

THE EMOTIONAL EMPOWERMENT

4-STEP QUICK PROCESS

STEP 1

What are you currently feeling? *(If you don't know, use visual aid "What Am I Feeling?")*

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, use visual aid "Streamline Your Emotions")*

STEP 2

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

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 apply the 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.