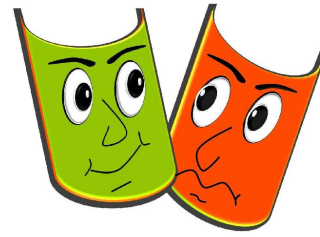


Train the Brain Vol. II

The Role of Emotions

Resourceful V's Unresourceful

Setting the Scene



As you're sitting there, casting your eyes over this, you are in an emotional state. I don't mean you're on the verge of a meltdown or anything quite so dramatic (if you are then feel free to call me), just that you are experiencing a particular emotional state at any one time, every single moment of each day.

You may think, like thoughts, that emotions just pop in there and away you go experiencing them. That's not entirely true as the only way for us to experience emotions is by our brain telling us to do so. Because we feel emotions very quickly, we won't always be consciously aware of the thought(s) which created the emotion(s) in the first place; however there will always be a thought which precedes any emotion. Always!

You can remember from our previous article, that you are the only person who can choose to create the thoughts and emotions you have. You have 100% responsibility over your thoughts, feelings and behaviours based on the six ingredients you choose to use in your mind. If you need this article again by the way, then please let me know, quote the ref: 'TTB V1' and I'll whiz it over to you as it's very good, even if I do say so myself!

Many people wish they didn't feel certain emotions and they label them as 'bad'; other people wish they could create even more of the 'good' emotions they have and others seem to live a lot of their time in the grey zone where emotions are rarely expressed or acknowledged.

Emotions have always been part of our human quality and no matter how you decide the role they play, I would hedge a bet there is room to use them even more effectively, to the advantage of yourself and others in your life.

In order to understand how we can do this, it's useful to firstly explore the dichotomy which seems to exist between our emotions.

The Hero and the Villain

We know there's a huge difference in the effect emotions have on us and those around us. The effect of emotions can be quite different from the emotion itself. We can all experience the same emotion, yet depending upon the particular circumstances we're in and how we decide what that emotions means to us will depend on how we experience that emotion.

If two people experienced anger, one may be really happy about being angry and if two experienced happiness, one may feel guilty about feeling happy and so on.



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In order to understand the role of emotions even more, asking the question ‘Which emotions are good and which are bad?’ seems like an appropriate one to ask as many people seem to use these two categories when labelling their emotions.

If I asked you to make a list of ‘Good V’s Bad’ emotions I wonder which side you would choose to slot in particular emotions, or would some be left on the fence? If I were to generalise, I wonder if your list be similar to this example:

Good	Bad
Happiness	Anger
Excitement	Sadness
Passion	Fear
Relaxed	Hurt
Positive	Guilt
Confident	Procrastination
Love	Anxiety

I’m guessing you have experienced all of these emotions at some point in your life and there was a reason for your experiencing them. Objectively we could say that all those emotions under the ‘Good’ heading make us feel pretty good and those under the ‘Bad’ heading make us feel a bit crap. So, is it useful to see emotions this way, as simply good or bad and therefore want only to experience the ‘good’ emotions?

As we know there are many people who choose to create the ‘bad’ emotions and feel those more often than not. Also, we know that the whole ‘good’ and ‘bad’ labels are not true for everyone as some ‘bad’ emotions are ‘good’ for some people in some circumstances and vice versa.

To understand the role of emotions maybe our original question (‘Which emotions are good or bad?’), isn’t that useful. Perhaps the true question to ask is: ‘Which emotions are the most resourceful?’

Snakes, Planes and Buttons

What have emotions ever done for us? No, this isn’t the beginning of a Monty Python sketch. If we should now be wondering which emotions are the most resourceful how do we decide that? Well, I guess we need to consider what emotions do for us to then decide which are the most resourceful.

Ever since primordial humans were foraging for the basics to survive on our planet, (and unfortunately for too many, this is still the case) emotions were used to great effect as they are today. We can feel emotions immediately in response to external events, without even knowing that we still created these in our mind in the first place; the event just triggered the emotion! Somewhere in our mind we know what



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emotion works best with what we experience outside in the world and this automatic response has allowed us to stay alive a lot longer than we would have without it!

For some people though, they respond automatically to things like spiders, dogs, balloons, snakes, aeroplanes, Friday 13th, heights, buttons, rats, etc. and create such powerful emotions. Now, is that a 'resourceful' response? Yes, if the spider is a Red-Back, yes if the dog is ready to bite their fingers off, yes if the balloon is full of poisonous gas, yes if the snakes are on the plane (Hollywood has a lot to answer for!). You get the game here don't you?

This would *not* be a resourceful response if the spider was non-lethal or the dog was the sloppiest creature who just wanted a new play mate, or the balloon was full of someone's breath (well, ok, I'll give you that one).

We know that emotions such as anger, sadness, fear, hurt guilt etc are definitely resourceful emotions and only in the right circumstances. You may want to be angry if someone trashed your car, or sad if a friend moved away or fearful if you have actually left the iron on as you're 20,000ft up en route to Hawaii.

However, it wouldn't be resourceful to want to ram the 82 yr old off the road for not signalling properly or breaking down in floods of tears because you missed one episode of Shortland Street or feeling totally crushed and hurt because your friend had other plans that night!

We all have our parameters as to how we respond and it always comes back to how resourceful the emotion we're feeling is in response to what's actually happening. If the emotion is not that resourceful and appropriate to the event, then what do we do?

Waiting in the Wings

We have all the resources we need inside of us to make the most fundamental changes to how we think, feel and behave in every single situation we can ever face. This may seem like a tall order and it may be until you begin to prove to yourself just how much control you actually have with how you act or react to what's happening and you may just need a wee bit of guidance!

There's everything right with bringing on board another person, who is professionally qualified to work *with* you, help you see just what you're capable of doing and also give you that wee kick up the arse if you need it!

There are an incredible amount of qualified people out there to help you such as NLP Practitioners, Coaches, Counsellors, Hypnotherapists, Psychotherapists, etc. and it's important to choose the right service for what you want and this may need a wee bit



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of investigation. I'm not looking for new clients myself, though will be more than happy to give you an objective point in the right direction if you need it.

The Final Curtain

Emotions are great at telling us to pay attention to something! How we respond to what is happening is 100% in our control and we can have so much fun in learning, quite quickly, how we can gain new skills and abilities and have the belief to value our emotions and use them in a more resourceful way!

Sláinte!

Joseph.

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Next time on 'Train the Brain' ...

Motivation!! Yeah yeah woo woo!!!