



# EMOTIONAL EMPOWERMENT GUIDEBOOK

## FOR SADNESS

EXERCISES AND TOOLS TO MORE DEEPLY  
EMBRACE AN EMPOWERED RELATIONSHIP  
TO SADNESS, SHAME AND THE EGO.

# THE IMPORTANCE OF TURNING INWARD



## Check in with yourself. How are you feeling?

Next to each emotion, write down the percentage that you are experiencing a certain emotion. The total of your percentage should equal 100%.

For example, today I am feeling a mixture of...

- Excitement: 60%
- Worry: 25%
- Overwhelmed: 15%

<b>Emotion #1:</b>	<b>Percentage:</b>	<b>%</b>
<b>Emotion #2</b> <i>(if needed):</i>	<b>Percentage:</b>	<b>%</b>
<b>Emotion #3</b> <i>(if needed):</i>	<b>Percentage:</b>	<b>%</b>
<b>Emotion #4</b> <i>(if needed):</i>	<b>Percentage:</b>	<b>%</b>
<b>Emotion #5</b> <i>(if needed):</i>	<b>Percentage:</b>	<b>%</b>
<b>Emotion #6</b> <i>(if needed):</i>	<b>Percentage:</b>	<b>%</b>

# RECALLING 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 WHEN SADNESS OR DISAPPOINTMENT IS TO AWAKEN YOUR RESPONSE:

The Signal: You are experiencing a negative circumstance.

#### ELIMINATING BEHAVIORS:

- Focusing on everything that is wrong
- Handling everything by yourself
- Using a negative experience to define you
- Blaming yourself for the situation

#### ELEVATING BEHAVIORS:

- Take time for yourself and your needs
- Examine what changes need to be made
- Listen to your needs & get additional support
- Honor self, others, & life despite setback

### EMPOWERED ACTIONS WHEN SADNESS OR DISAPPOINTMENT IS TO AWAKEN YOUR PERCEPTION:

The Signal: Your mindset is inaccurate.

#### ELIMINATING BEHAVIORS:

- Focusing on everything that is wrong
- Listening to your inner critic voice
- Looking for examples to diminish your self-worth
- Beating yourself up

#### ELEVATING BEHAVIORS:

- Find a balanced/fair perspective of self and life
- Gratitude + Acknowledging the good within yourself and life
- Self-care
- Take a step back

# DREAD

Dread is a derivative of sadness,  
**as it slows us down to get our attention.**

What makes you feel dread?

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Dread is there to \_\_\_\_\_ you on how to \_\_\_\_\_  
address situations differently.

## CAN'T CHANGE:

Situation or Person you dread

## CAN CHANGE:

YOU (can change how you approach  
the situation or person)

In what way might I approach the above scenario/s differently?

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# THE EGO

Our ego or false-self develops as a means to hide our \_\_\_\_\_.

YOUR EGO HAS YOU BELIEVE THAT BEING YOUR AUTHENTIC SELF MEANS YOU WILL NOT BE ABLE TO HAVE YOUR \_\_\_\_\_ MET.



**Therefore, the ego has us contort ourselves in order to attempt to feel loved, accepted, worthy or enough.** By being aware of the way/s the ego tries to manipulate ourselves and others away from our authentic selves, we can challenge the ego's lies when sadness arises due to misperceptions.

# RECALLING HALL OF FAME SHAME THEMES

## Hall of Fame Shame Themes

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### 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.

# COMMON DEFENSE MECHANISMS



Below are some of the common ways we unknowingly manipulate ourselves believing that doing so will help us meet more of our psychological needs or keep us safe from further pain.

While they may support us to avoid further pain or receive crumbs of our needs in the short-term, in the long term, these manipulations end up hurting us and keeping us away from our desires.



**PERFECTIONISM/  
I'VE GOT IT ALL  
TOGETHER**

Shame stems from the theme/s of \_\_\_\_\_, which is why I \_\_\_\_\_ myself always trying to \_\_\_\_\_. I am enough by getting things right. In doing so, I hope I will finally feel worthy/enough, but it never lasts.

**THE BULLY**

Shame stems from the theme of shame \_\_\_\_\_. Because I was made to feel \_\_\_\_\_, the only way I feel better about myself is putting others down or power over them in order to temporarily feel \_\_\_\_\_. I put down others similar to how I was brought down by others, but deep down do not like myself.

**THE TOUGH ONE/  
NO ONE CAN MESS  
WITH ME**

Shame stems from the theme/s of \_\_\_\_\_. Being \_\_\_\_\_ is not an option because internally I am too fragile to handle feeling anymore shame. I have been shamed enough and can't risk being shamed by another, so I build a \_\_\_\_\_ so no one (or very few) are allowed into my life. While this feels protective in the short-term, in the long-term I push away the love I desire because deep down, I don't think I am worthy of it.

**THE VICTIM**

Shame stems from the theme/s of \_\_\_\_\_. Because of \_\_\_\_\_ qualities about me, I don't deserve to have things work out for me. Even when I try, it's never \_\_\_\_\_. My past has shown me that life is working against me, so all I have left is to \_\_\_\_\_. Getting others sympathy feels better than receiving no acknowledgment. However, I never feel fulfilled by life because I cut myself off from receiving its' fullness.

**THE DOORMAT/  
OVER-GIVER**

Shame stems from the theme/s of \_\_\_\_\_. I am not lovable for who I am, which is why I exhaust myself trying to provide for others' needs, hoping to prove I am \_\_\_\_\_ of love based on what I do instead. I try to earn love by gaining others' approval at the expense of myself and get crumbs of love in return. In doing so, I am setting myself up to limit being loved for who I authentically am.

**THE QUITTER/  
COUCH POTATO**

Shame stems from the theme of \_\_\_\_\_. I have been shown over and over that I don't have what it takes, so \_\_\_\_\_. While I will never get what I want out of life, at least I am safe from rejection.

## THE RISK ADVERSE

Shame stems from the theme/s of \_\_\_\_\_ .  
I am too afraid to take a risk because if I \_\_\_\_\_ , it will show everyone that I am actually \_\_\_\_\_. Therefore, I must play it safe in order to avoid looking \_\_\_\_\_ .

## THE DESPERATE ONE/LACK MINDSET

Shame stems from the theme of \_\_\_\_\_. I want more than I can ever receive because I always see myself as \_\_\_\_\_. This makes me look to \_\_\_\_\_ to fulfill my needs rather than believing I have the ability to meet my own needs, which takes away my true power to create the life I desire.

## THE NARCISSIST

Shame stems from the theme/s \_\_\_\_\_. Because my needs were considered \_\_\_\_\_ , I now have so many unmet needs that my needs must be the \_\_\_\_\_ above all us. I must demonstrate my \_\_\_\_\_ at all costs, since I was made to feel so \_\_\_\_\_ and not matter. My superiority is the only way I receive love, which is why I feel I deserve to put myself first now. In doing so, I never receive back the true love and acceptance I deeply desire from others because I don't truly love or accept my authentic self.

## ENTITLED

Shame stems from the themes of \_\_\_\_\_. I need to make myself seem \_\_\_\_\_ to feel worthy because deep down I feel \_\_\_\_\_. I try to make myself feel \_\_\_\_\_ in order to drown out the feeling of being less than others, which makes me feel safe.

## THE MARTYR

Shame stems from the theme/s of \_\_\_\_\_. I \_\_\_\_\_ myself with an unstated expectation that you then need to be there for my needs, as I have been there for you. If you don't, I'll \_\_\_\_\_ you for it and make you feel \_\_\_\_\_ for not providing for my needs, like I provided for yours. My \_\_\_\_\_ mean you must love me in return. But because the love is out of obligation, I end up only getting back crumbs of love and feeling resentful.

# AUTHENTIC POWER

Lessen your attachment to defense mechanisms  
**by reclaiming your authentic power.**

**1** Acknowledge your defense mechanism with \_\_\_\_\_.

**2** In what ways does this armor \_\_\_\_\_ you?

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**3** What do you \_\_\_\_\_ for instead?

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**4** In what way could you provide for more of your own \_\_\_\_\_  
to be met?

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**5** Give \_\_\_\_\_ to your armor, while reaffirming you no longer  
need that degree of protection.

# THE PATH BACK TO POWER



The path to **reclaiming my power**  
when a defense mechanism shows up is by...

**PERFECTIONISM:**

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**THE BULLY:**

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**THE TOUGH ONE:**

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**THE VICTIM:**

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**THE DOORMAT:**

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**THE QUITTER:**

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**THE RISK ADVERSE:**

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**THE DESPERATE ONE:**

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**THE NARCISSIST:**

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**THE ENTITLED:**

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**THE MARTYR:**

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# GRIEF

## Grief signals a **significant loss**.

The loss is significant as it ties into your \_\_\_\_\_. For this reason, the grief process that at times can show up as sadness, anger, anxiety, emptiness etc...ebbs and flows based on life experiences that remind you of your loss.

### THE TWO PARTS TO GRIEF CONSIST OF:

#### FIRST

Learning to \_\_\_\_\_ without someone or something that was very meaningful to you.

#### SECOND

Learning to \_\_\_\_\_ yourself without this person or element in your life.

## Grief turns into sadness when we judge ourselves regarding the loss in ways that negatively impact our identity.

The empowered version of grief is guiding us to have compassion for ourselves as we reframe our identity after experiencing this loss. To do so, we must uproot the ego lies that places judgment or blame on ourselves. Then honor the person or experience you lost by honoring what you learned. Allow this insight to support you to become more of the person you want to be.





# SELF- ACKNOWLEDGEMENT

Often the magic salve to our sadness  
**is acknowledging ourselves.**

It's so common to only acknowledge the aspects of ourselves that the outside world deems worthy. Next time you are feeling sadness, pick one or more of the ways below to acknowledge yourself...or better yet, come up with your own unique way you want to acknowledge you.

## WAYS TO ACKNOWLEDGE YOURSELF:

**1** Acknowledge yourself for being \_\_\_\_\_ and the courage it takes.

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**2** Acknowledge the \_\_\_\_\_ you have faced and overcame.

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**3** Acknowledge a \_\_\_\_\_ within you that perhaps only you can see.

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**4** Acknowledge the \_\_\_\_\_ within you.

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**5** Acknowledge how \_\_\_\_\_ you are just for being you.

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