

## Tony Robbins - emotions

Take new look – emotions we see as negative may be our best friends (opposite to the script!)

How do people deal?

1. They avoid them – try not to feel them.
  - a. Rejection...
2. I'll endure it but deny it
3. Competition – you think its bad – let me tell you how I feel!
4. Learn from them and utilize them
  - a. Where do they come from – do they just attack us like a virus?
  - b. Or from other people
    - i. You feel loved cos you choose to create those feelings in yourself
    - ii. You allow yourself to feel those sensations
    - iii. You have rules; criteria
    - iv. Then at that moment when all those criteria are met, you, in your own body, create the terms that you call love – you release those sensations
  - c. Conversely if you feel bad – angry, overwhelmed, depressed, frustrated, lonely
    - i. All these emotions also created by only one person
      1. By what you choose to focus on
      2. The meaning you choose to attach to any experience in life
    - ii. How you feel at any given time is the result of the meaning you have given to your experience
    - iii. Example – man opens door for a woman
    - iv. What we feel not based on our experience, but our interpretation of our experience (What you look for is what you see, what you see is what you become)
    - v. It's the way we represent our experience that determines how we feel – re – present
    - vi. WE MUST MAKE SURE THE EMOTIONS WE FEEL ARE APPROPRIATE
    - vii. EVERY EMOTION SERVES US AS LONG AS WE INTERPRET IT IN A WAY THAT ADDS A POWERFUL MEANING TO OUR LIFE. SOMETHING THAT MOVES US FORWARDS INSTEAD OF BACKWARDS

THINK ABOUT SOMETHING YOU'D LIKE TO HAPPEN IN THE FUTURE – HOPE IT WILL HAPPEN. Notice how this feels

Now – expect it to happen – notice difference to HOPE – you do control your emotions. It's the way you INTERPRET the environment that determines –ve or +ve you give yourself

All emotions have different components

Why do we have emotions?

-ve emotions serve a very powerful positive purpose – a signal that a change is needed.

Ex. FEAR – giving you a signal – “you must prepare”

EVERY EMOTION HAS A MESSAGE FOR YOU – what you must do – NOT make it wrong; NOT avoid it; not criticise yourself for feeling it.

Do 6 things –

1. Identify what the emotion is
2. Acknowledge and appreciate the message it is offering you
3. Get incredibly curious about what it is offering you
  - a. How could you use this to make your life better?
  - b. Is this what you want?
  - c. Do you need to change the way you are looking at the world; the way you are acting?
4. Get yourself to feel re-assured – hey I've worked this out in the past; you've made it through this emotion before
5. Get yourself certain you can handle anything like it in the future by rehearsing using this emotion as a tool of empowerment
6. Take action and change your whole life

### **Model – 10 categories of Emotion**

1. Uncomfortable
  - a. Boredom; impatient; uneasy; distressed; mildly embarrassed
2. Fear
  - a. Concern; apprehension; worry; anxiety; scared; terrified
3. Hurt
  - a. Most from sense of loss;
4. Anger
  - a. Mildly irritated; angry; livid; resentful; furious; enraged
5. Frustration
  - a. Linked to being held back or hindered
6. Disappointment
  - a. Sad; defeated;
7. Guilt
  - a. The emotions of regret

- 8. Inadequacy
  - a. Less man; unworthy
- 9. Overloaded
  - a. Overwhelmed; hopeless; depressed
  - b. More than you can possibly deal with
- 10. Lonely
  - a. Alone; apart; separate from

All there for a reason – to give us a message...that something needs to change. One of 2 things –

Identify the signal...get down to the core emotion...look through the list

### **Action signals**

Signals to take action – to re-evaluate the way you are perceiving something or the way you are proceeding. The way you are behaving or communicating around other people or situations...in other words they are going to tell us we got to make a change in order to get what we really want.

They are not –ve or bad – they are there to serve us.

1. Identify the signal. That simply means – where does it fit in here?
  - a. Example rejection was just uncomfortable for you. Turned to kiss Wife – reading or writing they didn't really reciprocate. Didn't feel hurt or angry – just a little uncomfortable.
    - i. The signal "Being Uncomfortable" is calling to your attention a message
      1. . – realise you need to change your state. Whatever happens in the state you're in you are not going to appreciate it. You're not going to be resourceful in terms of understanding what things really mean. Example feeling in a state of uncomfortable going to start to hallucinate – "Wife not loving to me – does that mean they are not interested in me anymore?" we tend to hallucinate when we get an un-resourceful state.
      2. When you get uncomfortable – first message from that signal is – Change your state;
2. Clarify what you want – THAT'S WHAT THE SIGNAL IS TRYING TO TELL YOU. Don't just be uncomfortable – what do you want?
3. Immediately take action in that direction
  - a. Communicate your desire or do something that expresses it.
  - b. Make sure you do something until you achieve what you want and are no longer uncomfortable. Its literally THAT simple

Lets say you feel rejected to the point where you call it Hurt – What’s the message of Hurt? That signal is giving you a different message. The message there is that there is an expectation that’s not been met and you have a sense of loss. That’s why its more intense than being uncomfortable – feel like you’ve lost something.

The Challenge - WHEN YOU IDENTIFY THE MESSAGE YOU MUST IMMEDIATELY CLARIFY WHAT NEEDS TO BE CHANGED (Clarify what you Want)

WHENEVER YOU HAVE WHAT YOU USED TO CALL A NEGATIVE EMOTION YOU NOW CALL IT AN “**ACTION SIGNAL**”

YOU NEED TO CHANGE ONE OF TWO THINGS –

- EITHER YOUR PERCEPTION
- OR YOUR PROCEDURE (*that could be changing you or changing them, ie The Situation*)

Perception might be you feel hurt – wife doesn’t love you so much. That Hurt is a lot more painful than just feeling uncomfortable.

The Point is – is this an appropriate emotion for you to feel based on this situation in this time with this person? Always ask this question whenever we have an emotion (*fits with CBT!*). We know that we have that signal; we need to first identify it and second immediately appreciate this signal is offering us a message and the message is “We need to change”.

Perception might be “This person doesn’t love me”...do we need to change our perception? Do we have some rules that are inappropriate in this situation? The answer is probably “Yes”.

The person just wrapped in something because they are immersed

Message is we need to change our perception or our procedure otherwise you’ll feel pain for no reason.

- Perception – maybe they are just wrapped up in something – so need to change your perception
- Procedure – maybe a signal to you - maybe not communicating your real needs or your behaviour doesn’t want them to feel loved

That’s the basis of all these action messages “Hey you’ve got to select a new outcome”

Maybe the way you are communicating doesn’t make them want to feel loved right now.

Say you come to the door and they don't rush and hug you. What's the message? Maybe one of anger...the message – you have a standard in your life – something important that's not being met by another person or maybe not being met by you.

Signal – maybe you need to change your perception or your procedure.

Eg “I'm not treating them in a very loving way, no wonder they are giving me this feedback...I need to change me

Always getting the message – Identifying the Signal – Appreciating the message – knowing the message telling us – either need to change our perception or our procedure – the way we are communicating; the way we are behaving.

If you are feeling pain it's a message that you either need to change the way you are looking at things and therefore what they mean to you, or change the way you are communicating your desires or needs to someone, or change the way you are behaving.

That's the basis of all these action messages – telling you you've got to set a new outcome and move in a new direction, otherwise you are going to stay in pain.

If you ignore one of these messages, it doesn't go away – it intensifies.

Once you've identified the signal, the second step - Appreciate the message- respect that emotion – appreciate it – it has a message for you – don't dismiss it (GoMad 4 states of whining dog – do nothing; change me; change situation; get out). It means you've got to change. But it also means something very specific depending on which emotion of the 10 categories.

The 10 messages –

1. Uncomfortable
  - a. Change state; clarify what you want – take action in that direction
2. Fear
  - a. Need to prepare ourselves to deal or avoid –ve consequences
  - b. GET PREPARED!
  - c. Doing a speech – tend to surrender to the emotion rather than recognise and prepare
3. Hurt
  - a. You have expectation not met – feeling of loss
  - b. Tells us – have to evaluate – is there really a loss?
  - c. Maybe didn't communicate – change way
4. Anger
  - a. Is outgrowth of hurt
  - b. How we deal – determine pain or pleasure

- c. Perception – just your standards, not everyones
  - d. Procedure - Communicate you have a standard; NOT beat up
- 5. Frustration
  - a. Need to change your approach
- 6. Disappointment
  - a. Signal – need to realise outcome not going to happen unless change expectation. Change goal a bit. God’s delays are not God’s denials
- 7. Guilt
  - a. Serves you if you hear the message
    - i. Violated one of your own standards
    - ii. Get the message instead of being over-whelmed.
- 8. Inadequacy
  - a. Message – do something to get better in this category right away
  - b. First – is this really an appropriate emotion?
  - c. Practice to get better
- 9. Overloaded
  - a. Message – re-evaluate what is most important
  - b. Prioritise
  - c. Take first one and do something about it – CHANGE STATE
- 10. Lonely
  - a. What is the message?
    - i. What you are doing right now isn’t working
    - ii. Need a certain connection with people
    - iii. What kind? Someone to talk to?
    - iv. Or rules are too hard to meet

### **The six steps**

1. Immediately identify the signal
2. Appreciate the message
  - a. Perception
  - b. Procedure
  - c. What is the SPECIFIC message?
3. Get curious
  - a. What do I REALLY want to feel?
  - b. What would it take to make that happen?
  - c. The 4 questions –
    - i. Identified challenge
      1. You appreciate the message
      2. You respect the fact your emotions are helping you
      3. They are giving you a signal – so how do you want to feel?
    - ii. What would I have to believe in order to feel this way?
    - iii. What am I willing to do to handle this right now?

- iv. What can I learn from this?
4. Get confident
  - a. Remember times when handled in past
5. Get certain
  - a. Imagine coming up with different ways of handling the emotion
6. Get excited and take action

10 emotions and 6 steps...How get good?

DO IT!!!

### **10 quick emotions to plant**

1. Love and warmth
2. Appreciative & Grateful
3. Curiosity
4. Get excited and passionate every day
5. Determination
6. Flexibility
7. Confidence - Faith
8. Be Cheerful
9. Feeling Healthy
10. A sense of contribution

### **Summary**

This will be interesting to try! It's an amalgam of

- CCC – feelings are equally valid as data
- GoMAD whining Dog
- Tim – WYSIWYG
- CBT

However it assumes that all feelings have valid messages behind them? Wilkins would argue 180 degree – that the script is CRAP and don't value it. This says value the ALL?

CBT talks Thinking Errors. This simply says that all feelings are valid and a clue to something to take notice of. That is far closer to CCC...and far more "rational"...rather than suggesting we have an "evil twin".

Lets try it out!