

# 5 SKILLS

## TO GAIN AUTHORITY OVER YOUR EMOTIONS

While emotions can be an indicator of what wounds need our attention, they can often be a “trick” to lead us down an old thinking pattern or habit that is not serving us. Practice separating emotions from circumstances with these 5 steps.



### 1. "I Feel" over "I am"

1) Practice knowing and naming emotions as they arise. Say it out loud. “I feel afraid in this moment” or “I feel angry in this moment.” Feel sensations in your body that accompany each emotion.

### 2. Be Uncomfortable

Allow discomfort to point towards a deeper Truth. Don't run from discomfort—get curious about it. Ask more questions.

### 3. Step Back

Separate emotion from actual circumstance. Example: Feeling angry at someone does not actually mean they did something wrong. Own your emotion, and then step back and look at facts/circumstances objectively.

### 4. Phone a Friend

ASK FOR HELP with clear vision, from someone you trust, and whom is not directly involved in the situation.

### 5. Step Up

Stop trying to change circumstances outside of yourself—Let go of control. Own your emotions and use them as fuel to go deeper into yourself, rather than using them as weapons against others.