



# HEALING YOUR EMOTIONS YOUR EMOTIONS: BLESSING OR CURSE?

## **The good, the bad and the ugly about our emotions**

- Emotions determine our happiness in life!
- Emotions are the entertainment of life
- Emotion is energy in motion - energy cannot be destroyed
- Emotions have enormous power - they can make or break our lives



# HEALING YOUR EMOTIONS

## YOUR EMOTIONS: BLESSING OR CURSE?

### **Your emotions as your soul's GPS**

- Each one of your emotions carries a message with it
- Sadness: loss
- Anger: action needed
- Frustration: decision needs to be made
- Anxiety: too much focus on the future
- Fear: what you need to become
- Excitement: your heart's desire
- Peace: what you need



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## **Are you a drama queen?**

- When the entertainment becomes a roller-coaster ride
- The difference between joy and excitement
- What is gives you a high?
- Your body will always seek balance
- The cost of being a drama queen



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### **When are they real and when not?**

- The influence of your body states:
  - PMS
  - Physical Tiredness
  - Emotional Tiredness
  - Hunger
- When an emotion becomes a habit



*Become Kick-Ass!*

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## YOUR EMOTIONS: BLESSING OR CURSE?

**Fill in the blanks:**

The negative emotion I experience most often is: \_\_\_\_\_

The thoughts that accompany this emotion are: \_\_\_\_\_

I remember first feeling this emotion (when? how old were you? what were you doing?) \_\_\_\_\_

The body state that most influences me negatively is \_\_\_\_\_

My favorite emotion is \_\_\_\_\_

I experience it when I \_\_\_\_\_

Notes to myself: \_\_\_\_\_



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## YOUR EMOTIONS: BLESSING OR CURSE?

**What are your emotions telling you?**

- Sadness: loss \_\_\_\_\_
- Anger: action needed \_\_\_\_\_
- Frustration: decision needs to be made \_\_\_\_\_
- Anxiety: too much focus on the future \_\_\_\_\_
- Fear: what you need to become \_\_\_\_\_
- Excitement: your heart's desire \_\_\_\_\_
- Peace: what you need \_\_\_\_\_



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TO REMIND MYSELF:

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