

PEACEFUL CHAOS



Learn to Master Your Emotions
and Eliminate Anxiety

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Table of Contents

| | |
|--|-----------|
| Introduction | 6 |
| Chapter 1: The Emotional Body | 9 |
| Chapter 2: Research on Emotions | 16 |
| Facts About Emotions | 17 |
| Emotions Versus Feelings | 18 |
| Chapter 3: Your Mind and Its Impact on Your Emotions | 21 |
| Chapter 4: Embracing Your Emotions Through Awareness | 24 |
| Avoiding | 26 |
| Reacting | 27 |
| Resisting | 27 |
| Chapter 5: Behaviors That Influence Your Emotions | 31 |
| Chapter 6: Managing Your Emotions Through Breathing | 34 |
| Chapter 7: Techniques to Feel at Peace When Your Life Is Chaotic .. | 37 |
| Chapter 8: Developing Emotional Intelligence..... | 42 |
| Stop Judging | 42 |
| Identify Your Strengths and Weaknesses | 43 |

| | |
|---|-----------|
| Be Assertive | 43 |
| Express Your Emotions..... | 43 |
| Chapter 9: Achieving a Deeper Understanding of Your Emotions | 46 |
| Rejection | 48 |
| Abandonment..... | 48 |
| Humiliation | 49 |
| Injustice | 49 |
| Betrayal | 50 |
| Chapter 10: Redesigning Your Life to Eliminate Anxiety..... | 56 |
| Get Moving..... | 56 |
| Enjoy a Good Night's Sleep | 56 |
| Meditate | 57 |
| Surrender | 57 |
| Have Fun..... | 58 |
| Socialize | 58 |
| Keep a Journal | 58 |
| Conclusion | 61 |

INTRODUCTION



INTRODUCTION

As a wise man once said, "the only constant in life is change." Even if we are sure to live transformation in our life, we are not prepared for the chaos that often comes with change. Since growth is often born of chaos, there is a need to find a state of peace and calm while we move through stages in life.

When we perceive that our life is chaos or when we apprehend change, it often impacts our emotions. One of the worst states we can experience is anxiety because it makes us feel like we are losing control over life. Anxiety can be a normal feeling of worry felt by all human beings; it can become disabling if it is not managed.

Even if anxiety can be considered a chronic disease, it doesn't have to be that way; you don't have to experience it your whole life. There are ways you can learn to master your emotions and reduce or even eliminate anxiety.

Anxiety is a state that arises from feeling our emotions. Since emotions have a life span of 90 seconds, we can learn to prepare

ourselves better to fully express emotions and not let that emotion paralyze us or control our lives.

In this book, you will acquire knowledge about the emotional body and how it interacts with your mind, your body, and also your energy. We will be digging into bodies of research to help you understand what you experience. But mostly, this book will help you put in place practices that have been successful in helping people master their emotions and live a peaceful life.

This book is not a substitute for the therapy, medical assistance, or medication that you are already following. It serves as a complement to what you are already trying. It was created to provide you with the knowledge, the skills, and the experience in embracing your emotions in a way that doesn't affect your quality of life.

We invite you to be open and try the exercises in this book, in the long run, you will see a big difference in your ability to cope with the chaos around. You will no longer cope but thrive with the idea of change.



CHAPTER 1

THE EMOTIONAL BODY

CHAPTER 1: THE EMOTIONAL BODY

As human beings, we are made up of several bodies; the physical body, the mental body, and the emotional body. All three are essential and need to be balanced on the physical plane.

Think of it as a triangle; when one isn't balanced, the triangle loses its shape and balance. When there is an imbalance in one of them, it brings conflict with ourselves and with others. That is why the emotional body is as important as the physical or mental body to find a balance in life and live a peaceful reality.

This book focuses on the emotional body, because it is the most difficult to manage and understand, and also because it's the one that has a large impact on anxiety and emotional imbalances.

It is also the emotional body that can make us do anything. It can influence us in making bad decisions, leading us into conflict. When unhealthy, the emotional body can and even make us physically and psychologically ill because it has a great influence on us. You can have a perfect body and yet be a total mess emotionally.

PEACEFUL CHAOS

Humans can do so much harm or damage to themselves if they are not conscious or do not take the time to take care of their emotional body. Any deficiency creates a blockage, which inevitably leads to discomfort or illness in one of these three bodies. Let's see where you are scoring in terms of your emotional body health. Check the box that corresponds better to you.

| | Never | Sometimes | Often | Very often | Always |
|--|-------|-----------|-------|------------|--------|
| I allow myself to be wrong without blaming myself | | | | | |
| I regularly take actions to achieve my goals | | | | | |
| I consider myself a creative person. | | | | | |
| I am optimistic. When I desire something, I can easily visualize it as already manifested. | | | | | |
| I can hope for the fulfillment of a desire, but I can't wait for that to happen to be happy. | | | | | |
| I trust my intuition | | | | | |

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| | | | | | |
|---|--|--|--|--|--|
| without letting myself be influenced by the outside or by my thoughts. | | | | | |
| I dare to take risks to be able to manifest what I want. | | | | | |
| I find life and people beautiful. | | | | | |
| I feel surrounded by beauty in my daily life. | | | | | |
| Among the people around me, I can easily see the good in them instead of their flaws. | | | | | |
| I have all the affection I need. | | | | | |
| I take the time to give myself compliments, attention, or gifts regularly. | | | | | |
| I feel that I am making a difference in the lives of those close to me. | | | | | |
| I feel at ease when I arrive in a new group or environment. | | | | | |
| I am a "glass half full" | | | | | |

PEACEFUL CHAOS

| | | | | | |
|-----------------|-------|-----------|-------|------------|--------|
| type of person. | | | | | |
| TOTAL SCORE: | | | | | |
| | Never | Sometimes | Often | Very often | Always |

Determine your test result by calculating the points for each column. Here is the score by the answer:

Never = 1 point

Sometimes = 2 points

Often = 3 points

Very often = 4 points

Always = 5 points

30 points and under:

You must learn to trust yourself and recognize your power to change your reality. You have the right to have desires and to express them like any other person. You are an overly emotional person who lets the ego take over with all your limiting beliefs. These are blocking your sensitivity. This book can help you raise your score.

Between 30 and 45 points:

You often block your desires with your limiting beliefs. These desires are taking too much importance in your life. This makes you experience anxiety, frustration, disappointment, and many other emotions caused by unmet expectations. By not allowing yourself to manifest your desires, you want others to fulfill them for you. In this book, you will acquire a better understanding of how you can shift your mind not to believe all the limits you place on yourself and also better manage emotions.

Between 45 and 60 points:

you are in the right direction. You feed your emotional body quite well, but you lack confidence in yourself and the world around you. You do not believe enough that you have the right to desire what you want and that you have everything you need to manifest it. Sometimes you doubt it. Your head sometimes takes over your intuition and your feeling, which leads you to worry about the future. This book will enable this ability to trust more in your abilities to create the reality that you want and be more at peace with the world around you.

Between 60 and 75 points:

You feed your emotional body very well. You allow yourself to have desires, and you realize them very easily. To create your life, you use your emotional energy well, which is very magnetic. You are a person more sensitive than emotional. This book will still provide you with a deeper understanding of what you do right but also how you can help others be empowered to manage their emotions.

The emotional body was created to feel, to be sensitive to what is happening in our material world. This role is for the sole purpose of helping us grow and recognize our strength and power that lies within. In the next chapter, we will explore the research that was done on emotions and what that means to you.



CHAPTER 2

RESEARCH ON EMOTIONS

CHAPTER 2: RESEARCH ON EMOTIONS

Emotions have been a subject of research since the beginning of the 20th century. Although it's not a new subject, it was well documented by the stoicism philosophy, which dates back to the 3rd century.

In stoicism philosophy, it was believed that one needs to learn what is in one's control to change and what isn't. Some events may not be in our control, but what is in our control is our reaction to those events. It wasn't necessarily specifically about mastering emotional states, but it was part of the practice.

Today, Stoicism is a practice that is becoming more and more popular; the goal is to develop the ability not to let events trigger some emotional disturbance. In another way, it's about not allowing adverse events or drama to affect us and regulate our emotions. It will enable many of us to operate in a very stressful situation while remaining calm, composed, and undisturbed by the chaos around us. Stoicism is not about ignoring or blocking emotions but more about learning to tame them and not let emotions take over your life. When someone can reach a certain level of Stoicism, he or she can be less reactive and make a better decision.

Based on research, emotions live on a spectrum or a continuum that, on the one hand, is fear and on the other is love. Between love and fear, we experience a variety of emotions, which is like a gradient and not necessarily a matter of fact. Love would be the more positive emotions, and fear would be the more negative emotions.

Facts About Emotions

- When a person experiences an overflow of emotions, there is a "disconnection" between two important spheres of the brain: the limbic brain (the seat of emotions) and the neocortex (the seat of reflection). That is why it is impossible to reason with a person or even discuss with him/her when he/she is in an emotional crisis.
- Every emotion has a purpose and helps us survive and grow. Emotions function to guide us to survive and thrive. Experiencing an emotion of joy is a sign that we are aligned with aspects that can bring well into our life. When we experience anger, it is a sign that there might be some blockages or elements that we need to heal within.

- Emotions emerge from a signal released by our brain in response to how we perceive the world around us. This explains if you perceive yourself as safe, you will have no fear where someone in the same situation as you are might feel unsafe and experience an emotion of fear.
- According to neuroscience, emotions only last 90 seconds.
- Emotions are neutral, but it is the reaction of our feelings that will make us perceive them as good or bad.

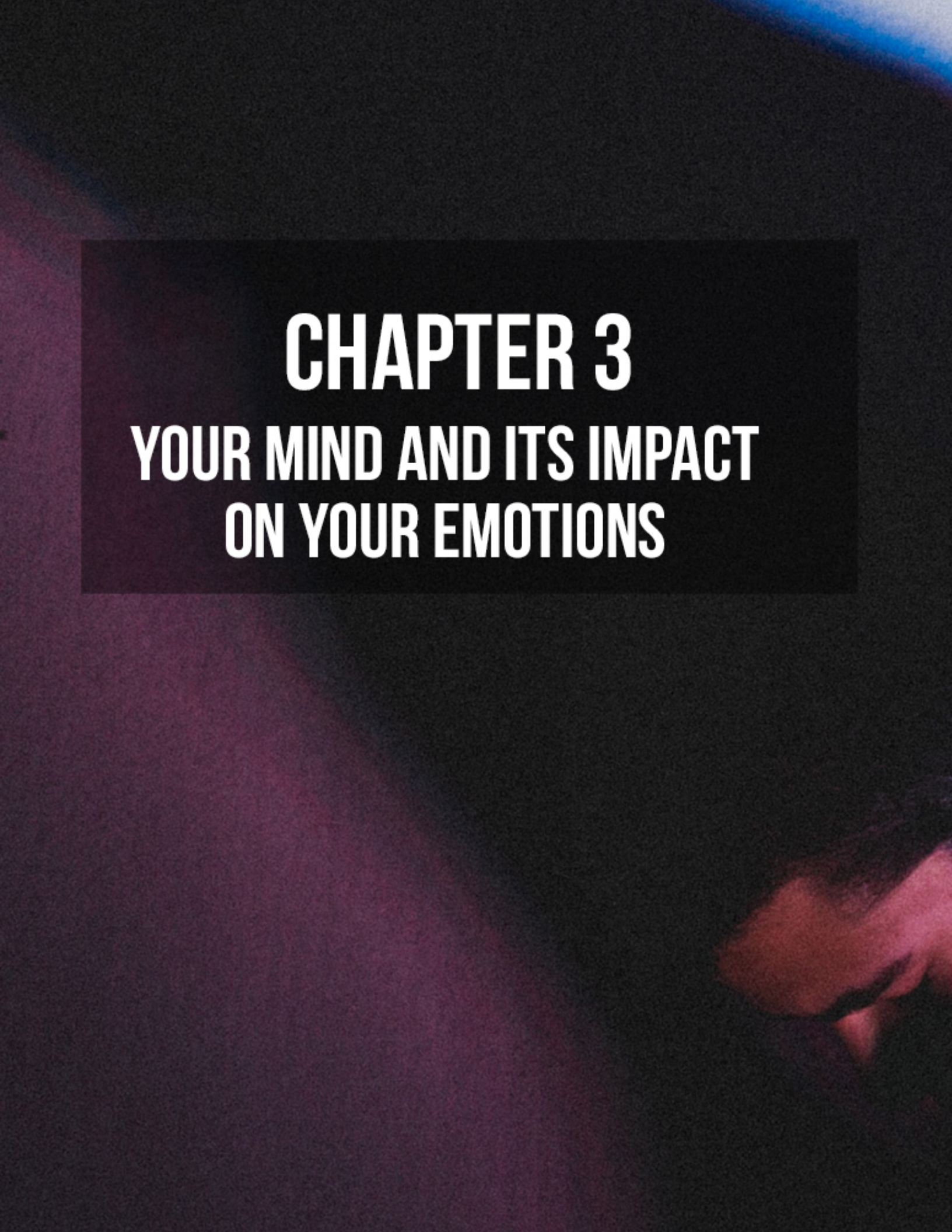
Many often confuse emotions and feelings, yet they are two different aspects that are very much connected.

Emotions Versus Feelings

An emotion is a physiological reaction, lasting only three to four minutes maximum. It allows our body to respond in an adapted way to a stimulus from the environment: the body is put under tension, energetically mobilized to act or flee. Emotion has a bio-regulatory function since the discharge of emotion allows the body to return to its fundamental equilibrium.

If emotions are a purely physiological reaction, feelings are a mental construction. It is an emotional state of a psychological nature, even if a feeling can be an extension of emotion (for

example, anxiety in relation to fear, disappointment in relation to sadness). Feelings are what makes us experience an emotion over and over again. When we can't let go of an emotion, it's because we connect it with a mental activity that tends to relieve the past or focus on the future. In the next chapter, you will learn about the mind and its impact on emotions.



CHAPTER 3

YOUR MIND AND ITS IMPACT ON YOUR EMOTIONS

CHAPTER 3: YOUR MIND AND ITS IMPACT ON YOUR EMOTIONS

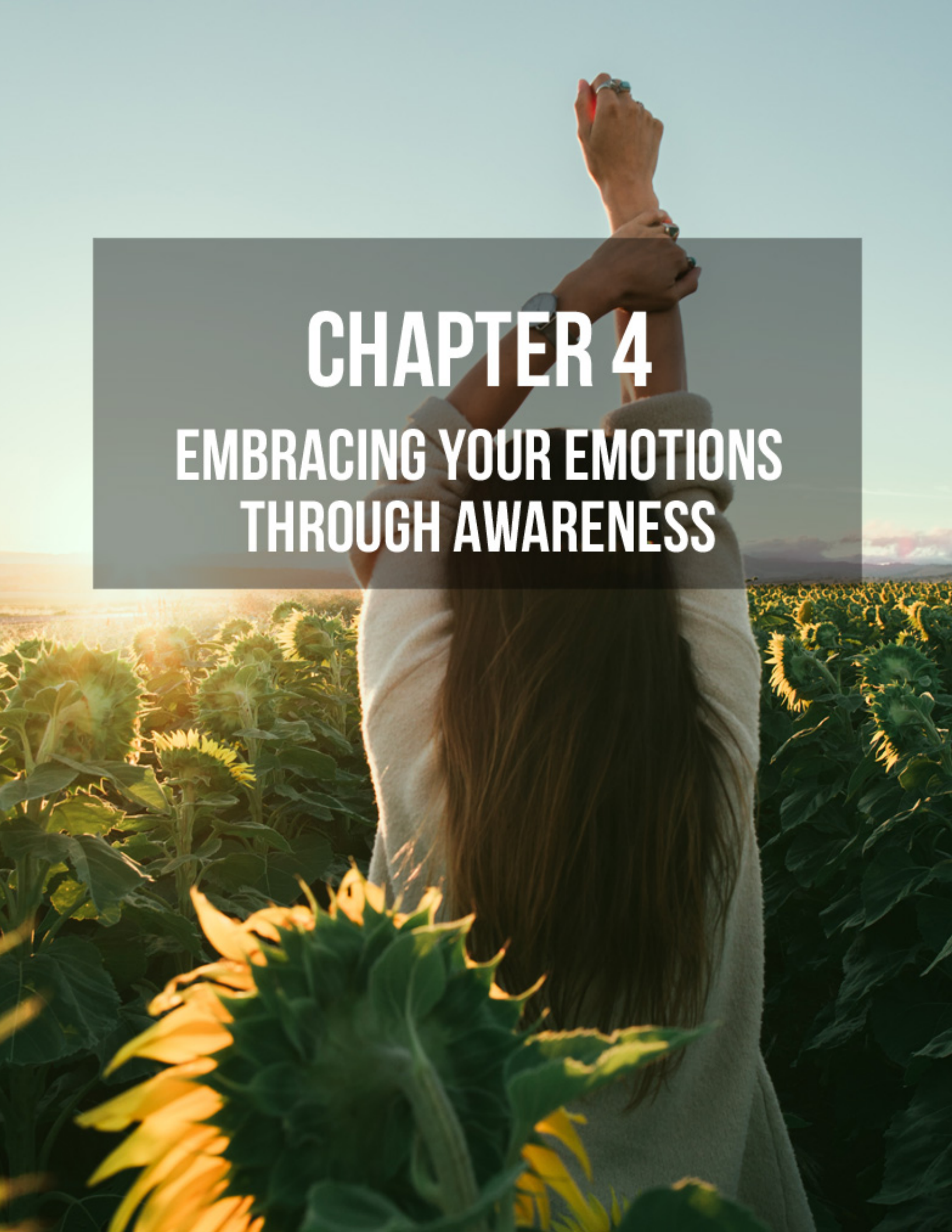
Since our emotions are very short living, it begs the question of why it hurt so much sometimes and lasts forever. The emotion itself is the physical response, while the feeling is more of a mental reaction.

In some ways, when your mind is activated after you have an emotion, it becomes a feeling. A feeling can be a complex combination sometimes composed of various emotions or manifestations of repressed emotions. For example, if the emotions of anger and fear have not been expressed, they may turn against you in the form of a feeling of anxiety. Since it is a psychological elaboration, a feeling can persist outside of any external stimulus and could last for years if it is nurtured.

In contrast to an emotion, a feeling becomes stronger when it is re-experienced. In the case of a painful feeling, it is therefore important not to reinforce it by expressing it "simply" as one would do for an emotion; otherwise, it will become more lasting.

When you think of an event that triggers a certain emotion, you are no longer living in the present; you are thinking of the past, therefore, recreating the same emotional reaction and feeling it. The feeling becomes what you hold on too. That is why, when we get a sudden burst of anger due to a specific event, we relive anger when we think of the situation.

A mind is a powerful tool that we can use against us or with us. The only way to free oneself from it is to untangle the different emotional and affective knots that make up the feeling, which, first of all, involves acknowledging their existence. We will explore this a bit deeper by exploring how we can learn to embrace our emotions in the next chapter.



CHAPTER 4
EMBRACING YOUR EMOTIONS
THROUGH AWARENESS

CHAPTER 4: EMBRACING YOUR EMOTIONS THROUGH AWARENESS

As you've learned in preceding chapters, an emotion is a pure reaction of the body without any connection with the mind. It, therefore, makes no sense to represent it as positive or negative morally. It is a neutral energy.

It is not fair to perceive emotions as pleasant or unpleasant, because it could be damaging to associate an emotion with something negative when you risk repressing it rather than expressing it.

Pure emotion is an adapted and justified response to an external event, like fear in case of danger, anger in the face of disrespect, or joy following a happy event. An emotion is meant to be neutral, even if our social environment does not always allow us to express it freely. Inhibiting an emotion is, therefore, equivalent to censoring an adequate response.

The "natural" way to free oneself from emotion is to express it fully, by welcoming it and by letting this energy discharge pass

through us without tightening up on it. But you can only express something that you can recognize.

When the discharge cannot take place for some reason, the emotion is repressed in the body, which remains in tension. Stress that has not been able to evacuate itself properly will crystallize to form increasingly dense aggregates in our energy bodies.

Many of us are told (or were told) that we are not supposed to feel, let alone express our anger, sadness, or fear. We often think that it is negative, or that it is not appropriate to the situation when someone express a particular emotion. Emotions are an automatic warning system that is essential to our survival, in which our bodies tell our brains how to react to what is happening to us.

Our negative emotions tell us that something in the environment is not good for us. In the case of fear, it is telling us that there is something to "run away from." Preferably something to face in the case of anger because we have been disrespected. And in terms of sadness, it is a loss that it is good to accept and to acknowledge. Joy and positive emotions, on the contrary, are

meant to lead us to seek what is the source and what is good for us.

Remove fear, and you become a daredevil by putting yourself in unnecessary danger. Get rid of anger, and you let others abuse you, you walk on your feet without saying anything and without seeing anything. Often, in self-renunciation, that makes you the ideal prey and a victim. Take away the sadness, and the chances are that you feel anxious without knowing why and that your body expresses it through various aches and pains.

To succeed in being aware of our emotions, we will have to be mindful of what can prevent us from being connected to them. There are three techniques that we use more or less consciously so that we don't have to experience feelings.

Avoiding

Avoidance consists of diverting one's attention to immediately feel better: smoking a cigarette, drinking a drink, eating chocolate, plunging into social networks, etc. But in the long term, this diversion strategy will inevitably have negative consequences, as it creates bad habits and even addictions. Ask yourself now. Are you avoiding your feelings with a distraction?

Reacting

When we react to our immediate emotion, we focus on what is outside of us. If we are angry, we shout, slam doors, in short, we engage in an activity that aims to let the pressure go. But often, when we react, the negative emotion of anger will turn into another negative emotion such as embarrassment, guilt, or shame for breaking something or getting carried away. Would you say that you are a reactive person?

Resisting

When we resist an emotion, we silence it; we bury it deep down inside ourselves. We push it back like a balloon that we hold below the surface of the water by pressing on it. This requires concentration and considerable effort that makes us feel very bad. But, once again, this technique does not work in the long term. Little by little, you become a real pressure cooker that could explode at any moment or just fall apart.

The characteristic of these strategies for not connecting with your emotions is that they have no benefit other than the short-term advantage of escaping an unpleasant feeling. If it's a question of avoiding anger, it will remain present, latent, and will regularly

come back into our minds if not into your body as a physical illness.

But then, how do we embrace our emotions? The solution is straightforward: we must observe the physical change that is taking place in our bodies and let it happen. Particularly simple to do, therefore, but not necessarily easy to understand and apply the first few times.

The exercise to feel one's emotions, therefore, consists of carrying out a kind of meditation during which one lets the feeling fully move oneself. We tend toward it, without opposing it neither diversion, nor reaction, nor resistance. We breathe, we concentrate, we become an observer of what is happening in our body. We then have to look for where you feel and what changes you feel.

Ask yourself all these questions:

1. Where is the emotion located in my body?

- *Is it in my head? In my throat?*
- *Is it in my heart or my lungs?*

- *Is it in my belly? And where else?*
- *Do I feel it in my hands? In my ears?*

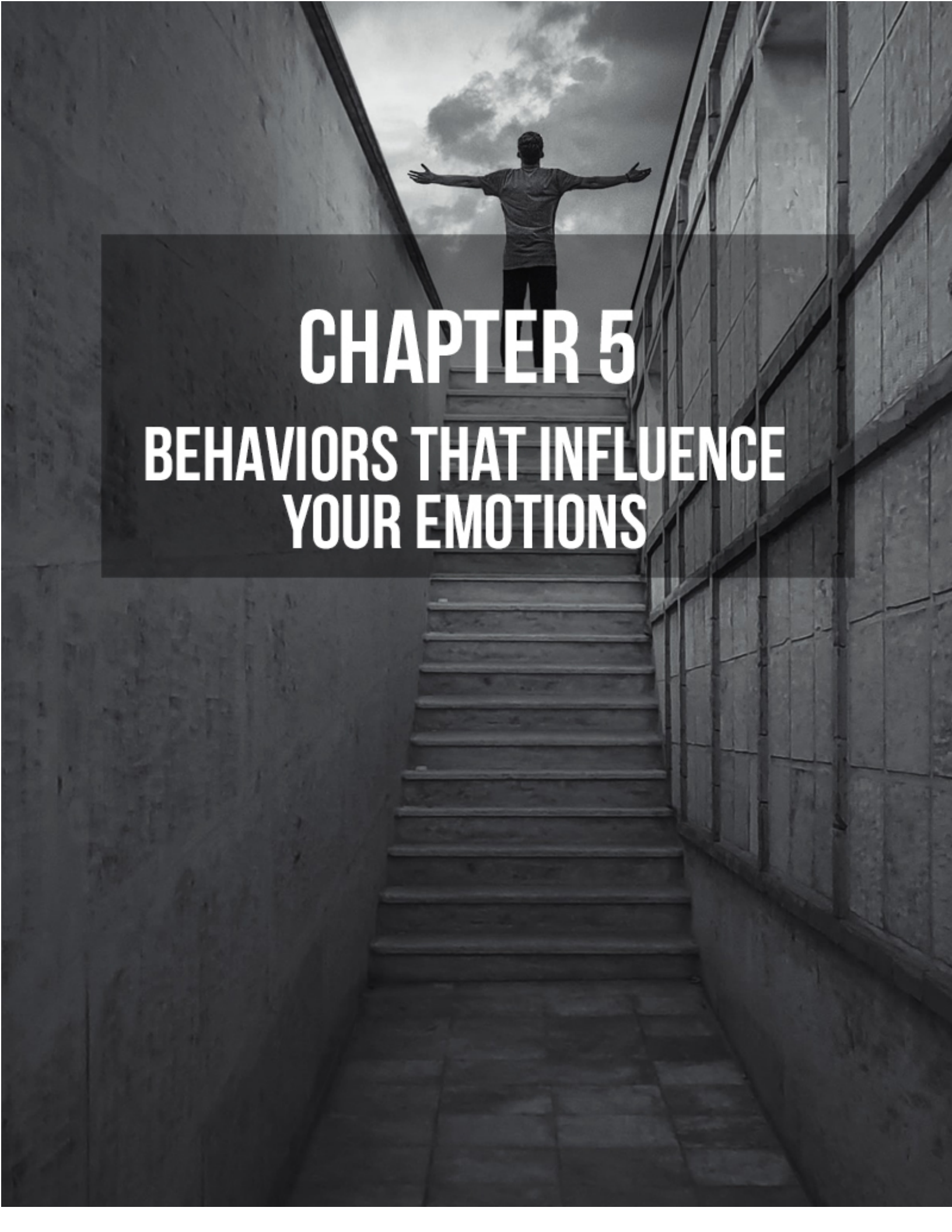
2. *What exactly does it feel like?*

- *Does my emotion come on suddenly, or does it gradually increase in intensity?*
- *Is the sensation burning or freezing?*
- *Is it comparable to stabbing pain?*
- *Do I feel like I'm suffocating?*

3. *What things evoke this emotion in me?*

- *What is the color of this emotion? Rather red or rather blue?*
- *What is its shape? Square? Round like a ball?*
- *What music goes with this emotion? A shrill violin? A low, deaf double bass?*

There is no exhaustive list of questions to ask. The purpose is to get to know the emotion, to experience it, and allow all the time that you need for that exercise. You must enable the space and time to experience it personally.

A black and white photograph of a person standing at the top of a long, narrow staircase. The person has their arms outstretched horizontally, facing away from the camera towards a bright, cloudy sky. The staircase is flanked by high, textured walls. The overall mood is one of triumph and liberation.

CHAPTER 5
BEHAVIORS THAT INFLUENCE
YOUR EMOTIONS

CHAPTER 5: BEHAVIORS THAT INFLUENCE YOUR EMOTIONS

Not only are we influenced by our minds, but we are also affected by our actions. Our emotions have become a significant part of our daily life: depending on our reaction to them, we will make certain behavior decisions.

Many will say that our emotions impact our behaviors when, in fact, it might just be the opposite since emotions are neutral. You can have the same emotion and behave in a completely different way once you've learned to react more healthily. With the tools in this book, you will learn to behave in a calm manner no matter what situation you face. We don't expect you to have any emotions, and we expect you to be able to stop reacting to emotions. It is essential to learn to observe emotions and respond in a healthy by expressing the emotion without letting the feeling overwhelm you.

I strongly believe that it is the number one mistake we make, when we associate behavior with an emotion, we give up all our power to feelings. The key is to stop certain behavior when we feel a certain emotion.

Here's an example; you feel afraid, so your automatic reaction to fear is to hold on to something known. If you are so scared to change job or make a decision, your behavior would be to hold on to what you know, like your job or your lifestyle. On the other hand, if you learn to be aware that you are experiencing the emotion of fear and that you tend to hold on to old ways when you feel afraid to change, you can choose to change your behavior. In this example, you would learn to behave even if the emotion of fear sometimes arises. Your new behavior would be to move forward, afraid.

We tend to have self-destructive behaviors when it comes to experiencing emotions that trigger negative feelings. Be mindful of those behaviors; it could be addictive behaviors, obsessing on something, being stubborn or worse, sinking into a depression.

Some techniques can help you shift your mind when you are about to behave in a way that it isn't a healthy expression of your emotion. The first one we will learn is a breathing technique.

CHAPTER 6

MANAGING YOUR EMOTIONS THROUGH BREATHING



CHAPTER 6: MANAGING YOUR EMOTIONS THROUGH BREATHING

Since our emotions are physical, breathing serves as an excellent technique that helps the physical body manage the emotions that arise within us. Breathing is very much connected to emotions and is a very simple technique that is accessible to all of us at any time.

Breathing is connected to our emotional states. It is our main tool to act on our emotions at the moment. Through breath, we bring more energy and oxygen to the body. These subtle changes in the body represent significant functional changes. Simply put, in a few minutes of breathing exercise, we change the chemistry of our body and thus our emotions. Each emotion corresponds to a physical state and a breathing rhythm.

Let's take fear as an example. First, our heartbeat accelerates, breathing speeds up. And the body adapts to this alert. Our muscles contract, our pupils dilate, everything in our body is organized to defend itself. Stress, surprise, joy, sadness, anger: every emotion changes the way we breathe and our entire

physiological state, but the reverse is also true. It is a great power to understand this.

Many basic breathing techniques influence our physical, emotional, and mental state, depending on the context. Deep breathing allows us to regain a state of stability and neutrality. As for the techniques of rapid breathing, they provide a releasing effect that helps to sublimate states of anxiety, aggressiveness, or fear.

To practice deep breathing, you need to use all your lung capacity. You will use the lower abdominal, middle, and thoracic parts of your body during this exercise. While breathing in through the nostrils, the abdomen must be projected outwards, then the rib cage is expanding to the sides, and finally, the chest moves upwards.

This allows the diaphragm to be lowered, and the rib cage to expand. The lungs are then filled with air. Keep the air in the lungs for a few moments, and then exhale. During the exhale, release the air in the opposite direction (chest, rib cage, and abdomen).

Practice several times a day, until deep breathing becomes automatic and natural. Deep breathing significantly increases our level of energy and vitality in daily life. You can use this extra energy to manage your emotions better when needed.

In a moment of stress or intense emotion, you can also apply this exercise and count, in your head or out loud, at the same time for inspiration, retention with full lungs, and expiration. You are counting 4 seconds to inhale completely, 4 seconds with keeping the air in the lungs, 4 seconds to exhaling. Using numbers to count will take you out of the feeling and back into a calmer and more rational state.

CHAPTER 7

TECHNIQUES TO FEEL AT PEACE WHEN YOUR LIFE IS CHAOTIC



CHAPTER 7: TECHNIQUES TO FEEL AT PEACE WHEN YOUR LIFE IS CHAOTIC

There is a part of us that wants to find peace beyond all the chaos and distractions in our lives. We want to escape from all this or take control to create order out of disorder. We want calm, and we want peace.

But this kind of search for eliminating chaos and stress is usually not possible unless we go to the mountains and live in a monastery. So what can you do? The answer is to find calm and peace within the midst of the difficulties encountered.

One way to find peace is to try meditation. Find the time and space where you can sit quietly for a minute or two, and you can experience this now (even during your commute or at work).

Sit in a position where you feel comfortable. First, do a body scan. What sensations can you notice? Is your posture straight and relaxed? Then check your breathing. Is your breathing relaxed? Keep your awareness on your breathing for a few moments.

Next, shift your awareness to the whole room, including yourself in the room. Be aware of the environment around you while keeping your eyes open. You become aware of all sensations without labeling them. Do not judge anything, do not fixate on anything in particular, just observe.

In each of these steps, if your mind begins to wander in thoughts, notice it (without judgment). Then, gently return your awareness to the present moment, or of your breath. If you can relax in this observation state, come back to observing when you wander. Try it for a minute, and see if you can let go. Become aware that you don't have to be involved in everything in your mind. You can operate in a way that it is almost like you are watching a movie or a play where you are an actor.

What I have found is that in those moments when you can do it, it is very calming. This is the feeling you can have if you stay in a state of observation with an open consciousness, with your sense of being connected to everything. Stay in that space of stillness as long as you can or want to.

If you can get a glimpse of this feeling of calm or in peace in the above meditation, then you can go back to that at any time you choose to do so. In a moment of feeling stressed, you can take a

break and regain that sense of stillness. During an argument or in the noise of traffic, you can rest by meditating, by returning to this place of calm.

Be mindful that at any time of the day, you can access it. When you observe an emotion that triggered a stress feeling, that you are stressed and feel a sense of chaos, go back to that place of stillness. It only takes a couple of minutes. Let go of your sense of self, just by being part of everything around you. Reconnect to the inner stillness.

Find a feeling of love and compassion for all the parts that suffer (yourself included, but also for others). Then, you can continue to do what you need to do at this time by carrying out your daily tasks but with a sense of stillness during the chaos. Be in connection with the infinite all around you, and experience a sense of peace as you take action. There is no need to walk away from chaos. It's just a movement that you need to learn to live with! Every difficulty is an opportunity to find growth and master your emotions.

A person is silhouetted against a vibrant sunset over the ocean. The person stands on a rocky shore with their arms outstretched, looking out at the water. The sun is low on the horizon, creating a bright orange and red glow that reflects on the water's surface. The sky is filled with soft, colorful clouds. A semi-transparent dark rectangle is overlaid on the upper part of the image, containing the chapter title in white text.

CHAPTER 8

DEVELOPING EMOTIONAL INTELLIGENCE

CHAPTER 8: DEVELOPING EMOTIONAL INTELLIGENCE

Research and books like the one by the author Daniel Goleman highlight new sets of questions about intelligence. Not only is there an intelligence related to subject and expertise but also the intelligence of self-awareness of our emotions.

Emotional intelligence is the ability that we have to manage, understand, and conduct our emotions. It helps us not only to improve our quality of life but also to develop and have better, more respectful, and understanding relationships with others.

There are many ways to develop your emotional intelligence; here a few examples.

Stop Judging

We all tend to judge people based on our ideologies or moral codes. In this way, we consider those who stray from our patterns of thinking to be at best inappropriate, and worst amoral. People are different, and this is where the beauty of being human lies. Empathy is essential. Remember that you cannot judge anyone

without first putting yourself in their shoes. Learning to free our thoughts from the duality of good and bad helps us to have a richer vision of the people around us and our feelings.

Identify Your Strengths and Weaknesses

We all have strengths and weaknesses. What is interesting is that each strength is associated with weakness and each weakness with a strength. Choose which extreme you want to pay attention to. Use your strengths and learn from your weaknesses.

Be Assertive

Assertiveness is the most effective way to manage conflict. Do not confuse it with passivity or avoidance. Assertiveness is a way of life that you can put into practice to handle confrontation. Learn to say "no" and set your priorities.

Express Your Emotions

That sounds easy to understand, but it is perhaps the aspect where people are most mistaken. Expressing your emotions doesn't mean being unpleasant or discredited with others. It's about being able to express them constructively, both positive and negative. The majority of relationships fail because of the inability to healthily expressing emotions.

By learning to recognize and express our emotions, we develop our skills and abilities. That way, emotional intelligence can help us succeed. Our emotions send us bodily signals when we experience them. Emotional intelligence allows us to detect them and become aware of what is happening inside us when we experience a strong emotion. Emotional intelligence is to understand what is going on inside us. In some ways, it allows us to restore appeasement once we are aware of it.

CHAPTER 9

**ACHIEVING A DEEPER UNDERSTANDING
OF YOUR EMOTIONS**



CHAPTER 9: ACHIEVING A DEEPER UNDERSTANDING OF YOUR EMOTIONS

As you have seen in previous chapters, emotions are significant in understanding who we are and what our body is trying to communicate. With practice, you can become very agile at understanding those messages, change your ways to improve your life and maintain a peaceful state.

When emotions are intense, we have the impression that our behavior is stronger than we are. It indeed happens that when faced with certain situations, the brain goes "off," and it's the emotions and feelings that take precedence over logic. Most of the time, the result is not pleasant to see either for the other person or oneself. But is it inevitable?

What if it was possible to manage 100% of our reactions, emotions, and thoughts. It is possible to listen to yourself, to respect yourself, to be in harmony with yourself, and therefore with others in all situations. The key to living in harmony lies in knowing yourself.

There are emotional wounds that, at first glance, considerably weaken our personality and even more so when they are not conscious. When we lack self-awareness, our defects, faults, wounds, and weaknesses become daily limitations. And the worse is when they are unconscious, they become an invisible and impassable barrier, set up by our mind. As a result, our behavior seems automatic and uncontrollable.

The good news is that we can grow through our experiences. Our personality is built up day by day through logical conclusions drawn by our minds from everyday situations. If the judgment is positive, then the experience will be an asset. If the experience is perceived as negative (trauma, fear, emotional shock), the experience will be considered as a wound and, initially, as a limitation. And then it will be integrated into our behavior as something normal. Since our mind learns something new every day, it can learn to transform negative events into an asset. You can go over the limits that your mind placed on you to move forward and build a peaceful life.

According to Lise Bourbeau, a world-renowned therapist, five major emotional wounds condition us. These wounds are mostly unconscious wounds that have plagued you since childhood. When these wounds are activated, you protect yourself by creating a persona, so you don't feel the emotional wounds. That

persona leads to behaviors and attitudes that prevent you from being yourself and affect your relationships. We all suffer at least two wounds. However, there is one in particular that has marked us more than the others. Becoming aware of our main wound helps us to begin the work of healing. The ultimate goal is to free yourself from the grip of the wound so that you can finally be yourself. The five emotional wounds are rejection, abandonment, humiliation, injustice, and betrayal.

Rejection

Rejection is the act of ignoring or pushing someone or a situation away so that you no longer have them in your life or at your side. The mantra in the life of a person who has the emotional wound of rejection is: "I didn't feel accepted, wanted, pampered and loved." Their limiting beliefs lie in the feeling that they don't have the right to live their life. They have a deep belief (often unconscious) that well-being and pleasure are impossible and forbidden and that others can't love them. Key emotions connected to that wound are fear and sadness.

Abandonment

Abandonment is not wanting to take care of someone or a situation. The mantra in the life of a person who has the

abandonment wound is: "I didn't feel listened to, supported, understood, or emotionally surrounded."

Their limiting belief is that they can't be independent; they need others to exist. They can't see themselves achieving something on their own. The emotion connected to that wound is sadness and a sense of being empty.

Humiliation

Humiliation is the act of demeaning, ridiculing, and subduing someone. The mantra in the life of someone who has the humiliation wound is: "I felt bullied in my desires and limited in my need for freedom. I am not allowed to have fun." They usually nurture the limiting belief that they are not worthy. That they don't deserve to be happy and that they aren't a beautiful being. They tend to choose (unconsciously) to be unhappy in life, which is why they can have self-destructive behaviors. The emotions connected to that wound are disgust, contempt, guilt, and shame.

Injustice

Injustice is feeling undervalued, unappreciated, and not respected for what it is worth. People who have the injustice wound believe they are not getting what they deserve, and their life mantra is: "I lacked everything emotionally. My parents, friends, or people, in general, are insensitive and cold. It's not fair," People with the

injustice would have the limiting belief that they have to be perfect to be loved. They also see emotions as something bad. They often embody the victim mindset where nothing is their fault; they feel they don't belong and that the world doesn't allow them to be themselves. Recurring emotions with the injustice wound are anger, contempt, disgust, criticism, and jealousy.

Betrayal

Betrayal is the act of not being loyal to someone or a cause. Those who experience the betrayal wound have the following life mantra: "My expectations were not met, I was lied to, my trust was betrayed, I was used." They feed the limiting belief that they cannot trust anyone, and they are unable to be attached to someone because commitment hurts too much. Being vulnerable is a weakness for them. The emotion mostly experiences by those who have the betrayal wounds are anger, contempt, mistrust, alertness, impatience.

If you don't dig deep to heal those wounds, you will attract the same situations and systematically reproduce the same attitudes and behavioral patterns in your life, that feed your wounds. The goal is to heal these wounds so that you can grow and evolve. Healing lies in looking for the "How do I get better" rather than the "Why do I feel bad?" The strength of the "How" is to transform

and move forward. Understanding our experiences is only a matter of personal interpretation. Here are a few suggestions for healing each wound.

Rejection: Your deep needs are to belong, to exist, and to love. The solution is to confront your reality by accepting and embracing your weaknesses and qualities. You can heal that wound by learning to express self-love. Start by telling yourself, "I love you" daily. Learn to say thank you when you receive compliments and compliment yourself for your good deeds.

Abandonment: Your deep needs are attention, to exist, and to love. The solution for that wound is to become autonomous. You have to discover your abilities to heal yourself and live by yourself. You need to acquire the new belief that connecting with others is no longer a necessity, but merely a possibility. You can heal that wound by learning to trust yourself and be your biggest fan. Become proud of yourself by recognizing the daily things you do well and love yourself for who you are. You can also learn to tell yourself, "I love you" daily.

Humiliation: Your deep needs are freedom and independence. The solution to healing the humiliation wound would be to improve self-esteem by rediscovering that every being is an extraordinary

person. We all have the right to create our happiness for ourselves. You can heal that aspect of you by encouraging and congratulating yourself every day for who you are and everything you do.

Injustice: Your deep needs are freedom, intuition, emotion, and being yourself. The solution to healing the injustice wound is flexibility. You need to learn to open yourself up to the world without needing to suffer or create tension. Trust that everything will go well. You can heal that wound by learning to silence your inner critic, become more positive, and express pride toward whom you are. Learn to reconnect with your intuition and emotions.

Betrayal: Your deepest needs are to be self-confident and free. The solution to the betrayal wound is to learn to let go. Accept where you are, respect who you are, and learn to listen to yourself. You can heal the betrayal wound by learning to trust yourself and be proud of who you are.

Know that every human being in his or her life has experienced every wound, at least once, in their life. Generally, we are deeply affected by two to three wounds. The wound may have been triggered by a single event, or by a compilation of experiences.

Although, be aware that you can heal those wounds if you are up for it. Here are a few steps to do so:

Step 1: The healing must be a personal commitment of you with yourself. If there are constraints and obligations, it will not work.

Step 2: Put your ego aside and accept that these wounds are part of you; they will open the door to healing. It is completely normal and human to have emotional wounds, which can be conscious and unconscious. The human is imperfect.

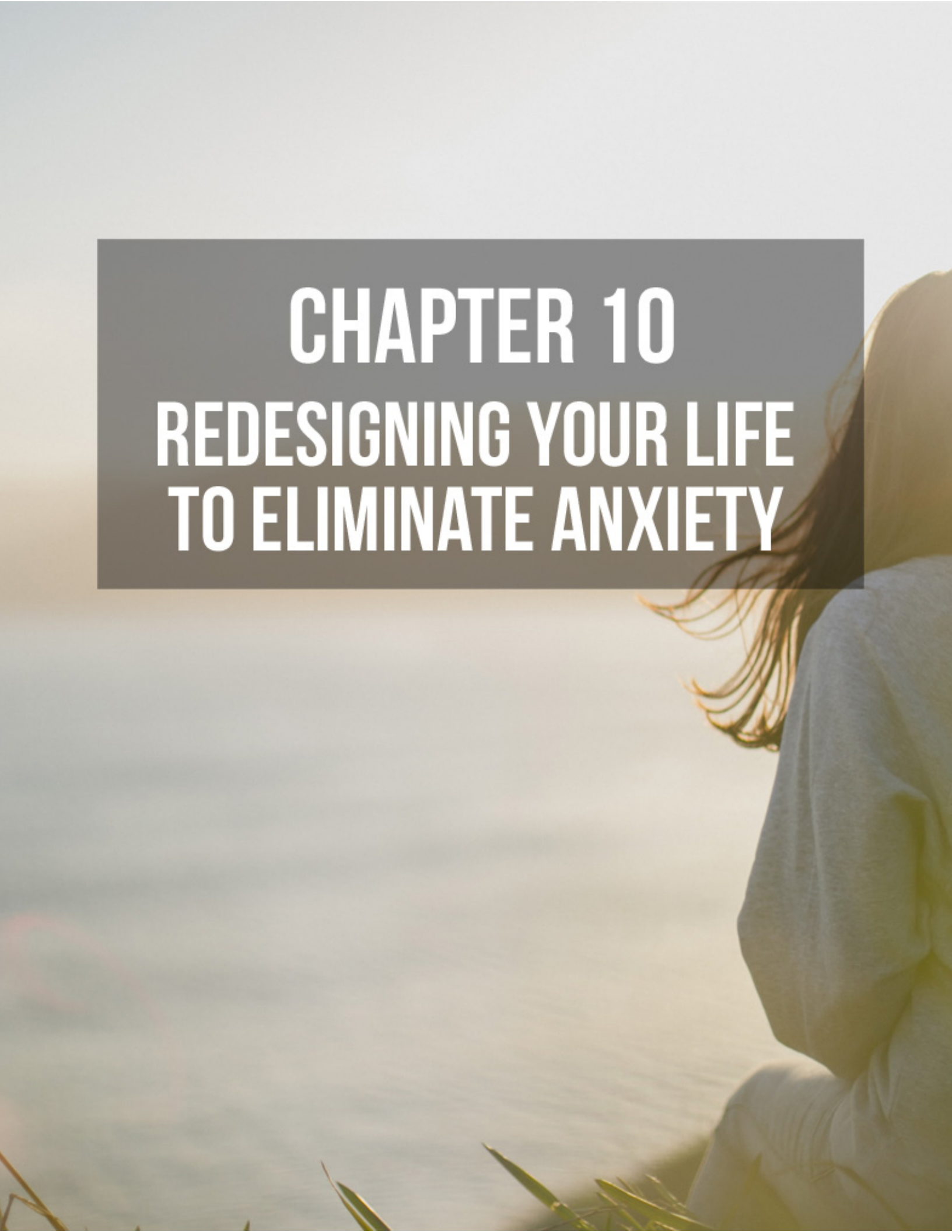
Step 3: Take a few minutes to review the five wounds. Listen to your emotions, your feelings, and your reactions. Your thoughts will not help you. It is your heart that knows what is right and good for you. Otherwise, I invite you to observe your physical body, which is generally the first shield that a human being uses.

Step 4: Forgive and accept that you had those experiences. To better move forward and evolve, be grateful for your past. Take responsibility for it and chose to let go of your role as a victim. Become a leader in your own life.

Step 5: Chose to move away from judging your past and all the negative or traumatic situations you've experienced. Chose to learn from those lessons.

- Let go of the conscious and unconscious emotions related to your past;
- Take a step back to get a new perspective on your experience;
- Learn the lessons from your experience;
- Chose to close the wound and move forward;
- Savor your healing to build a future even better than your present.

You can do the same for all your wounds.

A person with long, dark hair is seen from the back, looking out over a body of water. The scene is bathed in the warm, golden light of a sunset or sunrise. The person is wearing a light-colored, possibly white, long-sleeved top. The background shows the calm surface of the water and a hazy horizon. The overall mood is peaceful and contemplative.

CHAPTER 10
REDESIGNING YOUR LIFE
TO ELIMINATE ANXIETY

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Stress is likely the biggest culprit that causes individuals to experience anxiety. In this chapter, you will learn critical things you can add to your daily routine to eliminate stress and anxiety from your life.

Get Moving

Physical activity is very beneficial for mental health and emotional harmony. In times of stress, exercise helps to channel the adrenaline released into the body. Many people hit the gym when they feel stressed and improve wellness. Besides, physical activity releases serotonin and endorphins, which contributes to a sense of well-being. Doing cardio is great, but even less intense activity, like walking, can make a big difference in your emotions.

Enjoy a Good Night's Sleep

While exercising is important, sleeping is essential. A lack of sleep rarely attracts peaceful days unless you can sleep all day. Besides, a good night's sleep can contribute to a lot of aspects that improve our well-being. Tiredness makes you more vulnerable to stress because it generally increases adrenaline

levels. If you get more rest, you improve your productivity. Getting enough sleep is critical to performance and emotional balance. In return, it helps you better manage stress.

Meditate

Meditation has become increasingly popular in recent years. People are using it not only to reduce stress but also to improve concentration and increase performance. Meditation gives you the ability to free your mind from past thoughts and future worries. It helps you focus on the present moment, as well as on your breath. It can clarify your thoughts and reduce your stress while allowing you to find peace within a chaotic world.

Surrender

Stress is often accompanied by a feeling of lack of control and powerlessness. Finding a way to exercise letting go of the situation, you can't control can help, but it's not always possible. For example, you may not be able to let go of deadlines at work. In these cases, the control that you have is acceptance. You can choose to accept that you cannot control the situation but also acknowledge that stress won't change the situation. Then the control you have is your reaction to the situation. By doing so, you'll gain confidence in your ability to manage challenges and maintain a positive attitude. You will become more resilient.

Have Fun

Laughing always does well: the body releases endorphins, just like during physical activity. Laughter also reduces anxiety. A simple smile can also be very beneficial to your health. Even when forced, it can provoke positive emotions in a stressful situation. Find ways to bring more fun and play in your life. Children are very good at teaching us how to play, and it might not be a bad idea to spend more time with them.

Socialize

When things go wrong, it's reassuring to know that it's normal and that we are not going through it alone. This comfort can be found by talking to people about different aspects of life. Spending time with some people (even virtually) can contribute to your happiness, and a familiar voice can stimulate the secretion of oxytocin, the love hormone.

Keep a Journal

A journal is a place where we can write all our thoughts, concerns, feelings that are occupying our mind space. Most people write down their apprehensions in it before they go to bed to clear their minds. Writing your thoughts in your journal will make your worries seem less serious. It's better to express your

thoughts than to dwell on them. You can also look back on your day and write in your journal the things you enjoyed doing or the things for which you feel grateful. This daily exercise can help you focus on the positive aspects of your life while releasing the things that you no longer want in your mind. The act of writing in a journal can be very healing and serve a great purpose in reducing our anxiety and stress.

All of these ideas have one thing in common: they will help you step back from reacting to emotions and redirect your mind into a more positive way to express them. Using these ideas in your daily life can prevent stress from building up and eliminate anxiety forever. You will become more resilient to challenges and acquire more confidence in managing your life when it's chaotic around you.

CONCLUSION



CONCLUSION

As anxiety and stress are often referred to as the illness of the 21st century, there are now more and more research and solutions becoming available to us. As you have seen in this book, it is possible to eliminate anxiety from your life. It might take a long time, but with consistency, determination, and patience, you can live a life that is peaceful and balanced.

It is essential to identify the causes of your anxiety to heal the root of the problem. Rather than developing strategies to cope with anxiety, you can try to reduce it, better to eradicate it, by attacking it directly at the source as this book has taught you.

Don't forget the power of optimism, and there is always a bright side to a situation. It's up to you to find it and make an effort to look at events from a learning perspective and adopt a positive attitude.

While this book is full of ideas and techniques, learn to be patient with yourself, and try one thing at a time. That way, you will avoid unnecessary stress and pressure. Stay focused and avoid being distracted from your goal. The risk of taking on too many

techniques at once is that you will be dispersed. And it will stop you from making any progress.

Know that you can't change overnight and that you can always ask for help from experts if you feel that the task at hand is too big for just one person. It is not a weakness to ask for help, and actually, it takes a lot of courage to admit that we can't do everything by ourselves.

By becoming more familiar with yourself, mind, body, and spirit, you will acquire new skills and knowledge that will allow you to flourish. The more you know yourself, the easier it becomes to master your emotions and embrace them in a way that you can understand how to heal them. Never forget that emotions are not good or bad; they are neutral and serve the purpose of informing us of something important that needs to be addressed or healed.

Emotions can become the compass in your life that leads you to a peaceful, harmonious, and wonderful life. Just like any journey, it can be long and painful, or it can be an experience where we enjoy and appreciate every moment of it. Learn to see any obstacles as an opportunity for growth. That is when you will understand that it's the journey that matters and not the

destination. You will be in a better position to embrace the journey and completely forget about the destination.