
EMBRACE EMOTIONS: HOW TO FULLY EXPERIENCE
LIFE IN A HEALTHIER AND HAPPIER WAY?



IN LIFE WE WILL FEEL **POSITIVE EMOTIONS** ABOUT 50% OF THE TIME AND **NEGATIVE EMOTIONS** ABOUT 50% OF THE TIME.

INSTEAD OF ESCAPING PAINFUL EMOTIONS BY BUFFERING THEM WITH ALCOHOL, OVEREATING, BINGING TV, OR SOCIAL MEDIA WE CAN DECREASE THE PAIN ASSOCIATED WITH NEGATIVE EMOTIONS AND INCREASE THE PLEASURE WE ASSOCIATE WITH POSITIVE EMOTIONS.

WE CAN EVEN ASSOCIATE PLEASURE WITH PAINFUL EMOTIONS.

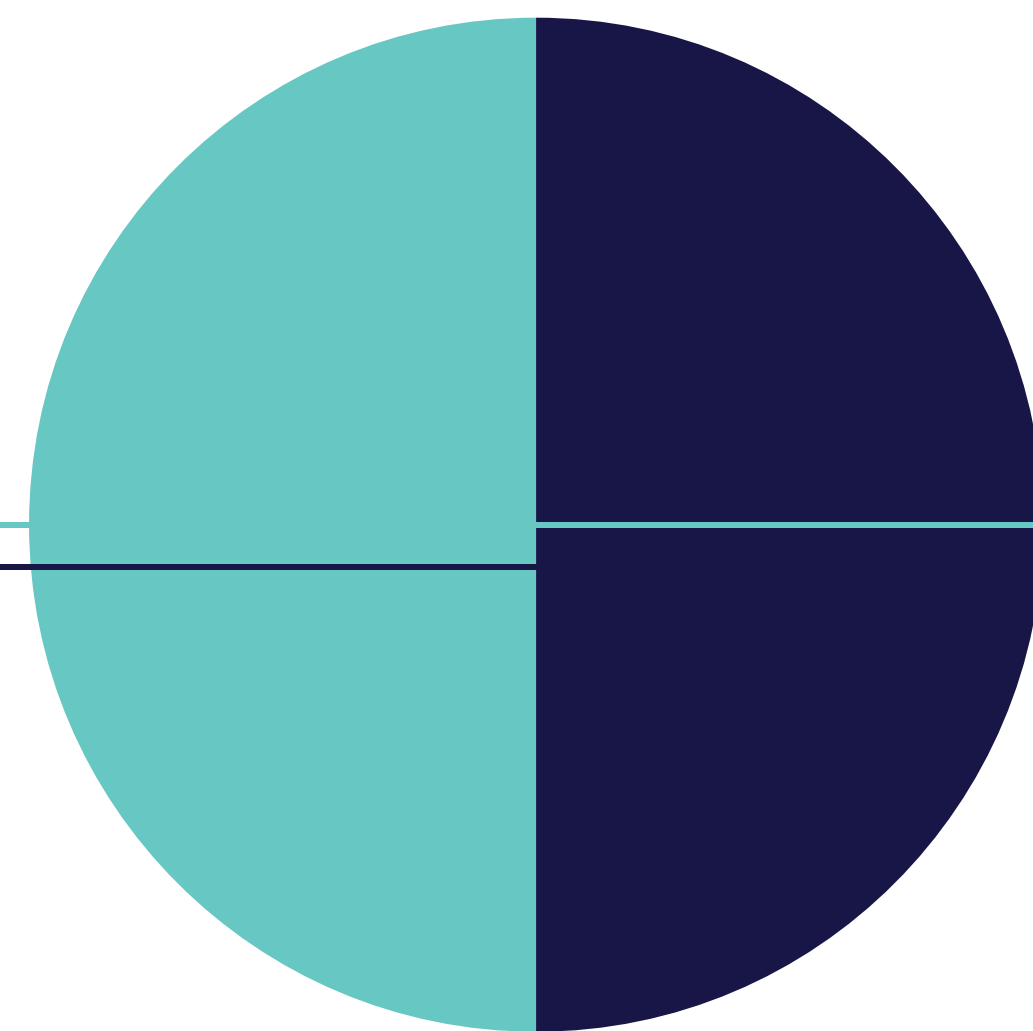
POSITIVE doesn't mean escaping Negative.

HEALTHY emotions drive us to growth/action.

NEGATIVE doesn't ALWAYS mean UNHEALTHY.

UNHEALTHY emotions tend to stop us from trying and improving.

Thinking differently decreases the pain we associate with them.

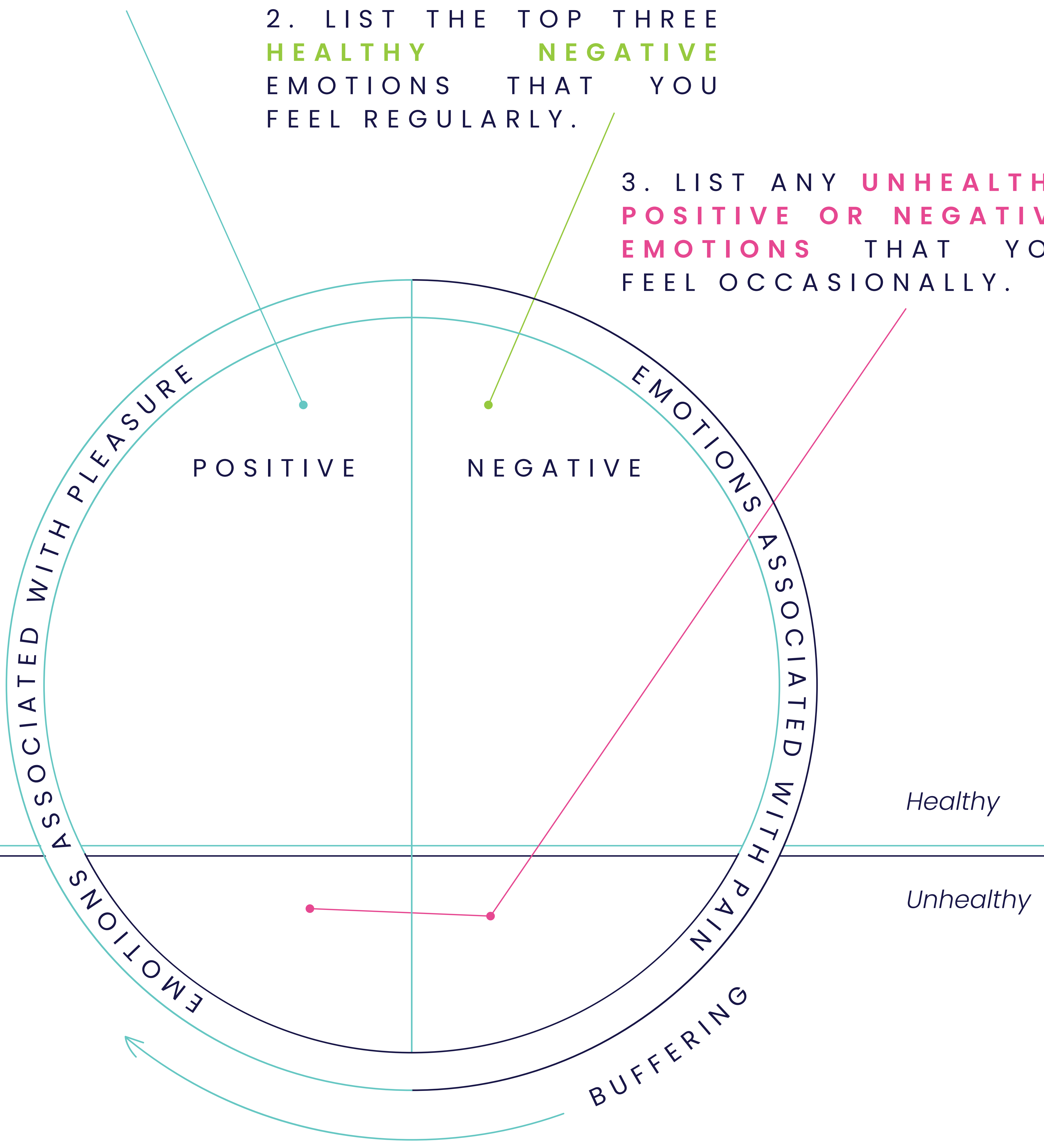


WE CHOOSE TO AVOID UNHEALTHY EMOTIONS, BUT WE DON'T WANT TO ELIMINATE NEGATIVE EMOTIONS – THEY ARE AN INTEGRAL PART OF OUR LIFE TO EMBRACE THEM.

1. LIST THE TOP THREE **HEALTHY POSITIVE EMOTIONS** THAT YOU FEEL REGULARLY.

2. LIST THE TOP THREE **HEALTHY NEGATIVE EMOTIONS** THAT YOU FEEL REGULARLY.

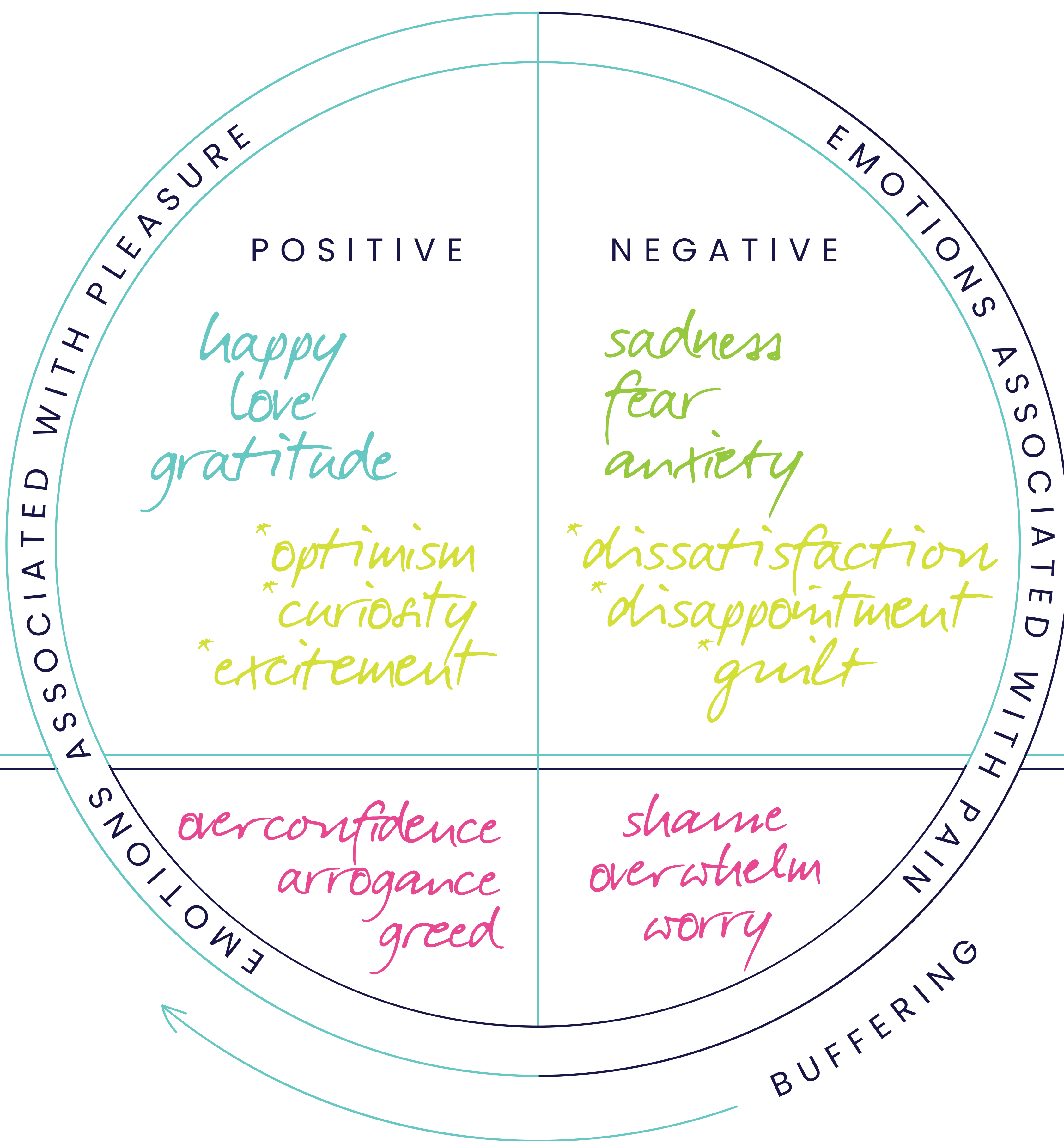
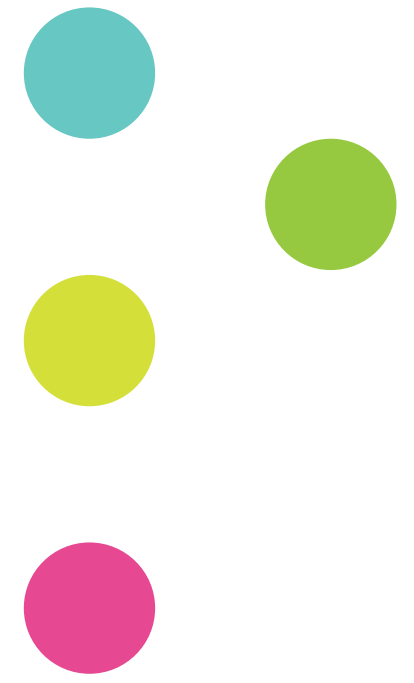
3. LIST ANY **UNHEALTHY POSITIVE OR NEGATIVE EMOTIONS** THAT YOU FEEL OCCASIONALLY.



5. LIST SOME **HEALTHY POSITIVE & NEGATIVE EMOTIONS** THAT YOU WOULD LIKE TO FEEL MORE AND PUT AN ASTERISK NEXT TO IT.

4. LIST SOME OF THE WAYS THAT **YOU BUFFER TO ESCAPE EMOTIONS**.

AN EXAMPLE DIAGRAM



Healthy

Unhealthy

over drinking
over eating
social media



AN EMPTY DIAGRAM
FOR YOU TO FILL

