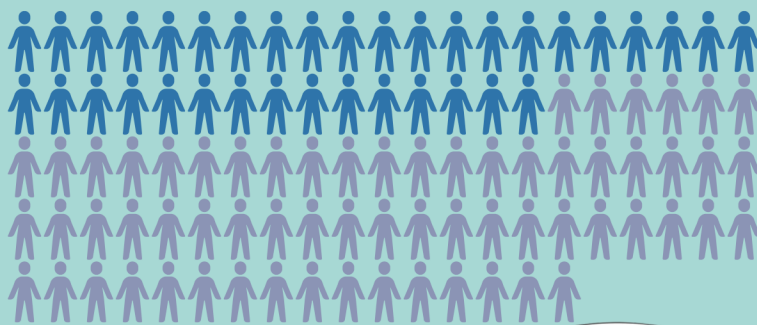


# How To Manage Your Emotions

According to [Dr. David Hawkins](#), we have measurable proof that emotions have energy. Negative emotions actually affect our physiology and can even cause cell death. So, it's key to regulate and manage our emotional state, not just for our overall well-being (and that of those around us) but also for our physical health.

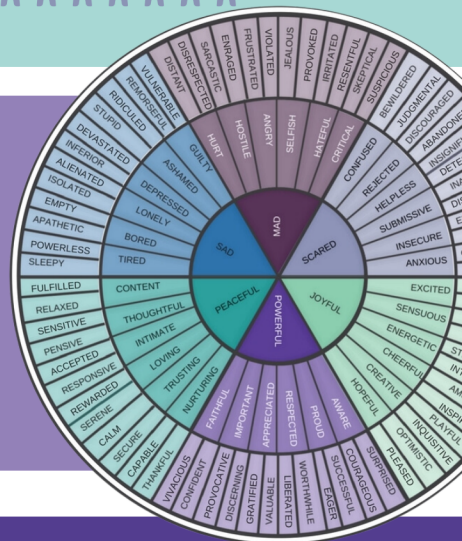
Most people don't even know what their emotional state is.

[Travis Bradberry](#) found that only **36%** of people actually know what they are feeling at any given time, the remaining **64%** do not.



To manage our emotions, we first need to know what they are. Discover what you are feeling with the [Emotion Wheel](#).

The brain naturally deletes, distorts, and generalizes information. Without this capability we would be overwhelmed with input. However, repeated distortions can become unhelpful patterns. Which distortions do you have?



## Always/Never

You swing to extremes of expecting something to always/never be a certain way. "It'll always be this way or it'll never work out."

## Generalization

You decide one data point has a certain meaning, "Pointing means the person is rude". Now all people who point are rude.

## Deletion/Denial

You choose to delete information that doesn't serve you or that would cause you discomfort. "So she doesn't return my calls? I'm still sure she digs me."

## Assumption

You assume that something will happen/be true based on limited data, "He said he agreed with our approach, so I'm sure he'll sign off on the budget."

## Distortion

You blow things out of proportion after a challenging experience, "I'll never date again, my life is ruined!"

## Identification

You identify with something outside of yourself as yourself. "My report wasn't well received so I am useless."

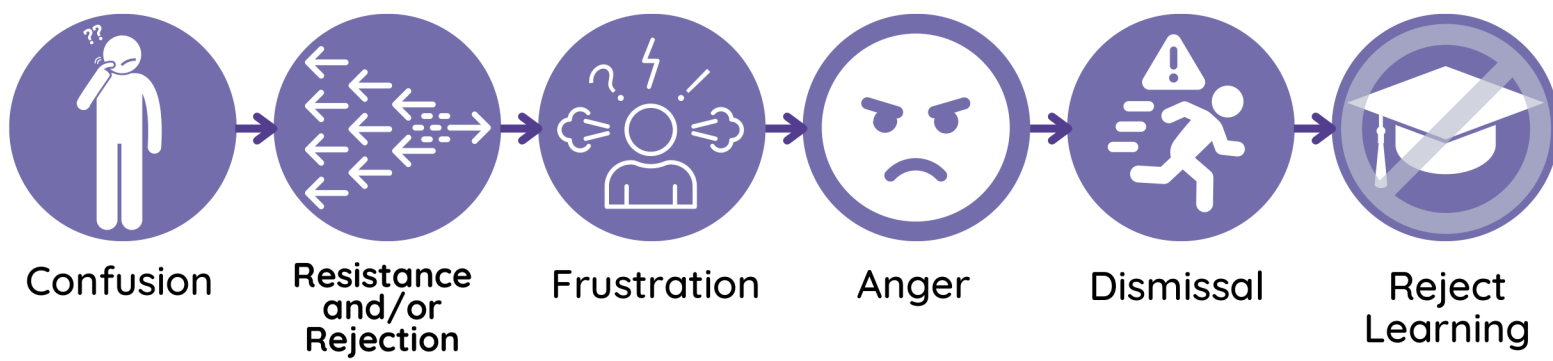
## Curiosity Helps You Shift Your Emotional State



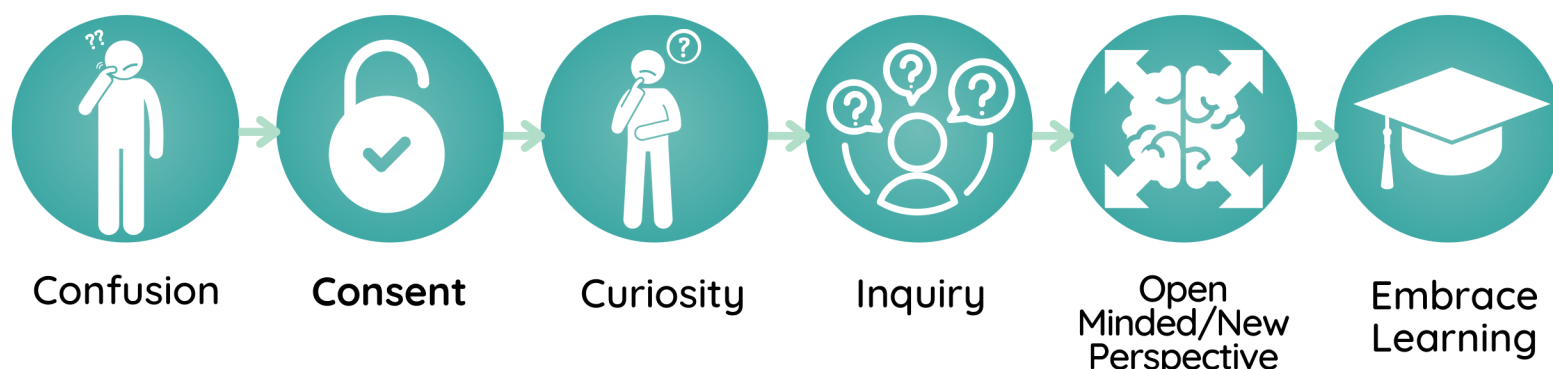
Curiosity helps you become the witness to your experience. Practice moving the left to the right when these challenging emotions arise.

Here's a quick exercise to help you shift your emotions, using the Emotion Wheel. Assume you're learning something new, and you're a little bit confused.

Which path feels better?



OR



## You can use this process with more challenging emotions too, from:

- Depression → Anger → Frustration → **Curiosity** → Hope
- Hopelessness → Tired → Calm → Open → **Curious** → Confident → Determined
- Overwhelm → Resignation → Surrender → **Curious** → Resourceful → Confident
- Scared → Angry or Anxious → Annoyed → **Curious** → Insightful → Powerful

Want even more awesome insights? Visit [www.SmartTribesInstitute.com/join](http://www.SmartTribesInstitute.com/join)