

Emotionally Ensnared? 3 Steps To Get Unstuck

Neuroscience-Based Strategies To Help You Break Free

As leaders, it's our job to navigate tricky situations, but sometimes our interactions with others can leave us feeling ensnared. Here are the key areas where we often get stuck:

Emotional Entanglement



Emotions have energy, and you have a choice as to whether you absorb that energy or not.

Repetitive Thoughts



A human has about 60,000 thoughts per day. 90% of them are repetitive*.

Low Awareness



How aware are you of your emotions? Do you know how you're feeling at any given time?

*Thanks to research from Wayne Dyer and the NSA

Here's how to get unstuck fast:



1. Catch Trouble Before You're Entangled

Here's how we absorb energy and let it bum our high:

Fear



You fear the person or fear they have power over you (your finances, future, happiness...)



Judgment

You judge the person or situation

Attachment

You think something needs to be a certain way, and you're attached to getting what you want



All 3 reactions cause you to become emotionally entangled. **Next time, stop, and notice your response.** Are you reacting with fear, judgment or attachment? Stop. Feel.

Then choose differently. Let them have their experience. Do not make it yours.

2. Realize Your Ego-Mind Wants To Make You Unhappy

What would happen if you didn't think so much? Try it.



Focus on your breath

Inhale for a count of 7 through your nose, hold for a count of 7, exhale for a count of 7 through your mouth. Do this at least 7 times in a row and you'll start to get still. The mind needs a project. Give it the task of counting to get still as you do a

mind needs a project. Give it the task of counting to get calm as you do a parasympathetic nervous system reset.

Next, **when you return to thinking, step back and witness what your mind says.**
Does it complain? Pout? Rage? Blame? Thoughts generate energy.

Be careful what energy you fill your life with.



3. Consciously Develop Your Emotional Intelligence

Our feelings are how we navigate our experiences. Check in on yourself.

Next, are you able to witness your emotions and not get swept up in them? This is where **mindfulness and meditation** really help. As we learn to slow our thoughts down, we gain the ability to be less wrapped up in our own emotional dramas.



As we deepen our awareness of ourselves, we can then have more compassion for the emotional experiences of others, which enables us to navigate conflict more easily, give others a break when they're stuck, and help them get unstuck.



We start to notice that we don't take another person's emotional outburst personally.
We can witness it without being wrapped up in it.

When leaders use these tools to bust through stuck patterns, they get results like these*:



Employee Retention
of 90%+



5-15+ Hrs/Wk More
Strategic Time



50%+ Faster Closing
Of Sales

*Stats are from over 1,000 of SmartTribes Institute's coaching and workshop clients

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