

# EMOTIONAL EMPOWERMENT HANDBOOK



A REFERENCE GUIDE TO PROCESS  
AND DISSOLVE NEGATIVE EMOTIONS



# BEGINNING YOUR EMOTIONAL EMPOWERMENT JOURNEY



EMOTIONAL EMPOWERMENT IS TEACHING YOU A WHOLE NEW WAY TO PERCEIVE, UNDERSTAND, AND WORK WITH YOUR NEGATIVE FEELINGS. BECAUSE YOU AREN'T ACCUSTOMED TO THIS APPROACH, DON'T EXPECT YOURSELF TO "GET IT RIGHT" EVERY TIME.

---

You are learning a unique way to respond to your emotional experiences and doing so takes practice.

At times, you will still choose a disempowered version of your negative feelings because it is simply what you know. Don't count that as a failure. In fact, you being aware that you chose a disempowered reaction is growth! Before, you likely didn't know there was another choice, now you do. In the beginning, you may catch your disempowered reaction after the fact, when it seems too late.

However, it is from those "*missed*" opportunities that you will remember in the moment of a negative emotional experience that there is an empowered way to address that feeling. Through remembering, even after the fact, you can still choose to apply an empowered approach.

Soon thereafter, when you choose the empowered approach in the moment, you'll experience for yourself how different you feel and/or how different the outcome was. **Through experiencing these benefits, you'll become "hooked" into why it's worth reprogramming your approach to negative feelings as allies to support you to live your best life!**

# WHAT AM I FEELING?



Because negative feelings have largely been experienced as an impediment, society's tendency is to diminish our emotional experiences into generalizations.

**Commonly, when we are emotionally upset, we say we are feeling stressed, overwhelmed, or burnt-out. While these descriptions have merit, there's more that is wanting to be addressed when we experience those uncomfortable internal states. What those internal states are telling us is that there are unprocessed negative feelings that need our attention.**

Some of you may readily connect with the different feelings you are experiencing. If you know what you are feeling comes easy to you, honor yourself for having this level of sensitivity. While being sensitive has often been seen as a weakness, you will find that with Emotional Empowerment it is an advantage to provide you with greater insight toward yourself and others.

If you are someone who has a more challenging time connecting to your feelings, don't despair. This is often helpful for you, as it may be easier for you to carry on with activities despite emotional upset. When this is the case, it is still important to discover what negative emotions you may be carrying, as unprocessed negative feelings impact your health and relationships. To find this connection to your emotions, it may be better for you to turn to your body's physical sensations especially any physical unease. For instance, you may experience a tightening of the heart, sensation that your throat is closing off, an upset stomach, a headache, etc... When this is the case, go to the uncomfortable physical sensation and sit with it for a moment. Then ask this part of your body if there is an unprocessed negative emotion that it is a part of this your physical discomfort. Trust whatever feelings come to mind, rather than overthink or dismiss what comes forward.

# THE BIG 5



Of the hundreds of different emotions that we experience as humans, each has it's unique nuance that provides important information.

However, when learning to work with our emotions from an empowered framework, it can be initially beneficial to drill down our emotional experiences to one of the top 5 most common negative feelings. By learning to work with the “**Big 5,**” we can more readily remember what the signal and antidote is in order to begin to diminish our negative emotional experience. Most negative feelings can be boiled down to one of these top 5 negative feelings. Below is a chart to support you to help identify, which of the big 5 your emotional experience may best fit. What is important is to trust your gut on the best way to drill down your emotional experience. For instance, if you feel overwhelmed, which is under the category of anxiety, but your overwhelm feels more like guilt, trust what your experience is telling you. These are simply guidelines rather than hard and fast rules that must be strictly followed.

*(If you would like support with 50+ negative feelings and how to address them from an empowered approach in 5 minutes or less, inquire with your company if you have access to the online course Emotional Empowerment On-the-Go.)*

<b>DISAPPOINTED/ SAD:</b>	<b>ANXIOUS</b>	<b>ANGRY</b>	<b>FRUSTRATED</b>	<b>GUILTY</b>
Foolish Helpless Hopeless Inadequate Longing Lost Misunderstood Sorry for myself Unsupported Useless	Apprehensive Doubtful Dread Insecure Intimidated Misunderstood Nervous Overwhelmed Pressure Scared Self-Conscious Tense Worried	Deceived Disrespected Fed up Manipulated Powerless Rejected Resentful Rage Used Violated	Annoyed Bored Confused Impatient Irritated Jealous Run-down Trapped	Embarrassed Obligated Regret Remorseful Shame/Ashamed Unworthy

# EMPOWERED SADNESS



## Sadness signals a **SETBACK**.

Sadness will arise due to an actual circumstance that impacts your plans or expectations. Sadness will also appear due to an internal negative outlook that is setting you back from living the life you want.

**The Antidote to Sadness is to REASSESS & REGROUP.**

## EMPOWERED ACTIONS TO TAKE WHEN SAD OR DISAPPOINTED

### ELIMINATE THESE BEHAVIORS AS MUCH AS POSSIBLE:

- Using a negative experience to define you
- Focusing on everything that is wrong
- Listening to your inner critic voice
- Negativity
- Looking for examples to diminish your self-worth

These behaviors  
**INCREASE SADNESS.**



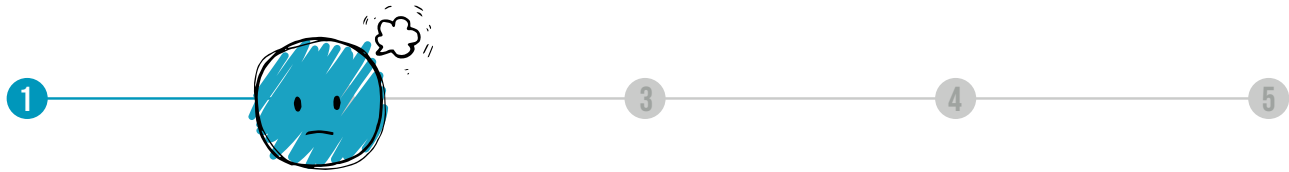
### ELEVATE YOUR BEHAVIORS IN THE FOLLOWING WAYS AS MUCH AS POSSIBLE:

- Examine what changes need to be made
- Find a balanced/fair perspective of self and life
- Increase gratitude/find silver-lining
- Listen to your needs & get additional support
- Honor self, others, & life despite setback

These behaviors  
**DECREASE SADNESS.**



# EMPOWERED ANXIETY



## Anxiety signals **UNCERTAINTY**.

Anxiety will arise when you are acting with uncertainty by not taking action on what you have control over, such as how you respond to situations. Anxiety will also arise when you feel uncertain because you are trying to control what you can't, which sets you up to fail.

**The Antidote to Anxiety is TRUST.**

## EMPOWERED ACTIONS TO TAKE WHEN ANXIOUS

### ELIMINATE THESE BEHAVIORS AS MUCH AS POSSIBLE:

- Self-doubt/ second-guessing self
- Trying to control what others think of you
- Trying to control outcomes
- Focusing on perfection
- Focusing on holding self together

These behaviors  
**INCREASE ANXIETY.**



### ELEVATE YOUR BEHAVIORS IN THE FOLLOWING WAYS AS MUCH AS POSSIBLE:

- Self-trust
- Take responsibility for your response to circumstances
- Show up for yourself
- Focus on showing up the best you can
- Focus on self-compassion & acceptance

These behaviors  
**DECREASE ANXIETY.**



# EMPOWERED ANGER



## Anger signals INJUSTICE.

Anger will arise when you feel powered over by a person or situation and, therefore, aren't being respected. Anger will also arise when you perceive yourself as powerless, which is never the case, as you have the opportunity to choose how you will respond.

**The Antidote to Anger is RESPECTFUL POWER.**

## EMPOWERED ACTIONS TO TAKE WHEN ANGRY

### ELIMINATE THESE BEHAVIORS AS MUCH AS POSSIBLE:

- Blaming self or others
- Shaming self or others
- Disrespecting or belittling self or others
- Physically harming self or others
- Losing self control, yelling
- Taking things personally

These behaviors  
**INCREASE ANGER.**



### ELEVATE YOUR BEHAVIORS IN THE FOLLOWING WAYS AS MUCH AS POSSIBLE:

- Respectfully speaking your truth
- Finding the courage to have difficult conversations
- Being vulnerable enough to recognize your own fault
- Taking responsibility for your part to create a positive shift/change
- Giving the benefit of the doubt

These behaviors  
**DECREASE ANGER.**





# EMPOWERED FRUSTRATION

1

2

3



5

## Frustration signals **LIMITATION**.

Frustration will arise when you have a limited framework as to what actions you should take to resolve a problem. Frustration will also arise when you have a limited perception about yourself, another, or a situation, which you feel makes resolving a problem impossible or much more difficult.

**The Antidote to Frustration is EXPANSIVENESS.**

## EMPOWERED ACTIONS TO TAKE WHEN FRUSTRATED

### ELIMINATE THESE BEHAVIORS AS MUCH AS POSSIBLE:

- Doing the same thing while expecting different results.
- Self-imposed limitations
- Perfection/unrealistic expectations
- Impatience
- Giving up

These behaviors  
**INCREASE FRUSTRATION.**



### ELEVATE YOUR BEHAVIORS IN THE FOLLOWING WAYS AS MUCH AS POSSIBLE:

- Take a step back
- Have a learning mindset
- Remain open to alternative options
- Ask for support
- Balance expectations

These behaviors  
**DECREASE FRUSTRATION.**





# EMPOWERED GUILT

1

2

3

4



## Guilt signals NOT MEASURING UP.

Guilt will arise when you aren't living up to your own values. Guilt will also arise to indicate to yourself when you are measuring yourself based on impossible standards or other people's expectations.

**The Antidote to Guilt is to DEFINE & LIVE BY YOUR OWN STANDARDS.**

## EMPOWERED ACTIONS TO TAKE WHEN FEELING GUILTY

### ELIMINATE THESE BEHAVIORS AS MUCH AS POSSIBLE:

- Shaming or demeaning oneself
- Rigid thinking
- People pleasing
- Seeking external validation
- Believing your needs are selfish/  
unwarranted

These behaviors  
**INCREASE GUILT.**



### ELEVATE YOUR BEHAVIORS IN THE FOLLOWING WAYS AS MUCH AS POSSIBLE:

- Live your values
- Provide internal validation
- Learn from mistakes & forgive
- Create a balanced perspective
- Define self from intrinsic qualities

These behaviors  
**DECREASE GUILT.**



# DISSOLVING YOUR NEGATIVE FEELINGS

Now that you understand more about why you get signaled with a negative feeling and what you can do to help diminish it, you may already be feeling better.

**If that is the case, wonderful!**

However, I invite you to keep going by resolving this negative emotional experience on a deeper level. If you are thinking, *“Why bother. I am feeling good now,”* the reason is to be proactive. When you don’t process a negative feeling, you are unintentionally setting yourself up to experience more of this negative feeling in the future. The feeling will continue to try to get your attention when whatever caused the emotion to be triggered isn’t being addressed.

## THERE ARE TWO EMOTIONAL EMPOWERMENT PROCESSES TO SUPPORT YOU:

---

1

### THE EMOTIONAL EMPOWERMENT 4-STEP QUICK PROCESS

This process supports a quick turn-around in your feeling state, while gaining deeper understanding.  
(see page 11)

2

### THE EMOTIONAL EMPOWERMENT METHOD

This 7-step process addresses stuck emotions, the shame within our emotions, and the way forward to more fully diminish these challenging feelings.  
(see page 13)

# THE EMOTIONAL EMPOWERMENT 4-STEP QUICK PROCESS

## STEP 1

**What are you currently feeling?** *(If you don't know, go to page 3.)*

---

---

---

---

---

---

---

Which of the above feelings is the strongest?

---

Rate the intensity of this feeling based on a scale of 1-10: \_\_\_\_\_

*(10= completely out of control 8= consuming my thoughts 5= lose focus 2 = minimal impact)*

Which of the Big 5 emotions best fits with what you are feeling? *(If you don't know, go to page 4.)*

---

## STEP 2

**What are the disempowered messages that go along with this emotion?**

---

---

---

---

---

---

---

# THE EMOTIONAL EMPOWERMENT 4-STEP QUICK PROCESS CONT.

## STEP 3

**What antidote and/or behaviors would support you to diminish this emotion and can directly address/correct the messages found in step 2?**

---

---

---

---

---

---

---

## STEP 4

**What behaviors or actions are you willing to commit to doing?**

---

---

---

---

---

---

---

As you see what actions and behaviors you commit to doing, how would you now rate the intensity of your negative feeling? (10= completely out of control 8 = consuming my thoughts 5= lose focus 2 = minimal impact)

---

**If the intensity decreased, this is good news, but in order to move the needle even further be sure to remain committed to the behaviors and actions you listed above.**

**If the intensity didn't change, move onto the deeper process, Emotional Empowerment Method with either the same feeling or another strong emotion.**



# EMOTIONAL EMPOWERMENT METHOD

## STEP 1

**What are you currently feeling?** *(If you don't know, go to page 3).*

---

---

---

---

---

---

---

Which of the above feelings is the strongest?

*(Work on this emotion first. You can always go through the steps again with a different emotion, if need be.)*

---

Rate the intensity of this feeling based on a scale of 1-10: \_\_\_\_\_

*(10= completely out of control 8 = consuming my thoughts 5= lose focus 2 = minimal impact)*

Which of the Big 5 emotions best fits with what you are feeling? *(If you don't know, go to page 4).*

---

## STEP 2

**What thoughts, messages, or beliefs come up for you that are disempowered when you tune into the strongest negative emotion you are experiencing?**

*(You can set the timer for 5 minutes, if you want to put boundaries around your negative inner dialogue, but don't skip this important step!)*

---

---

---

---

---

---

---

# EMOTIONAL EMPOWERMENT METHOD CONT.

## STEP 3

**Which of these Hall of Fame Shame Themes come up with the negative emotion you are experiencing and the inner dialogue that comes with it?**

### Hall of Fame Shame Themes

**NOT GOOD ENOUGH** – No matter how hard I try, I don't quite measure up.

**UNLIKABLE** – There is some aspect about myself that is not seen, understood, or accepted and therefore rejected.

**UNDESERVING** – Because of certain unacceptable parts of me, I shouldn't have a particular desire or any desires met.

**INCOMPETENT** – I lack basic skills that "normal" people have and cannot handle typical daily tasks. There is something intrinsically wrong with my level of functioning.

**USELESS** – At my core, I don't feel I have a reason for living. I find myself questioning "*What's the point in me being here?*"

**WORTHLESS** – I don't matter. I have nothing of value to offer to anyone.

**NOT SMART ENOUGH** – I lack the necessary intelligence to matter, have an impact, or do what my heart desires.

**TOO NEEDY** – I intrinsically desire more than anyone would ever be capable of being able to give.

**SELFISH** – I only think about myself. I put my needs first at the expense of others.

The Hall of Fame Shame Themes I am currently struggling with are:

---

---

---

---

---

---

---

---

# EMOTIONAL EMPOWERMENT METHOD CONT.

## STEP 4

### Address your shame theme/s head-on.

What do I get out of reinforcing my shame theme with these negative messages?

*(HINT: Think how the messages are trying to keep you safe!)*

---

---

---

---

---

## STEP 5

### What are the empowered messages of the negative emotion you are experiencing? *(See pages 5-9)*

---

---

---

---

---

How can I apply the empowered message to my current circumstances?

---

---

---

---

---

How is the empowered message guiding me to resolve my shame theme?

---

---

---

---

---

# EMOTIONAL EMPOWERMENT METHOD CONT.

## STEP 6

### **Apply the empowered approach with feeling:**

How will I feel when I apply the empowered approach to my circumstance and shame theme?

---

---

---

---

---

How will I feel if I don't apply the empowered approach to my circumstances and shame theme?

---

---

---

---

---

I commit to applying the empowered guidance through the following action/s:

---

---

---

---

---

If I am unable to take a specific action immediately, I commit to completing the following action by this date:

---

---

---

---

---



# EMOTIONAL EMPOWERMENT METHOD CONT.

## STEP 7

### How do you feel now?

What is the current intensity of my feeling on a scale of 1-10? \_\_\_\_\_  
(10= completely out of control 8 = consuming my thoughts 5= lose focus 2 = minimal impact)

### The next day, answer the following questions:

Did you take the empowered step/s you committed to? \_\_\_\_\_

#### If you answered yes,

A) How did it feel to take the empowered step/s?

---

---

---

---

---

---

B) How does this action demonstrate the inaccurate your shame theme/s?

---

---

---

---

---

---

C) Rate the intensity of the feeling now that you have taken empowered action. \_\_\_\_\_  
(10= completely out of control 8 = consuming my thoughts 5= lose focus 2 = minimal impact)

# EMOTIONAL EMPOWERMENT METHOD CONT.

## STEP 7 CONT.

If you answered no,  
A) What stopped you?

---

---

---

---

---

---

---

B) How can you have compassion for yourself, while also recommitting to taking empowered action?

---

---

---

---

---

---

---