

From Appendix I: Understanding Your Own Emotions

The following exercise from the book (Wellbeing Unleashed) helps you to apply the information about emotions described in Chapter 5 to your own life situations. Please keep in mind that all the exercises described in the book are merely pointers to help you see that here and now, wellbeing is already your natural state. So that you can feel comfortable just letting go, and cease interfering with this innate wellbeing. With this in mind:

Step One: In as few words as possible, describe a situation that you think has been causing you to feel uncomfortable.

Step Two: What ‘exactly’ do you think it is about this situation that makes you feel uncomfortable?

Step Three: Write down the emotion or emotions you think this situation is ‘causing’ you to feel, and beside each one, record how strongly the emotion is felt on a scale of 0 to 10. With 0 indicating no feeling and 10 indicating a very strong feeling.

Step Four: Choose one of the emotions from ‘Step Three’, turn to the list of emotions in Chapter Five, and read the interpretation for the emotion you have chosen.

Step Five: With the insight gained from step 4, once again write down and scale (0–10) the emotion chosen from step three. Feel free to refer back to the list of emotions in Chapter Five during this process.

Step Six: Repeat steps four to five with the rest of the emotions listed in step three. Once all the emotions have been treated in this way, move on to step seven.

Step Seven: Note down any changes in the way you feel about the situation you described in ‘Step One’. Please note: Your job is not to force a change in how you're feeling, your only job is to be curious as you explore your experience.
