

# Emotional Empowerment Training

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MICHELLE BERSELL, M.A., M.ED.

SUPPORT@IIEE.TRAINING

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# Examining Your Goals:

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1. **What do you want?**
2. **What feeling state would you experience once you reached your goal?**
3. **Why don't you have this goal reached at this time?**
4. **What feelings come up around not having your goal met yet (one positive & one negative)?**
5. **What eliminating behavior or elevating behavior are you being shown to shift thru your emotions?**
6. **How will integrating this action make you feel?**

# EMOTIONAL EMPOWERMENT CHEAT SHEET

## DISAPPOINTMENT

SIGNAL:

SETBACK

ANTIDOTE:

REASSESS &  
REGROUP

## ANXIETY

SIGNAL:

UNCERTAINTY

ANTIDOTE:

TRUST

## ANGER

SIGNAL:

INJUSTICE

ANTIDOTE:

RESPECTFUL  
POWER

## DISAPPOINTMENT SIGNALS:

*Something Is  
Actually Wrong*

NEGATIVE CIRCUMSTANCE

*Something Is  
Perceived as Wrong*

NEGATIVE OUTLOOK

## DISAPPOINTED EMPOWERED ACTION

### Eliminating Behaviors

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

**These behaviors increase sadness/disappointment**

### Elevating Behaviors

- Using the negative experience to reexamine any necessary changes.
- Find a balanced/fair perspective of self and life.
- Increase your sense of gratitude or look for the silver lining.
- Listening.
- Find examples to honor self, others, and life despite setback.

**These behaviors decrease sadness/disappointment**

## ANXIETY SIGNALS:

*Something Is  
Actually Wrong*

NOT CONTROLLING WHAT  
YOU CAN  
(YOUR RESPONSE TO  
SITUATIONS)

*Something Is  
Perceived as Wrong*

TRYING TO CONTROL  
WHAT YOU CAN'T  
(EXTERNAL FACTORS)

## ANXIOUS EMPOWERED ACTIONS

### Eliminating Behaviors

- 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.**

### Elevating Behaviors

- 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.**

## ANGER SIGNALS:

*Something Is  
Actually Wrong*

**BEING POWERED OVER**

*Something Is  
Perceived as Wrong*

**BEING WITHOUT POWER**



## ANGRY EMPOWERED ACTIONS

### Eliminating Behaviors

- Blaming self or others.
- Shaming self or others.
- Disrespecting or belittling self or others.
- Physically harming self or others.

**These behaviors increase anger.**

### Elevating Behaviors

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

**These behaviors decrease anger.**



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***THANK YOU!***

Feel free to reach out any time at [support@iiee.training](mailto:support@iiee.training).