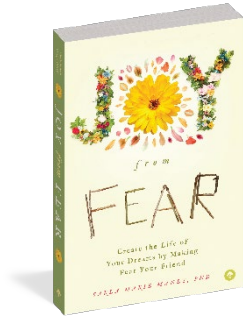


“YOUR JOURNEY”



Adapted from *Joy from Fear: Create the Life of Your Dreams by Making Fear Your Friend*

by Dr. Carla Marie Manly

EMBRACING THE POWER OF YOUR EMOTIONAL WORLD

If you are wanting to feel more in touch with yourself and your emotions, this worksheet will lead you into creating a stronger connection with your emotional world. If you do not understand your emotions—and their benefits—it can be easy to feel controlled by their energy. On the other hand, if you tend to push down or ignore your emotions, they may feel foreign or frightening to you. Note that, as with all psychological work, it's vital to move at your own pace and at a level that feels right to you. As with all exercises, feel free to pause or stop your work altogether if it does not feel beneficial.

This worksheet will lead you into a discovery of the powerful beauty of all of your emotions. Several theories of emotions exist, and the number of emotions varies depending on the theory. I utilize the “five emotion” model that designates the basic emotions of *fear*, *anger*, *sadness*, *disgust*, and *joy*. Each of the five emotions is a powerful source of knowledge and energy. The work is in coming to know your emotions and learning how to process them and use them productively. As you learn that your emotions are truly one of your most valuable resources, you feel freer and more empowered.

- **Step 1:** Breathing with intention--slowly and fully—is a powerful way to reduce feelings of anxiety and stress. As you learn to inhale and exhale slowly and completely, you will find that you can calm your body and mind any time you like. Four-count breathing is a simple technique that you can practice now and use throughout this exercise. Simply take a deep breath in as you count to four; let your stomach float outward as you expand your lungs. Hold your breath for a moment (no longer than a count of four). Then exhale slowly and completely as you count to four. Pause now to practice this simple breathing technique a few more times before moving on. You may notice that you feel calmer and less distracted when you pause to breathe in this intentional way. Remember to use this breathing technique during this worksheet process.
 - **Step 2:** Create your unique *Calm Power Center*. Pause to imagine an image and mantra that gives you a sense of calmness and power. For example, you might imagine yourself standing by the ocean saying, “I am loved, powerful, and free!” or you might envision a favorite deity as you say, “I am strong. I am not alone.” Intensify your image and mantra in your mind. Write a short description of it here: _____
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- **Step 3:** Write out a list of the emotions that feel uncomfortable or overwhelming for you. You may choose to include emotions not listed above if that feels appropriate.

- **Step 4:** Write out the same emotions that you listed above; leave a space after each emotion. Then, using a scale of “1-10,” rate the level of distress (emotional charge) you feel with each emotion listed. “1” indicates minimal distress (emotional charge) and a “10” indicates maximum distress (emotional charge).

- **Step 5:** For each emotion listed, describe a time when you felt mildly controlled or distressed by that emotion. Strive to be as detached as possible; imagine that you are observing the emotions and experience from your *Calm Power Center*. Begin with the emotion that is least charged for you (the one with the lowest rating) and slowly work up to the ones that have more charge (those with a higher rating). If you begin to feel anxious or uncomfortable, pause to breathe and focus on your *Calm Power Center* before continuing.

Emotion: _____ Rating: _____ Description of Experience: _____

Emotion: _____ Rating: _____ Description of Experience: _____

Emotion: _____ Rating: _____ Description of Experience: _____

Emotion: _____ Rating: _____ Description of Experience: _____

- **Step 6:** Return to the work you did in Step 5. Strive to be as detached as possible; imagine that you are observing your emotions and experience from your *Calm Power Center*. In this step, you have the opportunity to imagine an experience and outcome that would have felt healthy and empowering. This process gives you the opportunity to imagine re-experiencing the emotional situation in a healthy and gently powerful way. Begin with the least charged emotional experience. Simply note the emotion, the ideal rating, and your imagined ideal experience.

Emotion: _____ Ideal Rating: _____ Ideal Experience: _____

Emotion: _____ Ideal Rating: _____ Ideal Experience: _____

Emotion: _____ Ideal Rating: _____ Ideal Experience: _____

Emotion: _____ Ideal Rating: _____ Ideal Experience: _____

- **Step 7:** Return to the work you did in Step 5. In this step, you have the opportunity to intensify your sense of emotional awareness and emotional control. Starting with the first emotion and experience, imagine *feeling* the emotion and then letting it move out of you and into a dark-toned balloon. Release the dark-toned balloon filled with the negative energy. Let it float away. Then imagine your *Calm Power Center* filling you up—replacing the distressing emotion. Imagine that you are holding a lovely, clear balloon. Allow this clear balloon to fill up with positive thoughts and energy similar to your *Calm Power Center*. Imagine holding this balloon as you breathe and return to daily life. Repeat this same process for every emotion you have listed. Repeat this exercise as often as you like. It may be particularly helpful when you feel confused, stressed, or controlled by your emotions. The sooner you give your emotions intentional attention, the better you will be able to regulate them and use them to benefit you. Use the area below to make any notes that feel helpful and supportive.

CONGRATULATIONS ON A JOB WELL DONE!

Every step you take forward in becoming more self-aware is a tremendous gift to yourself and your world. You'll find more compassionate guidance and healing exercises like this in Dr. Carla Marie Manly's powerful self-help book, *JOY from FEAR: Create the Life of Your Dreams by Making Fear Your Friend*.

Free to You: If you want to be the first to enjoy new "Your Journey" worksheets and details on upcoming books and seminars, I invite you to subscribe to my private email list at www.drcarlamanly.com

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