

# Whole You

HEALTH

# Guide For Mastering Emotions



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*Whole You*  
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Welcome to the Guide for Mastering Emotions. Love them or hate them, emotions are always a part of our life. Whether they are small emotions or big emotions, emotions are tools we can master to increase our quality of life. Sometimes, especially when emotions hurt, we dislike them, and we can push them aside and chose not to deal with them. Over time, those emotions can build up and pop off when we most do not want them to. Emotions can also fill us up and give us a pure love for life. This guidebook offers a new, fresh way to look at our emotions and how we can build a more serving relationship with all the emotions we feel.

## Our Driving force

### Our Mission

We help people make changes in their life, that are sustainable and help you live healthy, happy, and well —  
Positively impacting the greater good of society.

### Our Vision

Is to support people in prioritizing their wellbeing needs so they are better suited to invest in their community, create a greater sense of belonging, and contribute fully to the greater good of society.



# Emotions

As we begin our exploration into the world of emotions here are a few helpful tips.

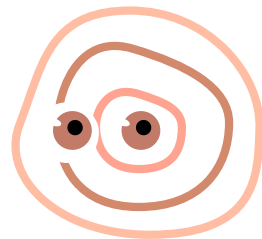
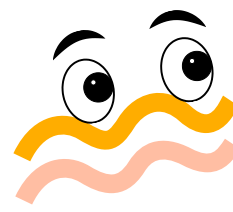
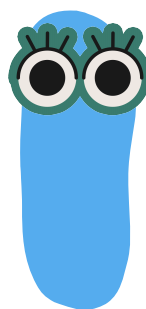
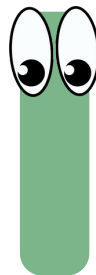
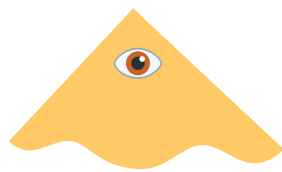
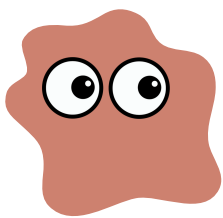
1. We are not our thoughts or emotions, we are the ones who observe our thoughts & emotions.
2. Learn from a beginners mind. A beginners mind is a mindset that is not judging something as good or bad, but rather as just is. A beginners mind is a practice of neutrality with a slight sense of curiosity and openness.
3. There is no such thing as masculine or feminine emotions, all humans have all human emotions



# Emotions As Characters

When we think of our emotions it can be helpful to think of them as little characters or voices within our minds. For example, our emotional characters can include more basic emotions like Joy, Fear, Sadness, Anger, & Disgust. As we grow older, oftentimes we add characters and they can become more complex, for example, we can have our Inner Critic, Anxious, Moral, Responsibility, Rebel, or Higher Self Voice. It is important to know that each character/voice is a part of our team, and as much as some of these characters we dislike, each character has our best interest at heart and is fulfilling some sort of core need. One common example is fear. Even though we may not like fear, fear has our best interest in mind because fear keeps us safe.

## Name Your 5 most Common Emotional Characters



Characters Name:

Fear

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Characters Core Need:

Safety/security

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# Positive Psychology & Emotions

When you think of positive psychology, you may think of it as the study of positive emotions. However, positive psychology is the study of all human emotions and feeling all of those emotions in a healthy balance to improve quality of life.

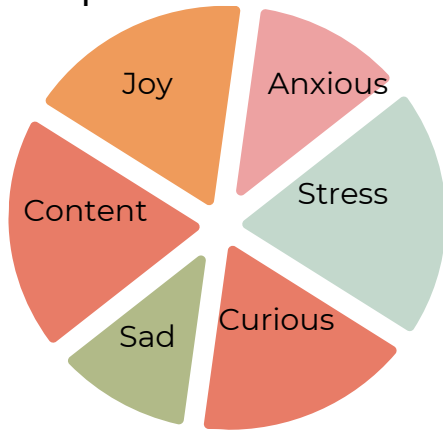
Improved quality of life means 1. an increase of feeling more positive emotions to negative emotions. A good ratio of positive to negative emotions is about 3 positive emotions for every 1 negative emotion. 2. The ability feel a *serving emotion* and letting go of emotions when they are no longer serving us. For example, when we have to say goodbye to someone for a long time, it is typically serving of us to be sad. A non-serving emotion is when we should feel sad, but we ignore it, push it down, or use toxic positivity. 3. Being able to manage emotions so a trigger doesn't create an undesired emotional response. One practice can be to create time & space between the trigger and the response.



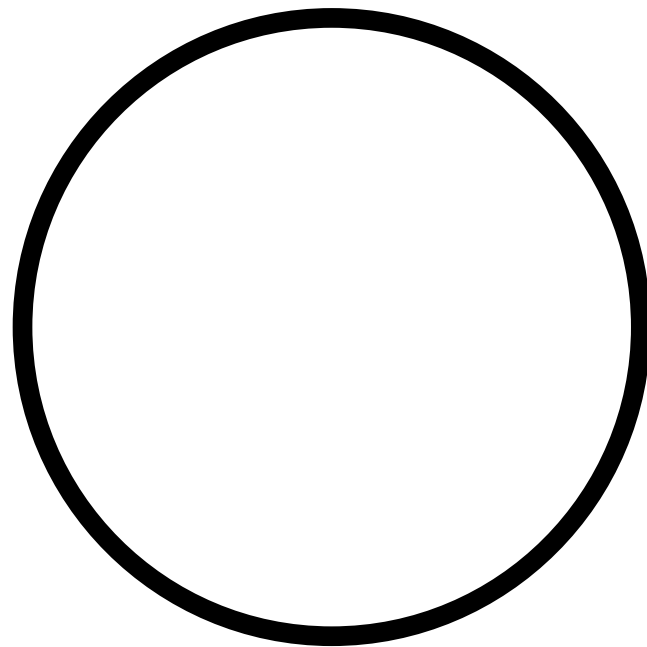
## Your Emotional Pie

For this activity create a pie chart that represents your current & ideal emotional make up. Use up to 7 commonly felt emotions

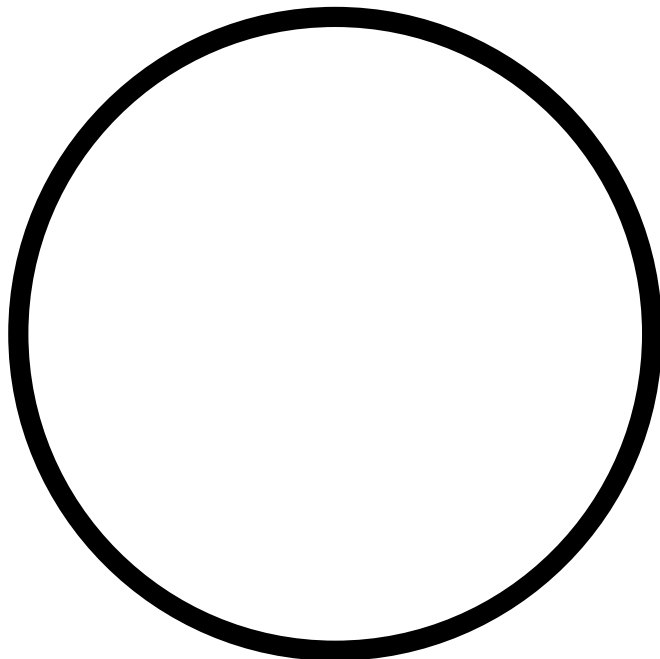
Example:



Current



Ideal



What is one small action you can take to build towards your ideal pie?

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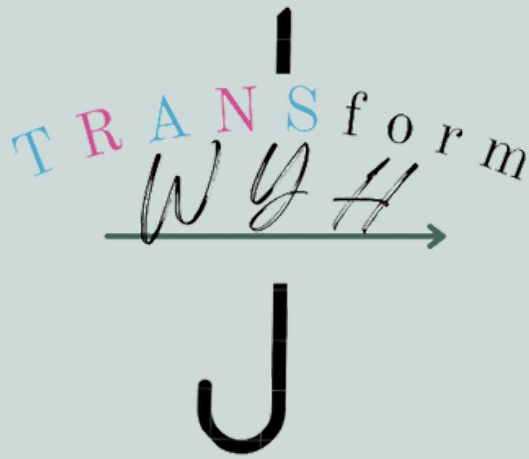
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Schedule a Free 30-minute connection call or 1-1 coaching at [www.wholeuhealth.com](http://www.wholeuhealth.com)