



RIDING THE WAVES: MANAGING DIFFICULT EMOTIONS

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The background features a series of fluid, overlapping waves in shades of magenta, pink, and light blue, creating a sense of motion and depth. The waves are set against a clean white background.

WELCOME

GROUND RULES?



B.L.U.F.

HE MAONGA ĀWHĀ

Calm after the Storm



THE PLAN FOR TODAY

- What are emotions
- Why we have emotions – even the ones we don't like
- How it creates problems for us
- Some practical things you can do, that might help
- Based on Acceptance and Commitment Therapy
- Everything is googleable



EMOTIONS MATTER

- Inuit have over 60 words for snow
- There are over 1000 words for emotions in english.... And there are some good words in other languages.
 - “**Torschlusspanik**” Used metaphorically to describe the anxiety of feeling that time is running out and that opportunities are closing.
 - “**Age-otori**” captures the feeling of disappointment and shame after a terrible haircut.



WE EVOLVED EMOTIONS FOR A REASON

- Have different triggers
- Prompt specific actions
- Have different physiological footprints
- Communicate and connect us with others
- Have wisdom. They tell us something important in our life is changing or needs attention.
- What is the purpose, trigger and actions for;
 - Anger
 - Frustration
 - Sadness



WHAT WE WON'T BE TALKING ABOUT TODAY

- Getting rid of emotions
- Not having certain emotions
- Controlling them



THINK OF A TIME WHEN...

- You have had some emotional stuff happening – not too much, between 5-8 out of 10
- Where were you?
- Who were you with?
- What were you doing? Did you want to do?
- What was showing up internally?





Thoughts

Urges

Reactions
in Your
Body

Feelings

EMOTIONS ARE MORE THAN FEELINGS: MAPPING YOUR TURF

- More than feelings
 - Thoughts
 - Urges
 - Reactions in Your Body
 - Feelings
- Negative bias
- Self-reinforcing

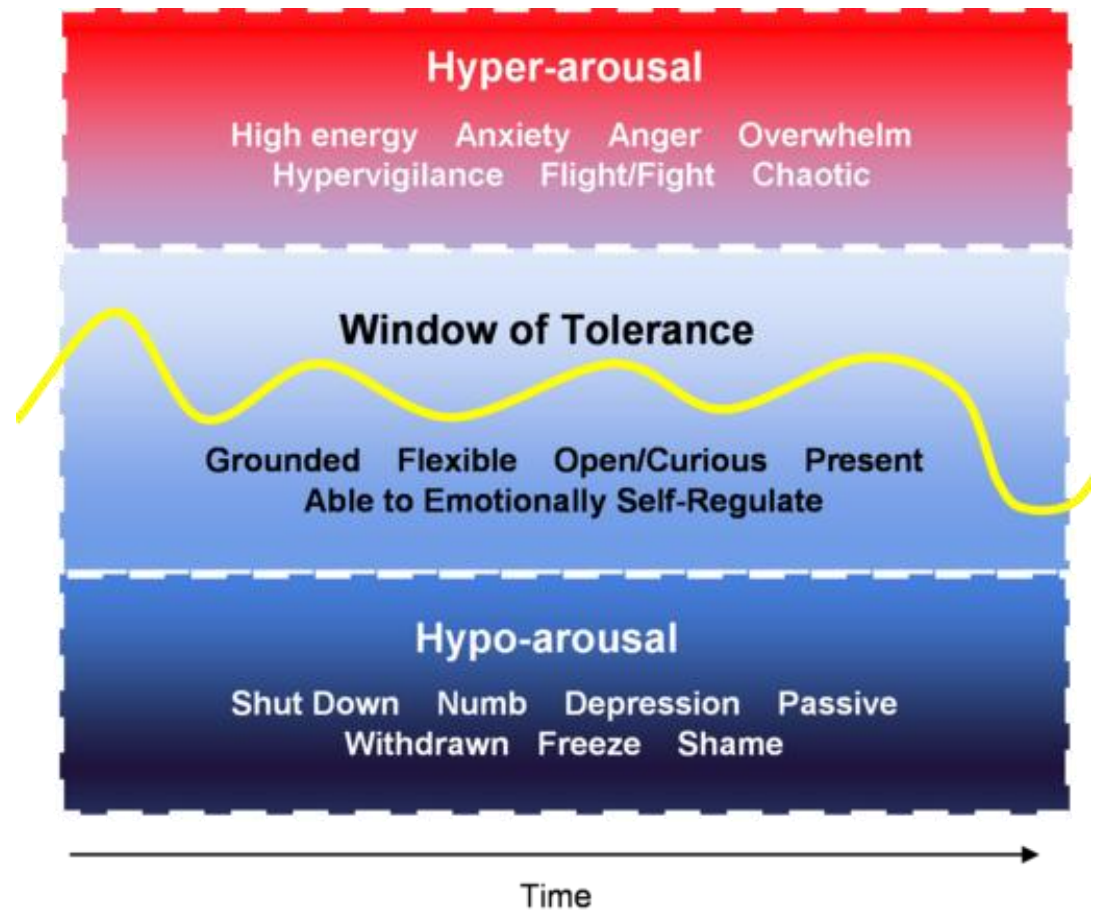
GETTING PRACTICAL

- What is some bad advice you have had about responding to your emotions?

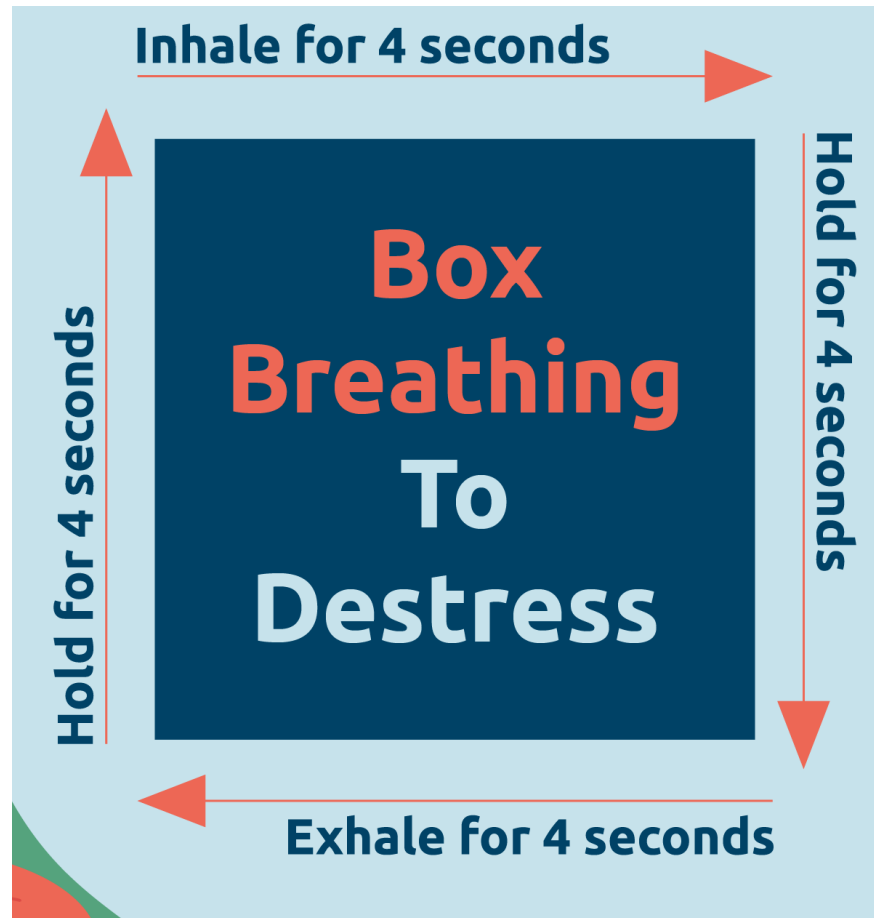


WORK “WITH” OUR EMOTIONS

- Looking for a goldilocks zone
 - Not overwhelmed
 - Not shut off
- Still able to make choices that reflect our what matters to us



START WITH YOUR BODY



FEELINGS: NAME 'EM TO TAME 'EM

Enjoyment	Sadness	Fear	Anger	Disgust
Happiness	Lonely	Worried	Annoyed	Dislike
Love	Heartbroken	Doubtful	Frustrated	Revulsion
Relief	Gloomy	Nervous	Hoha	Loathing
Contentment	Disappointed	Anxious	Contrary	Disapproving
Amusement	Hopeless	Terrified	Bitter	Offended
Joy	Grieved	Panicked	Infuriated	Horrificed
Pride	Unhappy	Horrificed	Irritated	Whakama
Excitement	Lost	Desperate	Mad	Nauseated
Peace	Troubled	Confused	Cheated	Disturbed
Satisfaction	Resigned	Stressed	Vengeful	Withdrawal
Compassion	Miserable	Overwhelm	Insulted	Aversion



... AND THAT'S OKAY

- We get into trouble when we start to have feelings about our feelings.
- Allowing our feelings, accepting they are normal, if unwanted, and we are bigger than them
- Notice: “I’m feeling...”
- Name: “anxious”
- “and that’s okay.”



CULTIVATING POSITIVE EMOTIONS

- How many positive emotions does it take to offset a negative one?
- Positive emotions are self-reinforcing too
- Not about “toxic positivity” or Pollyanna thinking
 - “Hunting the good stuff” the same way we do the negative
- Snack rather than binge
- Gratitude Diary
 - 5 mins, 3-4 times a week
 - Pen & Paper
 - 2-3 things, even small things



PLANNING A CHANGE

- **Wish**
 - SMART goal
- **Objective**
 - How might it *feel*?
- **Obstacles**
 - Internal/External
- **Plan**
 - If.... Then...



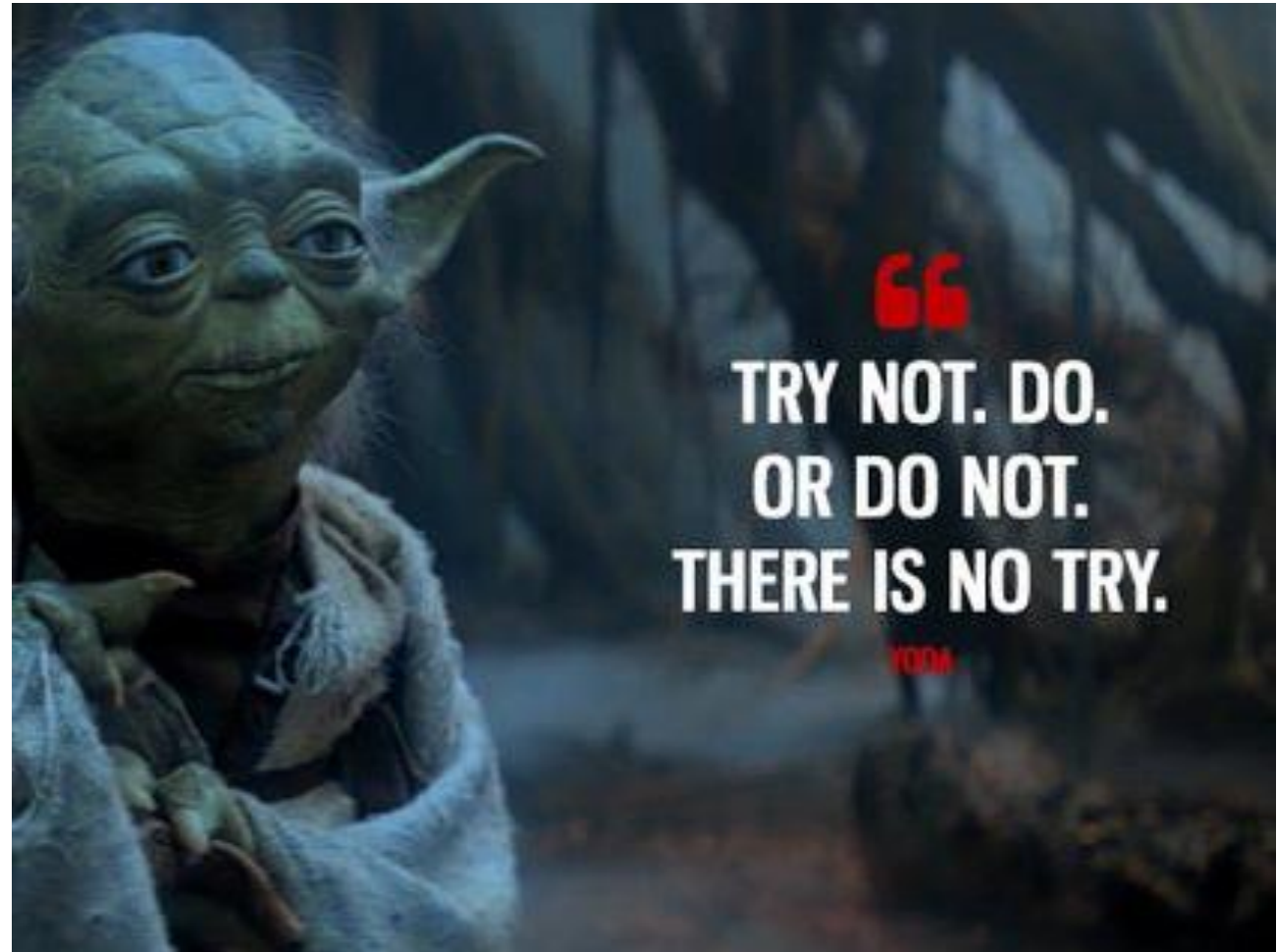
SUMMARY

- Emotions are more than feelings and can take on a life of their own
- We have them for a reason
- Getting rid of them won't work
- But there are some practical things you can do, that might help
 - Observe and describe
 - Name them
 - Be okay with them
 - Balance them
- Based on Acceptance and Commitment Therapy
- Everything is googleable



RESOURCES*

- Man's search for meaning
- Emotional Agility
- The Reality Slap
- The Subtle Art of Not Giving a F@ck





QUESTIONS?