

EXERCISES FOR MANAGING EMOTIONAL STATES

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Plan to spend at least 15 min/day, at least 3 days a week, doing one or more of these exercises. If you get stuck, make sure you check the Helpful Hints and Frequently Asked Questions in Appendix A or visit us at purposeandplan.com

Exercise #1 **Identify negative thoughts**

1. Keep a running log of every negative thought that goes through your mind for at least one entire day. The easiest way to do this is to carry a small spiral notebook with you. Every time you catch yourself thinking a negative thought, or every time you experience a negative emotion, write down the thought. (If you are not sure what kinds of things to write, See Appendix B for a sample list of negative thoughts.)
2. At the end of your day of logging negative thoughts, review your log and respond to the following:
 - a. List the thoughts which were repeated more than once throughout the day
 - b. List the people who were repeatedly the subject of the negative thinking
 - c. List the topics or situations which were repeatedly the subject of the negative thinking
 - d. What time of the day did you experience the most negative thinking?

Exercise #2 **Stop a negative thought**

1. Close your eyes and visualize a large, red stop sign right in the center of your field of vision. Imagine it being slammed into place with a loud noise and say the word “Stop!” out loud, with feeling, when you see the picture.
2. Every time you catch yourself having a negative thought, repeat this process to stop the thought.

Exercise #3 **Replace a repetitive negative thought**

1. From the list of negative thoughts you recorded, select a thought that you think repeatedly.
2. Rate this thought on a scale from -10 to +10, where -10 is the most negative thought you could imagine, and +10 is the most positive. (As an example: “I messed that up,” might rate a -4. It is certainly negative, but not as negative as, “I never get anything right,” which might be a -8.)
3. Write down a positive thought about the same person or topic. Make sure that it is not so idealistic that your mind rejects it. (Based on the same example, a positive thought might be “I’m getting better and will get it right next time,” which may be rated around a +5, whereas “I’m always going to succeed at everything I do,” may be a +10, but will also likely be rejected by your mind as impossible.)
4. Once you have identified a replacement thought, imagine yourself in the situation where the negative thought occurred and repeat the positive thought out loud to yourself 10 times.
5. If the thought re-occurs, stop the thought (see exercise #1) and repeat the replacement thought, out loud if possible, ten times.

Exercise #4 Replace a random negative thought

1. Identify 10 positive statements or affirmations, such as “Each day I’m getting stronger.” (If you have trouble developing affirmations, see Appendix C).

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

2. Repeat these to yourself until you can remember them. If you have difficulty remembering them, write them on an index card and carry the card with you.
3. When you catch yourself having a negative thought **for which you have not prepared a replacement thought**, say your 10 affirmations to yourself with feeling, aloud if possible.

Exercise #5 Neutralize negative memories (Smashing Pictures)

1. Identify a negative memory.
Negative memory:
2. After closing your eyes, imagine the memory as clearly as you can. Remember who was there, where you were, what you were doing, etc.
3. Rate the intensity of the picture, 0 = not intense and 10 is the most intense.
4. Now think of this image as if it were made of glass and picture yourself smashing the glass using a baseball bat, tennis racquet, light saber (like Luke Skywalker), or anything else you can swing.
5. At the same time you smash the image say out loud with intensity, “Woosh.” (Remember the louder the “Whoosh,” the better this works.¹)

¹ See Appendix A for more information.

6. Repeat this process five times.
7. After the fifth time, close your eyes and notice what happens. The exercise is working if one of the following happens
 - a. It is difficult to make the picture
 - b. The picture explodes as soon as you make it
 - c. All you get is the “Whoosh” of swinging at the picture.
 If it isn’t working yet, repeat the process and make the “Whoosh” louder.
8. Keep repeating this process until the intensity diminishes to zero.

Exercise #6 Replace negative images with positive images (Slingshot)

1. Write down an outcome that you want to accomplish.
2. Think of a negative picture that you make about not accomplishing that. It could be of yourself procrastinating, being out of shape or overweight, being intimidated or fearful or engaging in a bad habit, or any negative image of yourself that you want to eliminate.
3. Then make a picture of yourself the way you want to be; your ideal self.
4. Visualize the negative image and the positive image side-by-side.
5. Imagine the positive picture being pulled away from the negative image as if in a slingshot. As it moves farther away, see it get smaller and feel the tension of the sling shot. Release the positive picture and see it zoom forward and smash through the negative picture while you say “Woosh” out loud, with intensity.
6. Repeat this process ten times.
7. Wait a few minutes then picture the negative image, it should immediately produce the positive image, and a positive feeling. If not, repeat the process.

Exercise #7 Positive Anticipations

1. Write down a future event or task about which you are concerned
2. Write down the outcome that you desire for this event or task
3. Think about the event or task and visualize it going perfectly. Imagine getting the outcome you desire and it being better than you could have hoped for.
4. Write down how the visualization makes you feel.
 - a. If there is any doubt or any other negativity about the image, change the image to eliminate the negativity.
 - b. Write down the new reaction
5. Maintain the positive visualization of the outcome for at least five minutes.
6. Each time you repeat the visualization, add more detail to the picture.

Exercise #8 Polish positive memories

1. Write a list of 20 happy memories
2. Order the list by the strength of the feeling
3. Clearly visualize one of the memories
4. Rate the memory 0 = the least intense; 10 = the most intense.
5. Use one or more sub-modalities* or add or eliminate any elements of the image to increase the intensity of this memory to a 10.
6. Repeat this process for the other memories on your list.

*see Appendix F for a list of sub-modalities

Exercise #9 **Emotional Waves**

1. Using your list of positive memories, imagine the first memory as if it were small and far away.
2. Imagine the image rushing toward you, growing larger and more intense the nearer the image gets.
3. Imagine the image smashing into you like a wave and filling you with that positive emotional energy.
4. Repeat this process with each of the images.
5. Write down your reaction to this exercise.

*Note: listening to positive, energetic music while doing this exercise can be helpful

Exercise #10 **Empowering Feelings**

1. Make a list of 10 positive feelings that you want to experience on a regular basis. As you do this consider which feelings will help you to accomplish the outcomes you desire (If you have a hard time thinking of positive emotions, see the list in Appendix D.)
2. Rank these feelings using #1 as the feeling most important for you to experience, #2 being the next most important, etc.
3. Next to each feeling, write down how often you currently experience that feeling: never, sometimes, often, all the time
4. Finally, write at least one action you could take that would increase the sense of that feeling for you.

Feelings: _____

Rank	Feeling	How often do you currently experience this feeling?	Activities which would lead to this feeling
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

5. Write power questions for each of the feelings you have identified. Four feelings have been listed as an example with two questions for each. For each example, identify two additional questions. Then add the other feelings you identified and make a list of 1-2 power questions for each. (See Appendix E for other examples of power questions, if you need help)
6. Spend 5 minutes writing down answers to one of the questions.
7. Rate your state. If 0 = not feeling this feeling at all and 10 = the most you have ever felt this feeling, where are you right now?
8. Spend 5 minutes visualizing the answers you have written one at a time. If there is any negativity about the image, change it. (If you have difficulty changing the image, contact us at info@purposeandplan.com.) Think about how these images make you feel. Try to experience the feeling you are seeking internally.
9. Rate your state again. Repeat the process until you can get to a 10.

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Exercise #11 **Mantras**

1. List one or more areas of improvement for your life.
2. For each area of improvement, identify a phrase which identifies you either in or approaching the outcome you want accomplish. (See Appendix C for examples)
3. Repeat the phrase out loud to yourself 10 times. While you are repeating it, and when you are done, notice how it feels. Does the mantra feel strong, healthy and balanced? If it does, continue to use it. If not, feel free to adjust it as necessary. If the mantra feels uncomfortable, but seems like it should not, consult with your therapist or coach.
4. Once you have found a mantra that feels empowering to you, try different volumes as you say it out loud. Try playing around with the tone of your voice. Use a serious and confident voice. Try one that sounds silly. Use an old man's voice; a young girl's voice. Use a voice that is seductive. With each of these variations, notice how the mantra feels. Once the phrase consistently feels good and you have found the right "voice" for the mantra, use it frequently throughout the day.
5. Place a visual cues in your environment with initials taken from the mantra. Ex: I am getting stronger every day = GSED
6. Whenever you see the visual cues, say the manta, out loud if possible. Repeat as often as you can throughout the day.

APPENDIX A: FREQUENTLY ASKED QUESTIONS

Q How long will I need to practice state management exercises?

A Just like getting exercise, plan on doing it for the rest of your life (or until you no longer want to be emotionally fit). Your exercises will likely change as you master certain concepts and skills. However, there will always be room to improve your personal power and a state management work out plan is the best way to ensure continued results.

Q What if I don't get the results the exercise should produce?

A Many of the exercises take practice to get good results. Contact us if you have trouble at info@purposeandplan.com

Q Why do many of the exercises recommend saying things out loud or with feeling?

A The mind is hard wired to the body through the nervous system. What you experience in your body effects what you think about and how you think about things. When you say something out loud with feeling, you create a powerful congruency between your body and your mind. Sometimes, exercises which produce little or no effect can increase exponentially in power simply by adding a body component.

Q Isn't some negative thinking necessary? How do you solve problems without thinking about them?

A There are two answers to these questions. The first is pragmatic: a certain amount of thinking about negative situations, such as problems, will be necessary. When these come up, remember the 80-20 rule: Spend 80% of your time and energy on the solution after giving yourself 20% of your time and energy to identify and clarify the problem. The second answer is INSTRUCTIVE: to learn to manage negative thinking, practice

eliminating all negative thoughts. Then when you are more able to control what you think and when, allow yourself to entertain negative thoughts as long as they are productive.

APPENDIX B: SAMPLE LIST OF NEGATIVE THOUGHTS AND NEGATIVE QUESTIONS

Negative Thoughts

I hate getting up in the morning
The people I work with are incompetent
Sitting in traffic is a waste of my time
I am in a dead-end job
No one appreciates the work I do
I can't stand the way I look
I never have enough money
Men are losers
No one is sincere
People would just as soon stab you in the back as help you
Women lie
They are stuck up
This doesn't make sense
No one understands me
If I weren't here, they would regret it
It's hot
I have a headache
I wish things were different
I'm tired
I'm lonely
It's never good enough
You always treat me this way

Negative Questions

Why do I have to get out of bed?
What's wrong now?
Why do I always screw things up?
Why do I feel so tired?
Why don't I ever have enough money?
Why do I always have to be the one?
Can't you get it right?
What's this negative sensation in my body?
Why do others always get the break?
What do others think about me?
What do I think about having to do this?
Why am I miserable?

APPENDIX C: SAMPLE LIST OF POSITIVE STATEMENTS, AFFIRMATIONS AND MANTRAS

The sky is blue and the sun is shining

I am getting stronger every day

I prefer water to drink

I eat food that support me

People do the best they can with what they have to work with

I am happy, healthy and holy

God is abundant, the world is abundant, people are abundant, I am abundant

I attract abundance into my life

I attract the right people and situations into my life

I am already connected to the outcomes I desire

I am peaceful and calm

I control my thinking and feeling.

S/He is the perfect person to have in my life right now

I can turn this around

Youth is power OR maturity is power

With God all things are possible

There is enough time for everything I am committed to

I am happy right now in this situation

There is a good purpose for everything that happens

APPENDIX D: SAMPLE LIST OF POSITIVE EMOTIONS

1. Absorbed	28. Fascinated
2. Adventurous	29. Glad
3. Affected	30. Hilarious
4. Anxious	31. Inquisitive
5. Awed	32. Inspired
6. Bold	33. Intent
7. Brave	34. Intrigued
8. Certain	35. Joyful
9. Cheerful	36. Loved
10. Comfortable	37. Passionate
11. Competent	38. Peaceful
12. Confident	39. Playful
13. Connected	40. Pleased
14. Content	41. Reassured
15. Courageous	42. Relaxed
16. Curious	43. Resolute
17. Daring	44. Restful
18. Delighted	45. Romantic
19. Desirous	46. Satisfied
20. Determined	47. Secure
21. Ecstatic	48. Self-Reliant
22. Elated	49. Sensual
23. Encouraged	50. Serene
24. Engrossed	51. Spirited
25. Enthusiastic	52. Strong
26. Excited	53. Tranquil
27. Exhilarated	

APPENDIX E: POWER QUESTIONS

EMOTIONAL HEALTH

1. What states do I want to experience on a consistent basis?
2. What rules can I establish that make it easier for me to experience those states?
3. What states do I need to be in to achieve each of my outcomes?

FINANCES

1. What can I do to earn the money to produce the results I want in my life?
2. What could I do today that would lead me to financial independence?
3. What can I do today to increase the value that I add and increase my profitability?
4. What could I do today to save or invest more?
5. Who is getting the financial results that I want that I could learn from? What could I do today to model their behavior?

RELATIONSHIPS/FRIENDS AND FAMILY

1. How did I get so lucky to get you?
2. What will take our relationship to the next level?
3. What can we contribute together?
4. How can we meet each other's needs and have fun in the process?
5. What about this relationship makes me grateful/proud/happy/satisfied?
6. How is this relationship like my ideal relationship?
7. How can I be a role model to others?

PHYSICAL HEALTH/FITNESS

1. How can I achieve long lasting health and fitness?
2. How do I look and feel ideally?
3. What can I do today that will significantly increase my energy in the long term?
4. How can I meet my health outcomes and have fun in the process?

LEARNING/EDUCATION

1. What can I learn from this experience?
2. What do I want to know or experience?
3. What do I need to know to reach my long term outcomes?
4. What can I learn that will contribute to other's well being?
5. Where do I want to be in 5 years with respect to my education?

CAREER/BUSINESS

1. What do I love about my work?
2. How can I create value for others and profit for myself?
3. How can I contribute to the greater good?
4. What are my talents?
5. What do I really enjoy doing?
6. What do I need to do to get promoted?
7. Who is already getting results in business that I want?
8. How do I make massive improvements in my career?

SPIRITUALITY

1. What am I grateful for in life?
2. Who am I called to become?
3. How can I connect with things beyond myself?
4. How can I achieve greater peace and balance?
5. How can I become the person I am capable of becoming?
6. How can I take my life to the next level?
7. How can I consistently live my faith?
8. How can I be a blessing to others?

UPSETS

1. What can I learn from this? What do I need to learn from this?
2. What is actually funny about this?
3. What do I respect (like, admire, appreciate) about this person who has wronged me?

4. What makes this person treat others so harshly?
5. What's great about this problem?
6. How can I totally destroy this roadblock AND have fun in the process?

PROBLEMS

Matching

1. What do I like about this?
2. What's great about this?
3. How is this like what I want?
4. How can we make this work?

Mismatching

1. What haven't I considered?
2. What problems could come up?
3. What is not perfect yet?

Possibility

1. What if I could turn this around?
2. What if I could make this happen today?

Necessity

1. What must I do to accomplish this outcome?
2. What is required for success?

APPENDIX F: A PARTIAL LIST OF SUB-MODALITIES

Visual Sense

Size

Center, Up/Down

Center, Left/Right

Color/Black and White

Associated?

Clear/Fuzzy

Bright/Dim

Movie/Still

Auditory Sense

Loud/Soft

Favorite Music

Pitch: hi/lo

Age: Old/Young

Gender: Male/Female

Location:

Kinesthetic/Tactile Sense:

Warm/Cool

Scratchy/Smooth

Soft/Hard

