



Mindful Speaking

Emotional Management Series

Emotional management is critical not just for our own inner being but for our lives and the way we think and function on a daily basis. Where there is a lack of emotional management there is a lack of clarity and peace within ones sense of thinking. When things happen, it's not the event that shakes us but it is the emotion that comes with the event that challenges and makes us feel uncomfortable. Emotional management is also having a high level of emotional resilience in which that could make a difference between thinking clearly or unclearly. In this series, we're going to dive into the emotional experiences in order to let go and move forward with our lives so that we can be the be lighter within our being.

This **5 Step** series is consisted of acknowledging an event or a series of events that happened that's makes you feel the way you feel now but however, the goal is to reassure yourself to where you feel lighter within your emotions and your thinking.

1. For the first step we're going to focus on emotion(s) by identifying **3 emotions**. We're going to dive deep here so do not be afraid write down what you truly feel in your heart or what you truly feel as though has been a burden throughout your life.

Emotion(s):

1.

2.

3.

2. For the next step, we're now going to acknowledge where these emotions came from and what happened during that time. For example, what was the **event**? Where did it come from? What was said? Etc. The reason we're going back to the event is to simply look at what happened and how it affected you.

Event(s):

1.

2.

3.

3. For the next step, we're going to describe the event from *third person point of view* and what this means is that we're going to talk about how you see yourself in that position. Write/talk about what you're feeling, seeing, hearing in that moment and how yourself is responding to what is happening to you inside and out.

Describe from 3rd person point of view:

4. For step four, this is where you engage yourself in the best dialogue possible to keep yourself uplifted from the event happening outside of you and that is keeping you in a low frequency. This step is called **“What would you tell yourself?”** and this means to acknowledge how you would comfort yourself that will keep you above a certain level of ease. In this step, you’re going to write down words or phrases that will keep you calm or at least calm you even when everything is off track.

What would you tell yourself:

5. In this last step of this emotional management series, we're going to come back to this moment and reassure yourself with *where are you* within your life at the moment. Are things okay? Could things be so much worst? What are you happy with in your life? What are things that you find satisfaction in? What about your hobbies? What are you thankful for? What place are you within yourself? These questions are just simply to get you going to get the wheels to turn and also start to seek, find and feel more positive emotions (in which that is the overall mission).

Where are you now?

The overall goal here was to acknowledge an emotion or a set of emotions and to use a tool viewing you from the 3rd person point of view and to change the way we look at things. In addition, we were also to use a set of affirmations and positive self talk to reassure the emotion being experienced with something calming. "At the end of the day, you are where you are and life is only here to teach you the meanings and values through life lessons".

-You will be fine