

# MASTER YOUR EMOTIONS

## Workbook

### Part I. What emotions are

#### **Bias towards negativity**

Find one example of an imaginary threat resulting from your survival mechanism. Can you see how the mind works? Feel free to write down your example below:

#### **Happiness**

Identify things that you believe give you shots of dopamine (TV, video games, gambling, social media etc.) . Write them down:

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Which one of these things are you the most 'addicted' to. What activity, if you were to take a break from, would you be craving? Write it down:

## The nature of the ego

Write down the things you feel you identify the most with (your body, your relationships, your country, your religion, your car etc.)

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On a scale of 0 to 10 how true are the following statements?

My ego tends to equate having with being

0 \_\_\_\_\_ 10

My ego lives through comparison

0 \_\_\_\_\_ 10

My ego is never satisfied

0 \_\_\_\_\_ 10

My ego needs other people approval to feel valued

0 \_\_\_\_\_ 10

I enhance my value by trying to associate with smart or famous people

0 \_\_\_\_\_ 10

I like to gossip

0 \_\_\_\_\_ 10

I have an inferiority complex

0 \_\_\_\_\_ 10

I have a superiority complex

0 \_\_\_\_\_ 10

I look for fame

0 \_\_\_\_\_ 10

I constantly try to be right

0 \_\_\_\_\_ 10

I often complain

0 \_\_\_\_\_ 10

I seek attention (recognition, praise or admiration)

How does your ego impact your emotion? Write down some of the ways your ego generates negative emotions. Try to be specific.

What could you do about it?

### **The nature of emotions**

To help you understand the nature of emotions, we'll focus on just one specific emotion in this section.

Take just a few minutes to go through the following 10 steps by visualizing each step in your mind. If that helps close your eyes.

**Step 1.** Select one negative emotion you experienced recently.

My negative emotion:

**Step 2.** Acknowledge that this emotion isn't bad. See how it comes and goes and isn't you.

**Step 3.** Remember that emotion and notice how it is nowhere to find in your present reality.

**Step 4.** Ask yourself what you can learn from that emotion. What is it trying to tell you and how can you use it to grow?

**Step 5.** Notice how that negative emotion tainted all your experiences, perhaps, even tricking you to believe you'll never get out it.

**Step 6.** Remember how you felt the need to identify with this negative emotion and/or with the story that goes with it. Entertain the idea that you could have detached yourself from it.

**Step 7.** Remember how this negative emotion seemed to narrow down your perspective and limit your potential.

**Step 8.** See how you were attracting more negative emotions

**Step 9.** Notice how you created mental suffering out of that emotion by adding your own judgment to it.

**Step 10.** Finally, realize that your negative emotion exists only in your mind and notice reality has no problem.

## **Part II. What impact your emotions**

You can change your emotions in many different ways. What will you do personally to positively impact your emotions?

**How will you use your body?** What type of exercising will you do? Will you use power posture? (for example of power posture check the video [here](#))

**How will you use your thoughts?** Will you meditate, use positive affirmations or visualization?

Examples:

- I will visualize my goal every morning for 5 minutes allowing myself to feel as if I had already accomplished it
- I will meditate 5 minutes every day for 30 days as soon as I wake up
- I will repeat the affirmation “I love being confident” for 5 minutes every day

**How will you improve your sleep?**

Examples:

- I will meditate before going to bed
- I will create a 10 minutes evening ritual including gratitude exercises, stretching, and meditation

### **How will you use your breathing?**

Example: each time I feel some negative emotions, I will breathe slowly for a few minutes

### **How changing your environment could improve your emotions?**

Examples:

- I will read inspirational books for 15 minutes each day and cut off the time I spend watching TV
- I will spend less time with negative friends
- I will spend only 15 minutes on social media each day for 30 days

### **How will you use music to improve your mood?**

Examples:

- I will listen to gratitude songs while doing my gratitude exercises each morning
- I will listen to/ watch motivational videos when I start feeling a little bit down and dance or move my body to change my emotional state
- I will listen to classical music or white noise to better focus when I work

## Part III. How to change your emotions

### **How emotions are formed**

Emotions are formed as follows:

Interpretation + identification + repetition = strong emotion

- Interpretation: When you interpret an event or a thought based on your personal story.
- Identification: When you identify with a specific thought as it arises.
- Repetition: It is having the same thoughts over and over.
- Strong emotion: When you experience an emotion so many times that it has become part of your identity. You then experience that emotion whenever a related thought or event triggers it.

### **Revisiting past events**

Remember a past event when you experience negative emotions. It could be the last time you were depressed, sad, angry or felt like you weren't good enough.

Now, write down what happens for each of the following:

- Interpretation: What events happen and what thoughts arose?
  
  
  
  
  
  
  
  
  
  
- Identification: How you respond to these thoughts?
  
  
  
  
  
  
  
  
  
  
- Repetition: Did you identify with these thoughts repeatedly?

### **Changing your story**





## **Letting go of your emotions**

### **Make a list of the emotions you would like to let go of.**

Perhaps, you feel like you aren't good enough. Or you struggle with procrastination. Or maybe you blame yourself for something you did in the past. Just write down whatever comes to your mind.

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### **Select one emotion then ask yourself:**

"Could I let this feeling go?"

"Would I"? (Yes/no)

"When?" (NOW)

The emotion I want to let go of:

Additional tip:

Keep practicing letting go of emotions in your day-to-day life

## **Conditioning your mind**

Get into the habit of depositing positive thoughts in your mind every day. Choose one emotion you want to experience more of in your life and committing to conditioning your mind every day for at least 30 days.

Examples of emotions:

- Gratitude
- Excitement
- Self-esteem
- Certainty
- Decisiveness

My emotion(s):

How exactly I will condition my mind:

example: I will close my eyes and say “thank you” to all people that cross my mind while acknowledging one good thing they did for me.

## **Changing your emotions by changing your behaviors**

Remember the last time you experience a negative emotion that lasted for a couple of days or more. Write it down below:

Now, write down what you did specifically to overcome that negative emotion:

Then, ask yourself, “How could I have changed my behavior in such a way that it would have influenced my emotions positively?”. Write it down below:

## **Changing your environment**

Write down below any activities that you believe may negatively impact your emotions.

Examples: Negative friends, TV, gossiping, social media, video games etc.

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For each activity write down what is the consequence (It makes you feel guilty, demotivates you, erodes your self-esteem etc.)

Write down what you could instead that you improve your mood

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## Short-term solutions

The following techniques will help you manage your negative emotions as they arise. Try them out, and keep the ones that work for you.

### Change your emotional state

- **Distract yourself:** An emotion is only as strong as you allow it to be. Whenever you experience a negative feeling, instead of focus on it, get busy right away. If you're angry about something, go do something on your to-do list. If possible, do something that requires your full attention.
- **Interrupt:** Do something silly or unusual to break the pattern. Shout or do a silly dance or speak with a strange voice.
- **Move:** Stand up, go for a walk, do push-ups, dance or use a power posture. By changing your physiology you can change the way you feel.
- **Listen to music:** Listen to your favorite music to shift your emotional state.
- **Shout:** Your voice also affects your emotions. Talking to yourself with a loud and authoritarian voice and giving yourself a pep talk can help you change your emotions.

### Take action

- **Do it anyway:** Let your feeling be, and do what you have to do. What differentiates children from mature adults, is the ability adults have to do what they have to do whether they feel like it or not.
- **Do something about it:** Your behaviors indirectly change your feelings. Ask yourself, "what action can I take in present reality" to deal with your current feeling. Then, go do that.

### Become aware of your emotions

- **Write it down:** Take a pen and a piece of paper and write down what you're worrying about. Then write down why are you having this emotion? Finally, write down what you can do about it. Be as specific as possible.
- **Write down what's really happening:** Take a piece of paper, and write down what exactly happened or is happening. Not your interpretation of it, not the drama you created around it, but the raw facts. From an external observer what happened? Now ask yourself, on the grand scheme of your life, is that a big deal?

- **Talk:** Have a discussion with a friend. Sometimes, all you need is a different perspective. You may be overreacting and make things worse than they really are. Make sure your friend is someone positive. Avoid negative friends!
- **Remember a time when you felt good about yourself:** Remembering a time when you felt good may help you get back in that state for a moment and gain a new perspective. Ask yourself the following questions, “how did that feel? What were you thinking? What were your outlook on life?”
- **Let your emotion go:** Ask yourself, could I let that emotion go? Then, allow yourself to let go of it.
- **Allow your emotions to be:** Stop trying to resist your emotions or to change them. Allow them to be.
- **Embrace your emotion:** Stay with your emotions. Look at them as closely as possible while doing your best to remain detached. Become curious about them. What are they exactly at their core?

### **Just relax**

- **Rest:** take a nap or a break. Sometimes all you need is some rest. When you're tired, you're likely to experience negative emotions.
- **Breath:** Slowly breath in and out to relax. The way you breathe affects your emotions. You can use breathing techniques to calm you down or give you more energy.
- **Relax:** Take a few minutes to relax your muscles. Start by relaxing your jaw, the tension around your eyes and the muscles on your face. Your body affects your emotions. As you relax your body, your mind relaxes.
- **Bless your problems:** Thank your problems knowing they are here for a reason and will serve you in some way.

## Long-term solutions

The following techniques will help you manage your negative emotions long-term.

### Analyze your negative emotions

- **Find out the story behind your emotions:** Take a pen and a piece of paper and write down all the reasons why you have these emotions in the first place. What are the assumptions you hold? How did you interpret what's happening to you? Now, see if you can let go of your story.
- **Keep a journal in which you write down your emotions:** Take a few minutes each day to write your emotions and see whether there are some recurrent patterns. Create affirmations, use visualization or implement any relevant exercises to help you overcome these emotions.
- **Practice mindfulness:** Get into the habit of observing your emotions throughout the day. Meditation will help with that. Another way to do that is simply to engage in an activity while being fully present. As you're doing that, observe what's going on in your mind.

### Move away from negativity

- **Change environment:** If you're surrounded by negativity, change environment. Move to a different place or cut off/reduce the time you spend with negative friends and find positive ones instead.
- **Remove counterproductive activities:** Remove or reduce the time you spend on any activity that is not positively impacting your life. This could be reducing the time you spend watching TV or surfing on internet.

### Condition your mind

- **Create daily rituals:** Create rituals you do every day to experience more positive emotions. Meditate, exercise, repeat affirmations, create a gratitude journal and so on. (The best time to deposit positive thoughts in your mind right before going to sleep and first thing in the morning)
- **Exercise:** Regular exercise is very effective at increasing your mood and is good for your health.

### Increase your energy

The less energy you have, the more likely you are to experience negative emotions.

- **Improve your sleep:** make sure you get enough sleep. If possible go to bed and wake up at the same time every day.
- **Eat healthier food:** you are what you eat. Junk food will impact your energy level so make sure you improve your diet.
- **Rest:** Take regular naps when you feel low on energy or take a few minutes to relax and breath slowly.
- **Breath:** Learn to breathe properly.

### **Ask for help**

**Consult a professional:** if you have deep emotional issues such as extreme low self-esteem or depression, it might be wise to consult a professional.



## Part IV. How to use your emotions to grow

### **Record your emotions**

Spend a couple of minutes each day to record how you feel and rate yourself on a scale of 1 to 10, 1 being the worse you could feel and 10 being the best. At the end of the week, give yourself an overall note and answer the following questions:

What negative emotions did you experience?

What caused these emotions? (Did specific thoughts/external events lead you to feel the way?)

What really happened?

What was your interpretation of what happened?

What would you need to believe to feel that way?

Are your beliefs true?

If you had interpreted thoughts or events differently, could you have felt better?

How did you get back to your neutral state?

What happened exactly? (Did you change your thoughts, take action or did it happen naturally?)

What could you have done to avoid or reduce these negative emotions?

## Not being good enough

### Identify triggers

What thought are you identifying with? Which areas of your life are concerned?

Write down the following:

Situations in which you feel like you aren't good enough

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Thoughts you identify with (your story)

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## Overcoming the feeling of unworthiness

### Keeping track of your accomplishments

*Exercise 1 - Create a win log*

Write down your daily accomplishments. For this exercise, I encourage you to use a dedicated notebook.

- Write down all the things you've accomplished in your life. Come up with a list of fifty things.
- At the end of each day, write down all the things you've accomplished that day.

Try to come up with 5 to 10 things each day.

*Exercise 2 - Fill up your self-esteem jar*

write down each thing you've accomplished on separate pieces of paper and put them into a jar.

*Exercise 3 - Create a positive journal*

Write down every compliment you receive. Your colleague told you your shoes look nice, write it down. Your friend complimented your hair, write it down. Your boss told you you did a great job, write it down as well.

**Learn to accept compliments**

*Exercise 1 - Accept compliments*

This simple exercise is here to help you accept a compliment. Whenever someone compliments you, say the following:

Thank you \*insert the person's name\*.

No "Thank you, but...", "Thank you, you too" or "It wasn't a big deal", just "Thank you".

*Exercise 2 - Appreciation game*

The purpose of this game is to learn to appreciate things about yourself than you didn't previously acknowledge (or like). Tell your partner three things you appreciate about them and ask them to do the same. Be as specific as possible and don't worry about coming up with big things.

Below are some examples:

- I appreciate that you prepared breakfast this morning even though you were in a rush
- I appreciate that you picked up the kids today
- I appreciate the way you always listen to my problems after work



## Getting defensive

Whenever you get defensive, ask yourself the following questions:

- What am I trying to protect here?
- Can I let go of that belief?
- What would I be without that belief?

## Stress/Worry

### Make a list of your major sources of stress

Write down what causes the most stress in your typical week. Come up with at least ten things.

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### Reframe the situation

Now, for each thing ask yourself the following questions:

- Is that situation stressful in itself?
- What would I need to believe in order to experience stress in that specific situation?
- What would I need to believe in order to reduce/remove stress in that particular situation?

### Make a list of your worries

As you did with stressful situations, make a list of things (past or future) you worry about. You may end up writing similar things as in the previous examples and that's fine.

Examples of things you may worry about are your health, your financial situation, your work, your relationships or your family

Now, write at least ten things you're worrying about in a typical week.

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### **Sort out your worries**

- Look at your list of stressful situations. Next to each item put a C (control), a SM (Some control) or a NC (No control).
- Now, for things you have (some) control over, write down what you could do about it. What concrete actions could you take?

### **Change, reframe or eliminate stressful situations**

Go over your list and look for things you have no control over. Write down below what you could do to change, reframe or eliminate these things. If you can't do anything, can you let go of your need to control them and, instead, accept them?

## Caring what people think of you

### **Change your view of the way people perceive you**

#### *Exercise 1 - Realizing people don't care*

This exercise will help you understand at a deeper level that most people are not really concern about you.

Write down the name of one person you know:

Write down how often you're thinking about that person in your day-to-day life:

Now, put yourself in the shoes of that person. How much do you think he or she thinks about you?

How much is he or she taking notes of what you do or say?

What do you think he or she is worrying about right now?

Repeat this process with at least two more people

#### *Exercise 2 - Realizing that you do not care*

- Go through your day and try to remember all the people you met or interacted with. It might be the waitress in the restaurant you went to for lunch, people you saw on the street etc.
- Now ask yourself how much you thought about these people prior to this exercise.
- Acknowledge the fact you don't think of other people much neither do they. Let it sink and allow yourself to feel liberated



## **Stop being overly attached to your self-image**

Write down below all the things you're afraid to be judged on. Maybe you worry about your look or you're afraid of saying something silly:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

For each item on your list write down why you care. What is the issue here? What image are you trying to protect?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

# Resentment

## 4-step method to let go of resentment

### 1. Changing/reevaluating your interpretation

Write down what exactly happened. After you remove your interpretation, what are the hard facts?

### 2. Confronting the situation

If your resentment is directed toward people, perhaps, you need to have an honest discussion with them. If you can't talk to that person directly, you can write a letter. Even if you don't send it, the simple act of writing a letter may help you let go of some of your resentment.

### 3. Forgiving

Now, that you've found a channel to express yourself, you can forgive. Write down how your resentment affects your happiness and peace of mind:

Now, imagine how your life would be and how you would feel once you let go of resentment. Do it right now. Let go and allow yourself to forgive.

### 4. Forgetting

Finally, forget. Commit to letting go of thoughts of resentment. When such thoughts arise, let go of them.

## Depression

### **Reconnect with your body and your emotions**

Do one or several of the following things:

- **Exercise:** Exercising is a great way to calm your mind and connect with your body and has a positive effect on your mood.
- **Meditate:** Meditation is a great way to observe your mind and stop identifying with your thoughts so heavily.
- **Get busy:** Getting busy allows you to avoid excessive thinking.
- **Focus on other:** Dale Carnegie in his book *How to Stop Worrying and Start Living*, argues that depression can be cured in 14 days. How? Just by thinking of ways to help one person every day for two weeks.

## Jealousy

### **Identify who you are jealous of**

Write down who you are jealous of. Now, what does it say about you and what you want from life?

### **Cooperate rather than compete**

Think of a time in the past when you felt jealous of someone else's accomplishments. Now, ask yourself why you felt that way. Then, ask yourself:

- What would supporting that person look like?
- How could I cooperate with the person?
- Why is that person's success good for me?

## **Compare apple to apple**

Select someone you often compare yourself to. Write down all the things you're doing better than that person

Things I'm doing better:

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Then, acknowledge how biased your initial comparison was.

## **Fear/Discomfort**

### **Move out of your comfort zone**

- “What is the one thing that I know I should be doing, but that I have procrastinating on because of fear?”. Do that thing.
- Every day do one thing that make you uncomfortable (even just a little bit)

# Procrastination

## How to Crush Procrastination in 16 Simple Steps

### 1. Understand what's hidden behind procrastination.

Make sure you identify all the reasons behind procrastination and be honest with yourself. If you lack motivation, ask yourself why.

### 2. Remind yourself of the cost of procrastination

Procrastination is not a minor issue. Its cost is both direct and indirect:

- The direct consequence of procrastination is that you'll achieve far less than you could during your time spent on earth.
- The indirect consequence of procrastination is that you may feel bad about yourself.

Write down what procrastination costs you. How does it affect your peace of mind? Your self-esteem? Your ability to achieve your dreams?

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### 3. Uncover your story

Write them all your excuses. Then, address them one by one. (examples: I don't have time, I'm too old, I'm not smart enough, I'm too tired etc.)

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#### **4. Rewrite your story**

Look at your excuses. Now that you've identified your story, create a new more empowering story to neutralize your old excuses. See examples below:

- I don't have time for that → I find and make time for whatever I'm committed to.
- I'm too tired → I have control over my mind and I have more energy than I think. When I schedule a task I complete it.

Create affirmations or mantras around your new story. Repeat them to yourself every morning and throughout the day until they become part of your identity.

Your affirmation(s):

#### **5. Clarify your why**

Look at one important task you regularly procrastinate on. Why is that? Write down how you can make these tasks part of your vision:

#### **6. Identify the ways you distract yourself**

What are your own ways to procrastinate on that important task?

Examples: going for a walk, watching videos on Youtube, checking Facebook etc.

How I procrastinate:

#### **7. Stay with the urge**

As you feel the urge to \*insert your distraction here\*, stay with the emotion. How do you feel? Allow yourself to feel the emotions. Don't judge yourself. Don't

blame yourself. Just accept what is. As you do so, you'll gain more control of your mind.

### **8. Record everything you do**

Record everything you do for a week. Then, see how much time you spend doing unproductive activities.

### **9. Set a clear intent behind everything you do**

Before working on a task, make sure you know exactly what needs to be done. Ask yourself, what am I trying to accomplish here?

### **10. Prepare your environment**

Your mind doesn't like what's hard. It wants things to be easy. Thus, make sure you can start working on your task immediately by removing any friction or obstacle.

Write down below what you can do to make it easier to work on your important task:

### **11. Start small**

Making your tasks smaller will help you overcome procrastination. Not only that, but it will also allow you to build momentum.

Chunk down your important task:

### **12. Create quick wins**

Set small goals every day and accomplish them consistently for a few weeks. As you do that you'll increase your self-esteem and will be better equipped to complete more challenging tasks in the future.

Write quick wins for your task(s) (select 1 to 3 tasks)

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### **13. Just get started**

Often, when you start working on a task, you'll enter what is called 'the flow' and things become effortless. Look at the quick wins you wrote down previously and take a few seconds to commit to getting started on these tasks.

### **14. Create daily habits to support you**

If you tend to procrastinate on important tasks, commit to working on them first thing in the morning. Write down below one task you will work first thing in the morning.

My one task:

### **15. Use visualization**

You can also use visualization to help you overcome procrastination. Below are two specific ways you can do so:

1. Visualizing yourself doing the task: Before you start a task, visualize yourself working on it.
2. Visualizing yourself having completed the task: Imagine yourself having completed the task. How would you feel once the task is done? Liberated? Happy? Proud?

Additional tip:

Each time you finish a challenging task, take a few seconds to notice how that makes you feel. Remind yourself of that feeling whenever you start working on a difficult task.

### **16. Build accountability**

How can you build accountability for your important tasks and goals (examples: have an accountability partner, hire a coach, send your list of goals to a friend every week etc.)



## Lack of motivation

### Creating a system

To help you take action when you lack motivation it is important to:

- Have a system that allows you to stay on track with your goals
- Build the self-discipline needed to do things when you don't feel like it
- Have self-compassion and love yourself instead of blaming yourself

What daily routine can you put in place to stay on track with your goals? (examples: create a morning ritual with positive affirmations, visualizations or work on your most important task first thing in the morning)

To build self-discipline, what task can you commit to doing every day for the next 30 days?

My tasks:

What words of encouragement or mantras can you use to encourage yourself when you feel down?

# THANK YOU SO MUCH!

I hope you enjoyed this e-book and that you'll be able to create the life of your dreams by taking control of your emotions and mastering your mind.

Let me wish you all the best with your new endeavors. I'm very much looking forward to hearing from you on my website.

If you have any questions send me an email at [thibaut.meurisse@gmail.com](mailto:thibaut.meurisse@gmail.com)

- Click [here](#) to connect with me on my Facebook page.
- Click [here](#) to follow me on YouTube.
- Click [here](#) to check out my author page.

Thanks a lot!

Thibaut Meurisse

Founder of [Whatispersonadevelopment.org](http://Whatispersonadevelopment.org)



## Other books by the author:

[Goal Setting: The Ultimate Guide to Achieving Goals That Truly Excite You](#)

[Habits That Stick: The Ultimate Guide to Building Powerful Habits That Stick Once And For All](#)

[Productivity Beast: An Unconventional Guide to Getting Things Done](#)

[The Greatness Manifesto: Overcome Fear and Go After What You Really Want](#)

[The One Goal: Master the Art of Goal Setting, Win Your Inner Battles, and Achieve Exceptional Results](#)

[The Thriving Introvert: Embrace the Gift of Introversion and Live the Life You Were Meant to Live](#)

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