



How to Master Your Emotions

BY

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Before you begin to master your emotions, it's important to first understand how emotions are originated & how they differ from feelings.

03 HOW DO I WANT TO FEEL?

After practicing emotional differentiation, you will be able to choose the new feelings that you want to generate from your emotions going forward.

02 EMOTIONAL DIFFERENTIATION

Next, you will need to begin practicing emotional differentiation & intentional feeling to manage your emotions.

04 30 DAY CHALLENGE ★

The fun part begins! It's time to create the new feeling you choose in REAL LIFE. YAY!



THE ORIGIN OF YOUR EMOTIONS

Emotions originate from the limbic system (*associated with survival instincts & the most primitive part of the brain*), while feelings come from the frontal lobe (*associated with the ability to think*). The frontal lobes interpret situations and events and then communicate that interpretation to the limbic system, which then produces the appropriate emotion. Therefore, the nature of our emotions, either positive or negative, is strongly influenced by our feelings. In other words, the frontal lobes and the limbic system work in tandem to influence our human experience.

Given that our emotions are characterized by being instinctive, as they represent the body's alarm & survival system. Once we understand what has happened & why we feel one way or another, we refer to the feeling & not emotion. In order to have a feeling, it's necessary to think about what has happened (value the emotion), reflect on how we behaved and thus begin to elaborate on its psychologically.

EMOTION= REACTION

FEELINGS=INTERPRETATION OF THE EMOTION

Emotional responses mostly happen without much of our conscious will, mostly guided from how we sensed the situation from the past. They rule everything from the type of people we surround ourselves with, to the major decision we make for our lives. They're a critical piece of who we are, but they're also one of the most misunderstood aspects of the authentic self.

If you feel completely overwhelmed by your emotions, the good news is that there is a way to manage them. By engaging in a practice of emotional differentiation and intentional feeling, you can come to know your emotions in a truly intimate way that allows you to make sense of what you feel, thus, gaining more clarity on how you ultimately want experience life.

Remember that "how we feel", "how we think"and "how we act" is part of our personality, which creates our personal reality and creates our life.

"Emotions and feelings can lead us to do things in the heat of the moment, but if we make an effort to identify & differentiate them, they become easier to modify" **Goleman**

1996

EMOTIONAL DIFFERENTIATION

When we find ourselves in a stressful event, we often feel a flood of emotions all at once which makes it hard to process and orientate ourselves. Though we are often told the best way to deal with these emotions is to ignore them, we actually gain more benefits by learning how to identify each emotion as its experiences in a technique that's known as emotional differentiation.

Differentiation stops negative emotions from getting worse by building up our confidence in facing them. It allows us to identify what we're feeling and (eventually) why we're feeling that way, which leads to true resolution and clarity and, thus, higher levels of happiness and contentment. When we learn how to see our emotions for what they are, and where they come from, we can accept them and then get better at managing them. It's like being a manager in a restaurant. If you really want to be effective, you have to get to know your staff and figure out what works best for everyone.

In the next page, I will share with your the process on how to practice **Emotion Differentiation....**



EMOTIONAL DIFFERENTIATION PROCESS

Learning how to tell the difference between our emotions isn't a complex process, but it's one that takes time and commitment to master. Making sense of what we feel is the first step on a long journey to happiness, but it's one of the most important steps we can tackle.

01

TAKE YOUR EMOTION TEMPERATURE

Getting familiar with our emotions begins with taking our emotional temperature, and getting to the bottom of why we feel a certain sort of way, or why we're engaging in certain behaviors or situational reactions.

02

FIGURE IT OUT YOUR TRIGGERS

After taking some time to assess how you're feeling, you have to get to the bottom of your emotions by figuring out the triggers that bring them on or contribute to the stress that elicits those emotions.

03

RECOGNIZE HOW YOUR DECISION- MAKING IS BEING IMPACTED

There is no way to remove our emotions from the equation, but we can learn to recognize when they are getting in the way of choosing what's really right.

04

KEEP A RECORD

One of the best ways to get in touch with your emotions (and thus their effects on your life) is to keep a feelings journal, which allows you to record in real time how you're feeling and why.

05

PRACTICE RADICAL SELF-ACCEPTANCE

Once we've learned how to see our emotions for what they are, we can start to drop the judgements and reservations and with it our need to run from the way we feel.

EMOTIONAL DIFFERENTIATION PRACTICE

PUTTING IT ALL TOGETHER...

Our emotions form a core piece of who we are, and without them it is impossible to make the decisions we need to achieve happiness and contentment in our lives. In order to live happy and fulfilled lives, aligned with our inner truths, we have to learn how to differentiate between our emotions, and do it in such a way that empowers us to use them as a transformative power for good in our lives. Without our emotions, we are a ship without a rudder; directionless and searching endlessly without when we should be looking for within. Spend some time getting familiar with your emotions, and the 6 basic emotions that fuel everything from the choices you make to the people you surround yourself with. Take your emotional temperature and get some time getting to understand exactly how you're feeling in the moment. Figure out your triggers, and work hard to identify how and why your emotions are impacting the choices that you make. Keep a record of your emotions and reference it regularly to cultivate the radical sense of acceptance you need to thrive in this dog-eat-dog world. Part of facing up to the challenges of life is learning how to master our emotions. Master yours through the art of emotional differentiation.

NOTES

HOW DO I WANT TO FEEL?

After your deep practice of emotional differentiation, the next practice will involve setting an intention of how you want to feel from your emotions. As I explained at the beginning of the workbook, emotions are instinctive, but our feelings are the *mental portray* of those emotions. As such, we have the control to override the old feelings, linked to those emotions from the past, by introducing new feelings that will change the way we react to our friends, family, us. But most importantly, it will positive influence our personal and professional decision making.

Overtime, if you choose to create the feelings you want from your emotions, your brain will likely habituate to the new feelings. In other words, your old references for how you feel after the emotion will change for good. But it won't happen overnight, it will take **commitment and practice** every single day.

But before you begin to practice "intentional feeling", I would like to share an example that may help you understand this process a little better.

Example

There was Olympic sprinter whose performance was often erratic. Sometimes he won a competition; other times he didn't even make qualifying cuts. But after a yearlong winning streak, he was asked "why you are winning now, he responded: "Feeling, Feeling, Feeling". When he was asked to explain, he said, "I get very clear about the feelings I need in my mind and my body before I walked out onto the field, while I readied myself at the starting block, what I senses in the middle of the sprint, and what I wanted to feel after I crossed the line and even all the way back into the tunnel." Then, he was asked if that meant that he got control of his emotions and didn't experience anxiety anymore. He laughed and responded. "No. When I'm at the starting blocks my body still senses the energy and emotion of it all, my body is naturally aware of what's at stake, and there is an emotion of {some fear} that's there no matter what. But I don't feel anxious . I define the feeling. I tell myself that what I'm sensing is a feeling of readiness, excitement. Similarly as this Olympic sprinter, high performers describe this practice as they can sense their emotional state in any given moment, but they often choose to override it by defining what they want to feel.

HOW DO I WANT TO FEEL?

Before we move into the actual practice, I just wanted you to be aware that emotions are limited, while feelings are unlimited. Studies have indicated that our emotional layers comprise 27 total emotions, but most of our emotional reactions come down to **6 basics**. Though these basic emotions can fluctuate and change over time, their cores stay the same and they impact everything from the way we interact to how we choose to live.

6 BASIC EMOTIONS BY PAUL EKMAN

ANGER

Antagonism toward a person or object often experienced after you feel you've been wronged or offended

HAPPINESS

Pleasant feeling of contentment and well-being

SURPRISE

Feeling of upset or surprise at an unexpected occurrence

DISGUST

Intense displeasure or condemnation caused by something offensive or repulsive

SADNESS

Feeling of unhappiness or sorrow

FEAR

Feeling of apprehension caused by perception of danger, threat or infliction of pain.

LIST OF POSITIVE FEELINGS

- joyful
- grateful
- loved
- happy
- hopeful
- inspired
- powerful
- safe
- peaceful
- strong
- energized
- confident
- healthy
- secure
- passionate
- fulfilled
- abundant
- accomplished
- connected
- freedom
- relief
- ..unlimited

HOW DO I WANT TO FEEL?

Remember that you can have more than one feeling related to one emotion, so feel free to include as many as you want. The goal is to ensure that replace the old feelings with the new ones we want.

MY EMOTIONS WITH RELATED FEELINGS

E&F- ONE:

E&F-TWO:

E&F-THREE:

E&F- FOUR:

E&F FIVE:

MY TOP 10 NEW FEELINGS

F- ONE:

F-TWO:

F-THREE:

F- FOUR:

F- FIVE:

F- SIX:

F- SEVEN:

F- EIGHT:

F- NINE:

F- TEN:

VS



30 DAY CHALLENGE!

I KNOW HOW TO TAKE MY EMOTION TEMPERATURE

I KNOW WHAT TRIGGERS MY EMOTIONS

I RECOGNIZE HOW MY DECISION MAKING IS BEING IMPACTED

I KNOW HOW TO CULTIVATE RADICAL SELF-ACCEPTANCE

I HAVE BECOME MORE AWARE OF MY NEGATIVE EMOTIONS AND I AM LESS REACTIVE WHEN THEY ARISE.

I AM NOW ABLE TO CHOOSE THE FEELING I WANT TO HAVE WHEN MY EMOTIONS ARISE.