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“Feeling Your Way Into Health and Happiness”

Emotions and Goal Setting:

Last month we looked at why most people feel their emotions get in the way of them reaching their goals and how to manage these emotions. We discussed the six skills that help us harness our emotions and turn them from liabilities into assets ;

1. Acknowledging your fear and anxiety when it is there (being emotionally aware and using the emotional alphabet)
2. Not seeing fear and anxiety as a bad thing, a weakness or fault
3. Staying with your fear (what I call emotional fitness) and not avoiding or running away from it
4. Getting to know your fears and anxieties intimately (mapping your emotions)
5. Using your intimate knowledge of fear and anxiety to address the causes of irrational fear and anxiety (using emotional logic)
6. using the energy in fear and anxiety to better your performance (harnessing emotions)

The full news letter can be viewed at activemindandbody.com.au/news.html

Are you all ready for the final installment of my approach to the topic of emotions and goal setting? I have saved the best to last! I hope you find it as useful as I have over the years.

Using Emotions to Transform Emotions

I have previously spoken about being aware of emotions so you can harness their intelligence and use them positively. But not every emotion can be used in this way. Sometimes we need to change the emotion we are feeling. One of the most effective ways of doing this is to replace the emotion with another emotion. Once mastered, this advanced practice in emotional intelligence can have a powerful impact on your lives.

Using emotions to change emotions has only recently gained significant attention by researchers and academics. The concept suggests; while thinking usually changes thoughts only feelings can truly transform emotions.

If you have any doubts this is possible I hate to tell you ... but you are already doing it! Think back to the last time you were feeling really happy, positive, optimistic and something changed (inside of you or the situation) and you became flooded with fear, anxiety, shame or guilt. While this is the opposite direction of what we are trying to achieve, it demonstrates how we transform emotion with emotion all the time.



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I am talking about the times when you feel unable to harness feelings of fear, anxiety, shame or guilt (as discussed in the previous newsletter) and you need to transform the emotion to facilitate a more positive experience.

An importance principle in all this is that you can only transform an emotion with another emotion when it is aroused and present. So to decide if an emotions is functional or not in a given situation you still have to use the skills of emotional awareness, emotional fitness and emotional logic. Sorry, there's no escaping the importance of sitting with uncomfortable emotions to learn how to transform them.

Greenberg one of the most well know researchers in this area states,

“It is important to note that this principle goes far beyond simple exposure, rather another feeling is used to transform or undo the first feeling. For example a key means of transforming the feeling of shame and worthlessness is by accessing alternate healthy emotions like pride, anger, joy or even humor”.

The emotions most studied in this area include optimism, compassion, hope and empathy. However any emotion may have the potential to positively transform other emotions depending on the original emotion that is being felt, the person and the situation.

Hope you have found this useful and thought provoking? Feel free to contact me if you require further information or check my website, emotionalcoaching.com.au.

Please feel free to forward this newsletter onto anyone who may me interested, email or call me with any questions you may have or better yet sent me stories about how you have used these ideas to make positive changes to your life.

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Coming Soon

In the next issue I will be exploring how to use principles from naturopathic medicine and herbal medicine to manage emotions.

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