more lonely feeling than to feel like we do
not exist. When we are lonely, we are without love. People commit suicide out of
loneliness.

*Quick tip: Some use taking their love away to punish and hurt. This is why it is vital
to love yourself and to learn to be your own constant.*

When we have been raised in this type of quota system we can become possessive of love.
We get controlling of those we try to be in loving relationships with. We sit impatiently
at love’s table waiting for love to come, so we can capture it and maybe make it stay a
little longer by sneaking up on it and not letting it out of our sight. We haven’t
experienced love to be a consistent emotional experience, so we look to other people to
be our love-givers. In doing this, we want to own them and determine who and how they
should give love, when and where they give love, and to whom they should express love.
We may feel if they express love for someone else that they somehow have given part of
our love quota away to that other person. This turns to anger, demands, control, blaming,
insecurity and circular fighting. We cannot own another person. People are not
possessions.

The purpose of mirroring our babies is to develop in them an unlimited capacity to feel
and exist in the emotion of love. When we have love-deficits we are constantly telling
people how to love, when to love, how they love wrong, what they need to do to love
right, and we begin the score card system. It is equally possessive to be non-sharing of
the love you feel because in this instance you are possessive of the emotion of love rather
than the person. You will withhold your love based on the goodness or badness of the
other. Possessiveness comes in all forms.

We give love only if the other ‘deserves’ love. Let me tell you this, everyone deserves
love. Not everyone will be the right ‘love’ for you but never mistake that all people
deserve love. If you were told in any way that you did not deserve love you are likely to
do that same thing to other people. If you did not receive much love as a child you are
not likely to receive love as an adult. You may find those who want to give you love to be needy rather than loving.

More songs are written about the loss of love than any other emotion. Cheryl Crow in one of her songs sings “is love the illness and disease the cure.” This is often the experience of love. Love and pain seem to be endlessly intertwined. We cannot control anyone else’s issues with love, how the receive it, perceive it and operate within it. Do they withhold it, over-give it, and are they too needy of it? What if we as partners and individuals could first look at our own issues with how we operate in love, examine what we were taught about love, we could at least begin to see what our holes are and not project them onto the other.

The only way to cure problems in love is to take a close look at what you believe about love, become the kind of love you think you deserve and start to practice that. Instead of looking to the other to meet your love demands you need to take responsibility yourself to be more loving, and loving in the true sense of the word. To be possessive is not loving. It is suffocating, controlling, demanding and love-killing. If you are possessive of the love you think you embody then you will be unavailable, demeaning to the other, continue to humiliate the other and the way they love.

*Quick tip: If we fear the loss of love, some will try and own the people they love to make them stay. This will kill love and create fear.*

This is emotional abuse. To be possessive of this great love you think you possess simply gives you a big ego. Your love is not better than anyone else’s. Love is love. If you think your love is to be guarded and only given for the other person being what you think they should be then I will tell you what you are feeling is not love but possession. Most of us are totally confused when it comes to love and this is the emotion that makes us feel the most empty, abandoned and alone in the world.
**Solution:** Step back, examine and reflect on how you love, what you do with your love, and how you can become better in your relationship with yourself. There is nothing sexier than a person who is self-assured. When one is self-assured one has a quiet dignity about them. There is no ego, and there is no submission. The only way to be healthy in love is to undo what you were taught about love as a child and become the vision of the loving person that you demand in the other.

**Little Life Lesson:** If you are not ‘good at love’ study the subject. Remember it is not what you do once in a while that makes the difference, it is consistent action and study that produces true and lasting change. If you ever want to get better at something, do the work, the research and change yourself. To be loving and self-assured is the way of love. Love must come from within you before you can receive it from the other.
Chapter Six

FEAR IS NATURAL AND PROTECTIVE

ANXIETY IS DISTORTION
If we can learn to communicate from the natural emotion, so much of the conflict in our lives would dissipate. Emotions are feelings/energies in movement. The emotions by their natural design are meant to be ‘passing-through energies. They come up because they are meant to come out and be released. They are not designed to stick and cause states of chronic suffering.

The natural emotions are simple in design and purpose, and each of them is meant to help us to grow. Sadness is the way we release and heal, love is designed to help us to be more and more of who we are to the Self and others, anger is our right to say ‘no thank you,’ envy is the inspiration to be a better person, and fear is the energy which makes us move and grow. Fear is our most evolutionary response. It’s simple design is to make us so uncomfortable that we are forced to make the necessary changes we need to make to grow as people. If we avoid our fears, we stagnate and become panic-ridden. Fear is a pressure. It is a pressure to change. When we repress our fears we stagnate and work against our most basic evolutionary goals.

Sadly, fear that is repressed turns to panic. Panic often becomes a chronic state of being. This is unnatural. We are an anxiety and panic-ridden culture. We are also prescribed psychotropic medications more than any other culture. Prescription medications are now causing many deaths amongst us each year, more than ever before. Fear is the emotion that most holds us back. It holds us back from achieving, from changing, from living, from loving, from learning, from maturing, from becoming whole. Or, fear can be used as the inspiration and driving fuel to promote us forward in all those areas.

**Two facts:** fear equals change and change is uncomfortable. The more afraid of change we become the more chronic our state of panic will become. Panic creates a state of emergency and this is what we avoid. In an effort to avoid our fears we become ‘controlling’ people and we fight to keep everything the same because we are comfortable in what we know. Yet, controlling people are full of panic because life and people by design are unpredictable. Fear’s requirement is an open mind, surrender and flexibility. Its intended purpose is movement, personal growth and expansion. Those
who are chronically rigid are considered mentally ill; those who are flexible are considered mentally healthy. The rigid are considered mentally ill because they cannot move with the flow of life, the emotions, their relationships, their jobs etc. They used many techniques to stay stagnant from blaming others, making excuses, forgetting, and wanting everyone around them to change. Panic-ridden people do think they need to change they think the world needs to change.

Healthy people aren’t much different than those who have panic disorders. The difference is that healthy people feel the fear and do it anyway. Facing fears requires a fair amount of flexibility and creativity. Since friction or unease is inevitable in life, our minds have to be capable of keeping up with change and adapting to the unexpected. Friction is created by the difference between holding on to what we know and to the inevitable changing circumstances that create our reality to be new and different. We all struggle to stay with what we know, even if it is not good for us.

Familiarity is a huge pull to avoid fears. When we resist and avoid we are attempting to stop the natural movement of life. All of life is pulling us to change, grow, and be flexible so we can become more and more of who we are in the way of expansion. We cannot stop the movement of life, but we can resist it. This makes us controlling people and crazy-making to those who are in relationship to us. We try and control life, our partners, our friends, our co-workers etc. Let me suggest this: We cannot waste time on things we are unable to influence and change, fear would tell us to just keep moving.

In life, there is danger everywhere. There are always going to be hostile people, destructive relationships, job problems and other unpredictable life circumstances. The only way to break free from this dynamic is to confront it. Eleanor Roosevelt said “face one fear each day.” It is best to confront your fears and allow them to come to the surface than to ignore them and keep them repressed. If it is repressed panic will set in, and panic is the most destructive emotional state when it comes to possessing presence of mind, or the ability to think rationally. Fear thrives on what is unknowable because it is when things are grey that our imaginations take over. Once the imagination starts
running and spinning false stories of doom panic sets in and we start the process of avoidance. At this point we have become totally divorced from the thinking part of the brain and there is not a worse abandonment than being abandoned by your own mind. When circumstances scare us it is natural for the mind to take over.

**Quick tip:** Panic is our fears projected forward into the future, which make them no more real than a hallucination.

**Quick tip:** Think of your mind and all the imaginative stories it spins as an army. Force your mind past the negative thinking and keep moving. Even if movement simply means one step at a time, just keep moving. The minute you stop your movement panic will set in and become a chronic state. Panic stops movement. The more you place yourself in conflict and facing your fears the better you will become at it. It is a skill to be developed just like anything else. Focus on what, in any situation, you can control (even if that means vacuuming) and give it your full attention and your mind will develop a composure that you will need to keep moving forward.

A mind that is focused has no room for panic. The mind is at the root of all panic disorders. Life is life for all people. It is anxiety provoking, scary, and unpredictable at times. The quickest way to move through fear is to face what you fear. We only become paralyzed when we halt in the process. Fear is the energy that warns us change is coming, but it is the only emotion that teaches us discernment and wisdom.

**Little Life Message:** When we can open our minds and feed ourselves full of possibilities we gain courage. Courage dismantles fear. Keep an open mind, a flexible approach, do your best and just hang in there.
Chapter Seven

SELF ASSEMBLY

PUTTING YOUR PIECES TOGETHER
We have now traveled through communication. We have observed all the emotions and their fixed counter parts. We are now going to close with what will help us to stay grounded into our natural emotions. We will need to practice the art of staying in touch with our first feeling and then controlling our thoughts before they distort and become reactive. Like a puzzle we can put ourselves together. To follow are some quick tips to your personal assembly.

Quick Tip: Give yourself permission to feel. If you feel one of these natural emotions come up allow yourself to feel it without judgment. Try and identify what the feeling is and then just sit with it before you choose to react or to make any decisions. We all have a tendency to want to pop out of our emotions by doing something about them in the form of a decision. Try and remember that our lives are a complete product of the decisions we make. One wrong decision can turn your life upside down and inside out. We are not here to be right about our feelings, we are learning in this booklet to smart about our feelings. We can be smart about love, smart about our anger, smart about our sadness, smart about our fears and smart about our envy. This is called being emotionally intelligent.

When we become smart about our emotions we become very attractive to others because the minute we are ok with our inner worlds and we have no rush to push our emotions on others we become emotionally available. When we get to this place all the love we have ever wanted will flow our way and miracles will begin to happen in our lives. Whenever we are in our unnatural emotions we are anti-seductive. Depression isn’t sexy. Anger isn’t attractive. Panic is draining. Possessiveness is restricting. Jealousy is maddening because no amount of real proof can take away the distortion of jealousy. Therefore, the more embraced we can become in mastering our natural emotions, the more natural our life courses will become.

Quick Tip: Self-acceptance is a huge part of emotional mastery. We have to accept the facts about ourselves or a situation as it is and then decide what we want to do about it. Acceptance takes time and contemplation before decisions can be made. We must be clear of our circumstances before we begin to make movement in our circumstances. We have to practice a certain amount of surrender when we come to self-acceptance. When we surrender we are not giving up, we are opening up. When we open up after we have accepted our situation, solutions we never thought of will come. When we can become people who can surrender we are better able to be in and attract healthy relationships. We become people who see

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cooperation as the way to the new place we are trying to get. We stop trying to control and we learn to be collaborative.

Quick Tip: Love. Always remember that love is the answer to healing of any kind. We have to love ourselves in order to love others. If we stay fixed in unnatural emotions we are simply suffering over our own suffering and we are not engaging in moving through these unnatural states. Love is at the base of everything. Remember that all pain is designed with the love of opportunity. Trust, faith and belief will develop with each fear we face, with each time we allow our sadness to release, with each time we are inspired through envy to be better and with each no thank you we effectively state. All of these boundaries around self will open our life for love. Why wait! Let’s start our transformation today.

Sherrie Campbell, Ph.D.
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