

Easy Self Healing Hacks



*How to overcome trapped emotions
for absolute freedom and abundance*

More-SelfEsteem.com

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Introduction

I'm Karl Perera and I'd like to thank you for buying my helpful guide to dealing with your emotions, Easy Self Healing Hacks. Glad to have you here!

We are all individuals, and we all began experiencing emotions as children. As we grow to be adults, we start taking responsibilities. We're faced with several hurdles and challenges, and while life continues to unfold ,with or without our consent, we will experience a dramatic shift in our emotions every day.

We may feel we do not get appreciated enough for what we do and we find ourselves facing the daunting challenges of modern life. In all of this, one of the things that we fail to do is to see how the emotions we hold on to affect our health and the impact it has on our mental and physiological state.

While we unconsciously find it unnecessary to pause to reflect and focus on what we're feeling, our negative trapped emotions gradually dampen our greater sense of wellbeing and prevent us from enjoying the emotional freedom we deserve. As humans, it's pertinent for us to learn to move through our

emotions and not just avoid them as if they don't exist, because of the underlying negative effects this has and the huge toll it can take.

To enjoy a more authentic life, cultivate deeper relationships, and thrive in work and life, we must learn to embrace change, enhance our emotional agility, and get unstuck. And thankfully, this book will help you with all this and more! You'll discover tips to improve your emotional intelligence. This ebook offers you healthy ways to work with your negative emotions, and enhances your ability to overcome stuck, negative, and trapped emotions to enjoy the true, unadulterated emotional freedom you deserve.

Enjoy the guide!

Karl Perera, MA.

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CHAPTER 1

DEALING WITH REPPRESSED EMOTIONS



Chapter 1: Dealing with Repressed Emotions

The emotions that you unconsciously avoid are your repressed emotions. These are the emotions that you don't know exactly how to deal with so they become feelings you purposely avoid. These emotions are different from suppressed emotions. For instance, let's say you're still staying with your parents because you've been trying to save on rent or because you've become so attached to your parents and you're yet to find the courage to live on your own.

One Monday morning, you and your parents had a little tiff and you decided you were going to move out in the next few days. You still had to manage to go to work that same Monday morning without allowing the little situation to get the best of you, knowing that you could still address the situation with your parents when you got back from work.

Note that, at times, it could be a good short-term solution to push aside or suppress your feelings but it becomes dangerous when you keep those emotions hanging for a long time without addressing them. However, speaking of repressed emotions, these emotions tend to show up in diverse physical or psychological symptoms, and they don't get a chance to be processed.



Why do We Repress Emotions?

Our childhood experiences have a close relationship with emotional repression. As a young person, your primary caregivers have a significant impact on your communication and behavior. If your caregivers didn't judge or criticize your emotional expressions, made it normal for you to experience positive and negative emotional experiences, encourage you to share how experiences made you feel, and frequently talked about their feelings, the chances are high that you'll feel pretty comfortable expressing your emotions.

However, if you had a different childhood experience, you'll feel disconnected from your feelings as an adult dealing with repressed emotions. If your caregivers denied your experience, told you your emotions were wrong, shamed or punished you for expressing your emotions, never talked about their feelings, or rarely showed emotion, it's more likely that you'll repress emotions.

As you keep growing, there's a tendency that you'll keep pushing your noticeable emotions aside. You'll continue to unconsciously bury strong emotions because you've learned that it's pretty much safer to avoid your emotions entirely, especially if you had

distressing or painful outcomes by showing your feelings in childhood.

What Kinds of Emotions Get Repressed?

Emotions that are associated with unpleasant experiences or discomfort are some of the strong emotions people tend to repress. Disappointment, fear, sadness, frustration, and anger are the kind of emotions that fall under these strong emotions. They're negative emotions. If you feel you might be judged by others for expressing some of these emotions or you think some of these emotions are “bad”, it's very likely that you'll repress them.

If you grew up hearing things like “you should be grateful,” “calm down, you're just overreacting and it's totally unnecessary,” or “there's no reason why you should be sad,” you'll become prone to repressing your emotions.

In fact, when you're told to stop shouting or crying and not encouraged to freely express your intense emotions, you'll become vulnerable to repressed emotions, even if your emotional experience didn't specifically get invalidated by your caregivers.

Consequentially, you'll find it difficult to acknowledge your disappointment, anger, and sadness because you feel they're feelings that you shouldn't possess. However, a few other people dealing with emotional repression can still express emotions that are generally accepted by others or those considered “normal” and they could feel more in touch with positive feelings.

Can it Really lead to Physical Symptoms?

While you may still be wondering if your emotions can make you sick, it's important that you know that, truly, they do have a way of making you sick. Yes, anger doesn't cause cancer and neither does sadness give you flu, but you should know that you can recover slowly and get sick more frequently when your immune system doesn't work properly due to a decreased immune system function linked to your emotional repression — research has proven this.

More so, depression, anxiety, stress, and a few other mental health conditions can be factored in by repressed emotions. You're likely to express some physical symptoms, which include:

- Sleep problems and fatigue
- Appetite changes

- Nausea and digestive problems
- Pain and muscle tension

It's also been proven that a number of people who suffer chronic illness have repressed emotions and childhood trauma as contributing factors.

There are significant health consequences attributed to unresolved anger as well and you stand a high chance of developing cardiovascular disease, digestive problems, or high blood pressure if you're finding it difficult to express anger in productive ways.

How do I know if I have Repressed Emotions?

Since there are no definitive tests you can take to know if you're dealing with emotional repression, you may find it quite difficult to know if you have repressed emotions. However, you're likely to notice a few key signs if you're struggling with repressed emotions. These signs affect how you treat other people and yourself and they can be evident in your behavior or feelings.

Recognizing Emotional Repression in your Feelings

Naming and understanding your emotional experience is something you'll often find troubling when you're dealing with repressed emotions. When your needs are not served by certain aspects of your life, you may find it difficult to recognize that, and it could as well be tough to describe your feelings to others.

You may experience this:

- When someone asks you about your feelings, you feel distressed or irritated
- You never ponder on upsetting or insignificant things and this makes you feel cheerful and calm most of the time
- When other people tell you about their feelings, you experience unease or discomfort
- You have a tendency to forget things
- You never understand why but you feel stressed, low, or nervous most of the time
- You regularly feel numb or blank

Recognizing Emotional Repression in your Behavior

The manner in which you respond to others and your behavioral expressions is how repressed emotions commonly show up. You might develop problems in your interpersonal relationships when your emotions get in, especially when they get triggered by small things. Your built-up emotions can explode after you've been struggling to express them healthily.

These are the abilities emotional repression can affect:

- Your ability to encourage or praise yourself
- Your ability to understand how other people feel
- Your ability to build intimate relationships
- Your ability to talk about things that matter to you

It's also possible that you notice some of these things:

- Dealing with situations that upset you make you exhibit passive-aggressive behaviors
- You avoid being alone by spending most of your time with other people

- You avoid feelings you don't want to explore and stay numb by using social media, TV, substances, or other activities
- Rather than express what you really want and need, you just go along with situations

Another plausible sign is often being referred to as “relaxed,” “calm,” or “chill” by others.

Is it Possible to Release them?

A good first step you can take is to talk to a mental health professional if you find it quite troubling to express or regulate your emotions. You can enjoy guidance and support and have a safe space to learn more helpful methods of emotional regulation.

You can beef up your comfort level around talking about emotions and work on naming and understanding your feelings when you get therapy. Aside from therapy, a handful of strategies will also help you manage and deal with your emotions effectively, and these strategies will be explained and explored in the course of this book.

CHAPTER 2

RELEASE NEGATIVE EMOTIONS



Chapter 2: Emotions - How to Release Negative Emotions Before They Affect Your Health

The body and the mind have a direct connection and your physical health can be significantly impacted by negative emotions. Based on distinct emotions, there are varied chemicals and hormones released by the body as it reacts. When we're stressed, Cortisol and Norepinephrine are released, but when we're happy, Oxytocin, Dopamine, and Serotonin are released. Consequentially, one can suffer immediate physical symptoms due to these distinct chemical concentrations, and it's no wonder some people experience shaky hands and headaches when they're anxious.

It's important that you understand that feelings and emotions are two different things. Although they're interconnected and share very close similarities, they have a few things that differentiate them. Physical cues like body language, facial expressions, brain

activity, heart rate, and blood flow can be used to measure emotions objectively and feelings have a less strong physical grounding compared to emotions. Emotions help us give a quick response to diverse environmental threats. They're coded into our DNA, they first occur in the subcortical areas of the brain, and they're regarded as 'lower level' responses.

Feelings can't be measured the way emotions can be because they're so subjective. Feelings occur in the neocortical regions of the brain. They're influenced by our world's personal experiences and interpretations and they're not something specifically general with humans like that of emotions.

There are six identified initial basic emotions according to Eckman (1999) and they include:

- ❖ Surprise
- ❖ Sadness
- ❖ Happiness
- ❖ Fear
- ❖ Disgust
- ❖ Anger

There are eleven basic emotions he later expanded on:

- ❖ Shame
- ❖ Sensory Pleasure
- ❖ Satisfaction
- ❖ Relief
- ❖ Pride
- ❖ Guilt
- ❖ Excitement
- ❖ Embarrassment
- ❖ Contentment
- ❖ Contempt
- ❖ Amusement

8 Examples of Negative Emotions

Unlike what you may have ever thought or heard; negative emotions aren't that bad. They're quite valuable because they do help us to appreciate positive ones and they're completely normal. There are 8 common negative emotions and they're highlighted below.

Anger

Has there been something on your mind that you've always wanted to tell someone? Whenever you think of this, does it make you boil? Does it make you feel like you want to explode or your temperature is rising? This is a common way of describing anger. Your body is trying to rectify something it isn't cool with and it's reacting. However, you may want to consider coming up with more positive strategies if you often react by getting the feeling of throwing things around (which you're more likely to do), vehemently registering your anger on your face, or shouting at the top of your voice.

Annoyance

Annoyance is more like the weaker form of anger. There are probably some people in your life that you love a lot but they do some things that displease you and you get annoyed by these behaviors. It may be your spouse always watching the TV whenever you've got your hands full doing chores without him or her trying to assist you and it could probably be he or she snoring loudly or talking too much and even loudly. It could be annoying, right?

Fear

Fear gives us warnings about failures, unexpected obstacles, or dangerous situations, and it's an evolved response. Immensely connected with our sense of self-preservation, it's usually regarded as one of the core basic emotions. The essence of fear in our lives is to help us see through potential danger and it's actually not purposed to make us feel distressed. Nevertheless, you can proactively brace up yourself to tackle challenges when you take your time to explore why fear rises and also embrace the emotion of fear.

Anxiety

It's perceived and believed that our ability to act and judge gets impaired when we have an anxious disposition and this explains why anxiety is always seen as a negative emotion. Seeking to alert us about possible dangers and threats, anxiety is pretty much like fear.

Sadness

The behavior of someone else around us, our low achievements, or our dissatisfaction with ourselves are some of the things that can bring about sadness. You'll probably feel sad if you didn't get that job you've been hoping you would, had a bad grade, or couldn't meet up with a deadline. *The positive aspect of sadness is that it can be a powerful motivator for change and proof of your commitment to something.*

Guilt

Guilt tends to encourage us to make changes in our life and it's another strong catalyst on its own. Often referred to as a 'moral emotion', guilt connects with how our behavior impacts those around us and our wishes for things to have been different; compared to how we handled them in the past. Guilt is a complex emotion.

Apathy

Apathy, at times, could make us start pursuing a more passive-aggressive expression of rebellion when we lose control over a scenario or situation. Apathy is when you're no longer excited or moved by the things you used to enjoy - loss of interest, motivation, or enthusiasm. Apathy can be a complex emotion, just like guilt.

Despair

Have you been trying to get things done and it looks like you're never going to achieve that certain goal or task? Do you feel like just quitting after you've tried several methods to work something out but it's not going through? That is despair and it helps us to see reasons why we should quit on our desired goals. Despair shows up when we're finding it difficult to get the results we crave.

How Emotions Could be Affecting Your Health

Chronic stress can affect your life's longevity and you'll become more prone to an array of sicknesses when you get your immune system hampered by negative emotions. There are adverse effects of subduing your negative feelings. These effects are quite harmful even though they can be silent. It becomes pertinent for you to learn to deal with and express your negative feelings correctly because this is a great way to keep your body in the healthiest state possible.



Additionally, giving your negative emotions too much freedom to reign has a downside because you have the tendency of going into a spiral of rumination when you dwell on negative emotions and the causative situations. Rumination is a driver for clinical depression, it increases your brain's stress response circuit, and it can affect your mental and physical wellbeing because it may make you end up feeling worse about whatever the situation is.

Physical health consequences like depression, clinical anxiety, cardiovascular disease, high blood pressure, insomnia, and harmful coping behaviors like alcohol consumption, smoking, and overeating have been linked to rumination also. At times, some people strongly believe that they're actively solving problems without realizing that they're stuck in a ruminating rut. Rumination can be a difficult loophole to get out of.

How to Identify Negative Emotions Right Now

We often tend to ignore our deeper feelings to suppress our emotional side. Turning to social vices, drinking alcohol, overeating, and adopting worrisome habits are ways we compensate for this. Nevertheless, for us to gain our balance, we must identify and

accept our negative emotions, and these three tips can go a long way in helping to achieve that.

Listen to Your Subconscious Mind — Now is the time to start listening to yourself. That thought pattern you adopted, which caused you to ignore the voice of your inner consciousness, as well as your hectic schedules, which aren't helping matters, must be addressed. Listen to your subconscious mind.

Delve into your inner self. Break the cycle. All the negative emotions hidden inside you and your thought process can be analyzed when you start practicing the act of writing down your thoughts. And, in the process, you'll get to learn more about the things you love, your relationships, subdued emotions, your weaknesses, and yourself in particular.

Prepare a List of Moments You Were Hurt — There are times that we get hurt and we tell ourselves that we'll get over it. We often say "it's just a small thing, it's fine" while the opposite is the truth. For all the hurts that keep on coming back, no matter how little or unimportant you may think they are, prepare a list for them. With this, you stand a good chance of gaining a greater understanding of

who you are and you'll be able to confront these emotions, instead of just avoiding and burying them.

Record Your Emotions for 8 Weeks — Jot down whatever makes you feel negative or positive and the significant emotional events that happen in the space of that 8 weeks. Identify things that made you angry and make a good effort to analyze your feelings.

You'll be able to work on your emotions, raise your awareness about them, and even feel stronger when you write them down. If you don't want to get stuck with negative emotions, unmasking your anger or other emotional issues is something you must do.

Tips to Release Negative Emotions

What you need to do next is to learn to release your negative emotions once you've been able to identify them. To keep your body in a healthy, balanced state, you can make use of these simple tips to release negative emotions.

Physically Release your Negative Emotions — Releasing your negative emotions is one of the major ways to get rid of them physically. *For some people to vent their negative emotions, they need to scream till it feels better.*

They release their negative emotions by shouting or screaming at a secluded place. Not everyone does this as we have a few other people who tend to vent their rage by using a controlled physical exertion or a punching bag. It's angry people who tend to use this method the most.

Transmute Your Emotions — This is pretty easy. Get your eyes closed as you sit in a chair and make sure you're in a comfortable position. Now, try to get yourself relaxed by taking some deep breaths. Then, you see those emotions that haven't been good to your well-being, begin to search for them.

The midriff area is where sadness often rests and the belly button is where anger is usually found. There are different places around the body where subdued emotions are located. Once you've been able to locate your emotion, hold it and be with it. To reduce the

size of the cloud of this emotion, continue to hold them, by repeatedly going through this process.

Use Meditation to Release Your Negative Emotions — A session of meditation will make you feel things differently and it can as well alter your perception about things strongly. Close your eyes as you get seated in a relaxed position. Relax your body by taking deep breaths at least ten times. Confront and get rid of your negative emotion by identifying it and tracking where it's stemming from.

[Learn how mastering meditation helps your self esteem](#)

CHAPTER 3

EMOTIONAL EXHAUSTION



Chapter 3: Emotional Exhaustion - What it is and how to Treat it

What is Emotional Exhaustion?

Emotional exhaustion can sneak up on you in difficult times and you can become emotionally exhausted and overwhelmed if you're experiencing long-term stress. Emotional exhaustion is one of the signs of burnout and it's often caused by accumulated stress from your personal or work lives and it's a state of feeling emotionally drained.

You may get the feeling of being “stuck” or “trapped” in a situation or feel you have no power or control over life's happenings if you're experiencing emotional exhaustion. Overcoming emotional exhaustion could be difficult if there's decreased motivation, poor sleep, and lack of energy.



What are the Symptoms of Emotional Exhaustion?

There are emotional and physical symptoms of emotional exhaustion and these are the general symptoms:

- ❖ Depression
- ❖ Sense of dread
- ❖ Increased cynicism or pessimism
- ❖ Irrational anger
- ❖ Difficulty in concentrating
- ❖ Nervousness

- ❖ Change in appetite
- ❖ Headaches
- ❖ Apathy
- ❖ Absentmindedness
- ❖ Feelings of hopelessness
- ❖ Physical fatigue
- ❖ Irritability
- ❖ Trouble in sleeping
- ❖ Lack of motivation

Employees who are emotionally exhausted can also show these symptoms:

- ❖ High turnover rate
- ❖ More absences
- ❖ Lower commitment to the organization
- ❖ Failure to meet deadlines

What Causes Emotional Exhaustion?

Whether it's stress related to work or personal stress at home, a long period of constant life stress is what causes emotional exhaustion. Chronic stress can take a toll on the body if it persists

over time, irrespective of the fact that it's normal to experience some anxiety and daily stress.

Take note that what's completely manageable for one person might be stressful for another person, and this is just to affirm that there are unique triggers of emotional exhaustion for respective individuals.

Here are some of the common triggers of emotional exhaustion:

- Living with a chronic illness or injury
- Death of a family member or friend
- Prolonged divorce proceedings
- Being a caregiver for a loved one
- Homelessness
- Raising children
- Working at a job you hate or working long hours
- Intense schooling, such as medical school
- High-pressure jobs like teachers, police officers, doctors, and nurses

How to Treat Emotional Exhaustion

You can prevent emotional burnout and manage your symptoms by making small changes in your daily habits. Symptoms of emotional exhaustion can be alleviated when you make certain lifestyle changes and these techniques can be very helpful.

Eliminate the Stressor

Asked to be placed under a different manager or consider transferring to a new department if your manager or boss is causing your stress. Consider changing jobs or companies if the cause of your emotional exhaustion is your work environment. Eliminating the stressor is the best way to treat stress, even though it may not always be possible.

Eat Healthily

Eating healthy helps to improve your energy levels, sleep, and digestion. It also helps you get the vitamins and minerals you need. Avoid fried or processed foods and sugary snacks but choose a

balanced diet rich in lean meats, whole grains, vegetables, and fruits.

Exercise

Even if it's just a long walk, try to exercise for 30 minutes per day. You can take your mind off your problems by exercising. Exercise helps in improving one's emotional state and raises endorphins and serotonin levels.

Limit alcohol

Alcohol interferes with your sleep and it leaves you more anxious and depressed after temporarily boosting your mood.

Get Enough Sleep

There can be a positive impact on your sleep schedule when you limit caffeine. You can also relax and enjoy better quality sleep when you develop a routine at bedtime. Every night, aim for eight to nine hours of sleep. Understand that sleep is important for

emotional health and quit the habit of denying yourself some good sleep.

Practice Mindfulness

Mindfulness can be the key to balancing your emotions as it's scientifically recognized to reduce stress and anxiety. Several ways you can practice mindfulness include:

- Keeping a journal to write down your feelings and thoughts
- Going for a walk, especially in nature
- Breathing exercises
- Yoga
- Meditation

Connect with a Trusted Friend

Talking to someone who would listen without judging you does a lot of good and it could be a family member or a trusted friend. Although the person may not necessarily have the means to fix your issues, it's stress-relieving to talk face-to-face with a friend.

Take a Break

Every little bit helps. Take yourself out to the movies or take a vacation if you can afford it. We all need a break at some point.

Meet with a Professional

You'll be given tools to work through a stressful period when you talk to a professional, such as a therapist. Applied relaxation techniques and cognitive behavioral therapy (CBT) are some of the techniques used by professionals.

Talk to your Family Doctor

Medications may be suggested you manage your symptom if you talk to your primary care provider. It's proven that emotional exhaustion can be treated by prescribed sleeping aids, anti-anxiety medications, selective-serotonin reuptake inhibitors (SSRIs), or any other antidepressants.

CHAPTER 4

TRAPPED EMOTIONS



Chapter 4: Trapped Emotions - How to Release Emotions Stuck in Your Body

We all were born to openly and freely express our emotions because we're emotional creatures but as we grow up, our desire to be accepted, earn love, and fit in comes in and "encourage" us to repress our emotions when we should rather express them. A lot of people utilize a defense mechanism of pretending and avoiding their uncomfortable emotions just to hide their emotions. They end up hiding themselves.

They bury themselves deep inside where others can't see them since they can't express their emotions through their body and mind. The difficulty for them to accept their emotions make it more difficult for them to process what is happening. They find themselves to be emotionally overwhelmed when they experience burdensome events. Our tissues, muscles, and organs are where

unprocessed emotional energy is stored, and we create toxicity in our body, mind, and heart when we chronically repress emotions.

What do Suppressed Emotions Cause?

It will become impossible for you to heal and you'll be stuck in getting over your emotions if you don't face suppressed emotions. You may not know it but your suppressed emotions will keep gaining life power over your behavior because it will gradually move from your conscious to the unconscious mind and this alone is a trap to make you feel that the pain is long gone.

You'll find it difficult to believe in yourself and your present and future will keep getting hurt by what your ego projects to you, the more you keep choosing not to heal them. Know that your suppressed emotions will be used against you by your ego because it knows it all.

3 Steps to Process Emotional Energy Stuck in Your Body

Learning to recognize and accept our feelings as they come and go is very crucial. Learning to express our emotions healthily will follow suit to prevent our emotions from getting stuck. Expression is the opposite of repression and if you've got some emotional energy stuck in your body, you can process them by using these three simple steps:

Step 1: Recognize (self-awareness)

Without being judgmental, you need to be able to feel what's happening in your body, accept it, and have a clear idea of what's happening. Feeling the emotion in your body and recognizing it is the challenge and mindfulness does play a great role in helping you achieve this.

For you to process and integrate your emotions into your experience, you must fully experience the emotion. You have to feel it to heal it. The emotion must be felt in your body. Know that the essence of true healing will not be complete without inner freedom,

insight, genuine acceptance, and a fully embodied experience. As you go through more difficult emotions, offer yourself self-compassion, and to get better at recognizing your feelings, practice mindfulness.

Step 2: Respond (self-expression)

Letting go of your emotion by moving the energy of emotion through and out of the body is the goal. For emotions to be processed, they need to be expressed. Foremost, express the emotion on the bodily level, and understand that there has to be an integration of the body and mind before true healing can occur. This self-expression must be embodied and authentic.

Whether you feel you need to just breathe deeply while facing the sun, paint your feelings out, do some TRE, yoga, tapping, or do some gardening, hit a punching bag, dance it out, walk or run, go for a swim, scream into a pillow, cry, or whatever helps you feel cathartic at that moment, do it.

This can help to liberate you from the shackles of the poisonous emotions that you've carried within. More so, you can process your

deepest feelings and emotions, reconnect with your true self, and bask in a therapeutic experience of self-discovery when you write. Journaling is one of the best forms of emotional healing because writing helps us gain perspective, process, and grasp the meaning of our world and that of others. We give our internal world a voice when we write.

Step 3: Reset (self-care)

Coming back into balance and wellness, resetting to a relaxed and open state, and realigning with your authentic self is the goal. Habits that will bring in the feeling of well-being should be indulged in as you get yourself rededicated to body-mind self-care.

5 Simple Ways to Release Suppressed Emotions

1. Motion unleashes emotion. Move your body whenever it feels difficult to connect with your emotions so that the energetic blocks from your body can be released by the motion. You can move, run, jump, or dance.

2. Stay with your wounds and feel them. It's okay to feel sad and it's fine not to be okay. Feeling your negative emotions, accepting them, and then releasing them is an efficient way to get rid of negative emotions.

3. Use the magic phrase. The neuron paths in your brain can be rewired by some simple phrases. Let your phrase contain an assertion. Carve up whatever you feel works best for you.

4. Accept your suppressed emotions. You might see a cloud-like image of a particular color or any images in dark colors but see them with your inner eye and express the emotion somehow. Observe it. Focus your attention on it for a while. Scan your body. Breathe in deeply and exhale. Your eyes shouldn't be open. Be relaxed.

5. Write it down. Don't think you'll just write down stupid things or it's worthless to write. Whatever that's on your mind for about 15 minutes should be written down. Writing things down is an old yet powerful working technique to release suppressed emotions.



What to do after Feeling Your Feelings

- 1. Wipe away your tears.** Tend to yourself as you like being tended to. You may choose to either wipe your tears away or leave them to dry up on your face.
- 2. Be gentle with yourself.** Whatever your favorite self-care practices are, sink into them. Wrap yourself in your favorite soft blanket. Lie down for a nap. Eat some dark chocolate. Take a bubble bath. The best course of action for you to take is the most

self-compassionate and self-honoring step which your heart is going to tell you.

3. Talk it over with a close trusted friend or journal about your experience. Talk about your experience with your close trusted friend and if you're much of a writer, your cell phone's notepad, journal, and diary can always take in your notes.

4. Take action. Whatever it is that you have learned about yourself, take action on it. Do you feel that your health habits, lifestyle choices, job, or relationships are out of alignment? Do you realize that you need to apologize to someone for the way you behaved to the person in the past? Whatever it may be, take action.

CHAPTER 5

EMOTIONAL TURBULENCE



Chapter 5: Emotional Turbulence

We suffer when we don't know how to deal with pain. Suffering isn't part of life but pain is. Imagine how ironic that can be when it's tragically juxtaposed. Pathetic, isn't it? If you don't know how to deal with pain, you'll be susceptible to toxic, turbulent emotions. To enjoy sound spiritual, mental, and physical health, you must be able to deal with painful emotions. There will be a compounded emotional toxicity showing up in the guise of anxiety, fear, anger, hostility, or insomnia when you refuse to deal with pain when it occurs.

The implication of not dealing with your pain and leaving them till they resurface again is that you'll feel paralyzed, exhausted, and likely get depressed when they come back stronger. Thus, learning to "metabolize" and eliminate pain becomes pertinent after you've learned to recognize painful emotions right away. Be aware that you'll be too agitated to easily and swiftly access life's possibilities when you're emotionally turbulent.



7-Step Exercise to Release Emotional Turbulence

1. Identify and Locate the Emotion Physically. Focus on your breathing. Meditate in silence for a few minutes. Close your eyes and make sure you're sitting in a relaxed position. You can get uncomfortable very quickly when you're sitting on the floor so, you may want to consider another surface.

Remember that the best practice is sitting up straight and your seat should be comfortable and sturdy. Wherever you're doing

this should be a quiet place where you feel calm and you should do this when you won't be disturbed. As you're doing this, look out for when you felt emotionally upset. It may be a past injustice at work, an argument with your partner, or when you felt you were mistreated. Identify exactly what you are feeling and give the feeling a name, a word.

2. Witness the Experience. Consequential to the result of the emotion you've identified, be conscious of the physical sensations that arise in your body. Let your attention wander into your body. Hold the emotional experience as you find where it is in your body that you're feeling the sensation. You may feel it as the pressure in your throat, a sensation of tightness in the gut, a pressure in the chest, or whichever way.

3. Express the Emotion. "It hurts here." Say this out loud as you sense where your feeling is located on the part of your body and place your hands on it. A valuable way to also express emotion is by writing your feelings out on paper.

4. Take Responsibility. Take responsibility for your feelings. How you interpret and respond to emotional turbulence is up to you. Gain the power to make your pain melt away by taking

responsibility for your feelings and choose to respond to painful situations in new and creative ways.

5. Release the Emotion. Ritually burning the paper and offering the ashes to the wind can be helpful to you if you've written out your emotions on paper. You may take a long warm bath, use essential oils, try deep breathing, dance, sing, or whatever does the trick for you. Just experiment to discover what works best for you.

6. Share the Outcome. Without seeking approval, manipulation, or blame, share what happened. You'll be able to activate a new pattern of behavior when you share the outcome of releasing your pain.

7. Celebrate the Process. You can honor the new you by buying yourself some flowers or a present or just go out for a nice dinner. It's worth celebrating that you've taken a step to be purged from emotional turbulence, even when you can still choose to perpetuate the problem or respond to the situation with a pain reflex. Do well to celebrate and relish the moment.

CHAPTER

6

**COPING WITH
EMOTIONAL PAIN**



Chapter 6: Coping with Emotional Pain

As humans, there's that point in our lives where we go through emotional pain. When you get this experience, how do you deal with it? Do you cry hoping it will just go away? Do you use the pain as an excuse to be peevish to those around you? Do you tend to avoid it? Or do you allow yourself to release the pain by processing it and allowing yourself to feel the pain as you sit with your emotions?

Yes, we are indeed taught valuable lessons by these experiences and they also tend to make us stronger. You should also know that there's usually an imprint left on the mind and body by traumas and painful experiences. Likewise, our happiness, success, and health can be negatively affected by emotional pain that is not addressed. Feelings of resentment, shame, anger, guilt, sadness, or unpleasant memories may keep interrupting your present moment, depriving you of the joy and inner peace that's meant for you.

Dealing with Emotional Pain

Most people you see seeking out therapy are those who are struggling with emotional pain. Stomachache, tension, fatigue, and chest pain have also been attributed to emotional pain and this goes further to justify the potential of feeling uncomfortable physically when one is dealing with this pain.

Anger towards others, sadness towards oneself, judgmental thoughts, and “what if” thoughts are common as well because emotions can lead to distressing thoughts. This can prompt the cycle of emotional pain when emotion-driven behaviors like aggression, withdrawal, and avoidance begin to manifest. You'll need to start changing your behaviors if you want to deal with overwhelming emotions. To change your experience, you must let go of what isn't working for you and work on how you act and how you think.

Why is it so Hard to Cope with Emotional Pain?

We can't get rid of emotions, we can't stop them, and we can't control them. Emotions help us adapt and they're very useful. Nevertheless, our emotions may start to work against us when we

decide to push them aside temporarily by using coping strategies, or you numb them, push them down, or avoid them. Whenever there's a threatening sign or something is wrong, our negative emotions send us a signal.

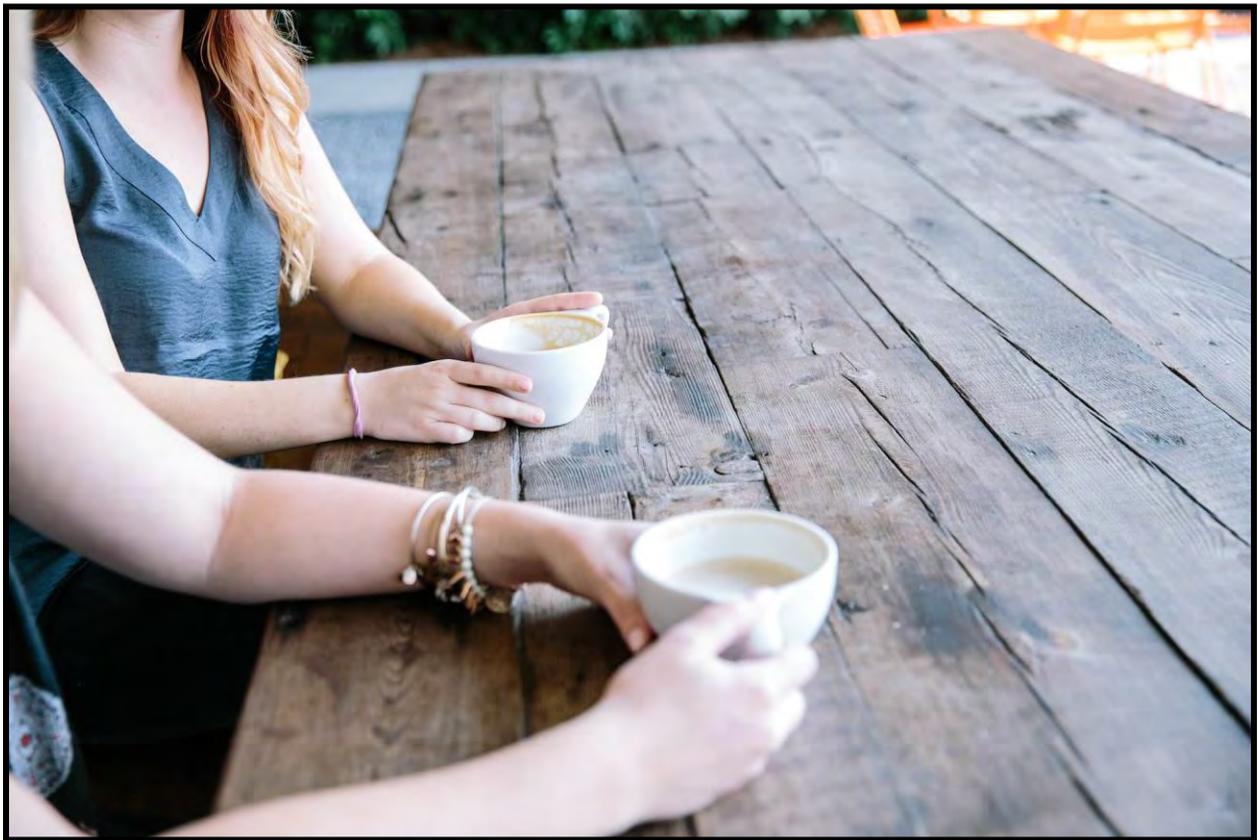
You may find it hard to deal with emotional pain if you're involving yourself in acts like drinking, shopping, excessive TV watching, overeating, and the likes. Research validates that emotional pain becomes sorer because of some of our coping behaviors. “What we resist, persists.” This is the case for whoever is dealing with pain but keeps mumbling and postponing when it should be attended to, and as this goes on without the pain being addressed, the pain also grows stronger day by day and becomes even more dangerous.

Is Therapy Really Necessary for Emotional Pain?

There's no denial about the fact that therapy helps a lot to heal emotional pain, whether it's done through phone sessions, Skype, or in-person. Therapy does give you access to a safe environment to work through your pain and trauma and you can be recommended appropriate treatment options and get to have

better knowledge and understanding of your emotions, feelings, and thoughts when you work with a therapist.

If you feel your emotional pain is too intense for you to work through alone, it's advisable that you consult a therapist. But, you should as well know that there are some strategies you can use to release and overcome emotional pain without the help of a therapist.



Strategies to Release and Overcome Emotional Pain

1. Awareness and Observation

Everyone feels emotional pain differently. For some people, it may be a tightness in their chest, throat, or stomach, and others could experience sensations in other parts of their body. You need to feel it to heal it. Be conscious of what's going on in your body. Breathe but make sure you're well seated while doing this. Start taking a few deep breaths slowly. Understand that you cannot be harmed by these emotions. Acknowledge your safety and don't deny yourself the access to feel what comes up.

2. Non-Judgement and Self-compassion

You'll experience more pain, shame, and guilt when you judge yourself. Use non-judgment and compassion to meet whatever you're feeling and experiencing as you begin to talk yourself through.

3. Acceptance

You'll be able to move through your emotions when you begin to understand why they're there and this can only happen when you

don't fight them but accept them. Regardless of what the situation is, know that your emotions are always valid. It's an exhausting battle to fight against your emotions and you should know that they're there for a good reason.

4. Meditation and Deep Breathing

Your inner peace will be restored, your fight or flight response will be lowered, and your nervous system will be calmed when you take deep breaths as you meditate. You can quiet mental chatter and release suppressed emotional pain with meditation. If you're not sure about how to meditate correctly, you can watch a video on YouTube to see how it's correctly done.

5. Self-expression

To understand, process, and release your pain, some of the things that can help include yoga, dancing, any form of art therapy like drawing or painting, turning on a sad song to cry to, or journaling. You can be set free when you express your emotions in a healthy, constructive way.

6. Practice self-forgiveness and forgive others

Your body will begin to heal and return to balance when you detoxify by practicing forgiveness. Grudges are like toxins within our emotions and to heal and release emotional pain, the essential components you must reckon with are self-forgiveness and the act of forgiving others.

CHAPTER

7

**A MINDFULNESS PRACTICE
FOR WELCOMING
YOUR EMOTIONS**

A photograph of a pink notebook with a rose gold pen resting on it. The notebook is open to a page with the text "TODAY I AM GRATEFUL" written in black, uppercase letters. The text is underlined. The notebook is surrounded by green fern leaves.

**TODAY
I AM
GRATEFUL**

Chapter 7: RAIN - A Mindfulness Practice for Welcoming Your Emotions

If you've been following intently, by now, you'll already be synced with the usefulness of mindfulness and how it can be helpful in finding your emotional freedom. Mindfulness offers a channel for you to relate well with your cascade of emotions and thoughts and it fosters intimacy with your experiences by cultivating a permeating space and gentleness.

The RAIN Practice

People who are going through emotional confusion and suffering use the RAIN practice to find ease and peace. The acronym, RAIN, has proven to be very helpful and it's affirmed to be very effective for inner healing.

R — Recognize

Noticing what is coming up is the first step. You need to acknowledge that you're experiencing something because it's only until then you can be resilient in the face of difficulty and deal with the emotion. Without recognition and acknowledgment, it becomes pretty herculean to stand up to the difficulty you're facing.

For instance, let's say you feel agitated or queasy after you and your friend had a heated argument. What would you do? Would you judge yourself for being angry? For speaking out? For airing how you feel? You don't ignore your discomfort or push away your feelings like they don't matter.

A — Acknowledge

Okay, the next step is pretty much connected with the first because you can only acknowledge the emotions that you recognize - acknowledging that it's okay to have this emotion. That is, you permit yourself to feel it. You allow the emotion to be there. You accept that feeling. Acknowledgment means you don't have to be telling yourself things like “I think I now need to be less sensitive” or “I feel so disgusted about myself that I could feel so hateful

towards my friend.” You're human with emotions flowing through you.

You're not perfect and sure, you can work on yourself being a better person but don't let your desire to look perfect to the ones you love or people around you make you call off your anger and self-judgment as “wrong” or “bad”. Instead of using either of these two words, why not replace them with the word “painful”? Like, “Dear friend, it's painful we had to go through a heated argument yesterday”. How does that sound?

You'll be surprised to see that this statement will help you do three amazing things. First, it will create space for your emotions as they arise. Secondly, it will help you see your thoughts and emotions explicitly. Thirdly, it's an entry into self-compassion. You must understand that your emotion is not an enemy that should be suppressed but let your attention be more on gaining insight.

I — Investigate

With a sense of curiosity and openness, explore your emotions and begin to ask questions. Your desire for blame or answers or your obsessiveness shouldn't be what fuels this inquiry. When you move closer to a feeling and cultivate curiosity, you stand to enjoy so

much freedom. Beyond the surface, check out what the feeling contains and explore how the feeling manifests itself in your body. Uncomfortable emotion will become less opaque and solid if you choose to get closer to it, and with moments of fear, helplessness and sadness are commonly included in anger.

This shows that there are intricate tapestries woven of various strands often found in several strong emotions. Be conscious of not repressing and not wallowing. Let your attention be on gaining more insight and labeling the discomfort shouldn't be your priority.

N — Non-identify

Engaging with an emotion doesn't mean you should be defined by the emotion. You should consciously avoid that and this is the final step of RAIN. For instance, let's go back to the example made about you having a little tiff with your friend. So, you followed the RAIN practice and this made you see what was inside that emotion; it may be your resentment, your fear, your anger, or whatever it is.

However, one thing you shouldn't do after your recognition, acceptance, and investigation is to conclude by saying “I will always be an angry person because that's what I am.” No, don't do this.

Non-identify. Do well to make a gentle observation that ushers in compassion and avoid spiraling down into judgment.

Emotional Mastery

There's no back and forth about emotional mastery. With the two words "emotional" and "mastery", it simply has to do with mastering your emotions.

The role of Emotional Mastery in Life and Society

Our interpersonal relationships and subjective experience do get impacted by feelings and emotional mastery.

Emotions unify us across cultural lines

Disgust, surprise, anger, fear, sadness, and happiness are the six universal basic emotions. Everyone does experience these feelings, even though the appropriate display of some of these emotions may be defined by some cultural differences around the globe.

Our sense of well-being is governed by emotions

We stand a high chance of feeling good when we incorporate a sense of contribution, vitality, cheerfulness, flexibility, confidence, curiosity, love, passion, and hunger. We can create a base of positive effects for ourselves through our emotional mastery and by harnessing the "10 power emotions".

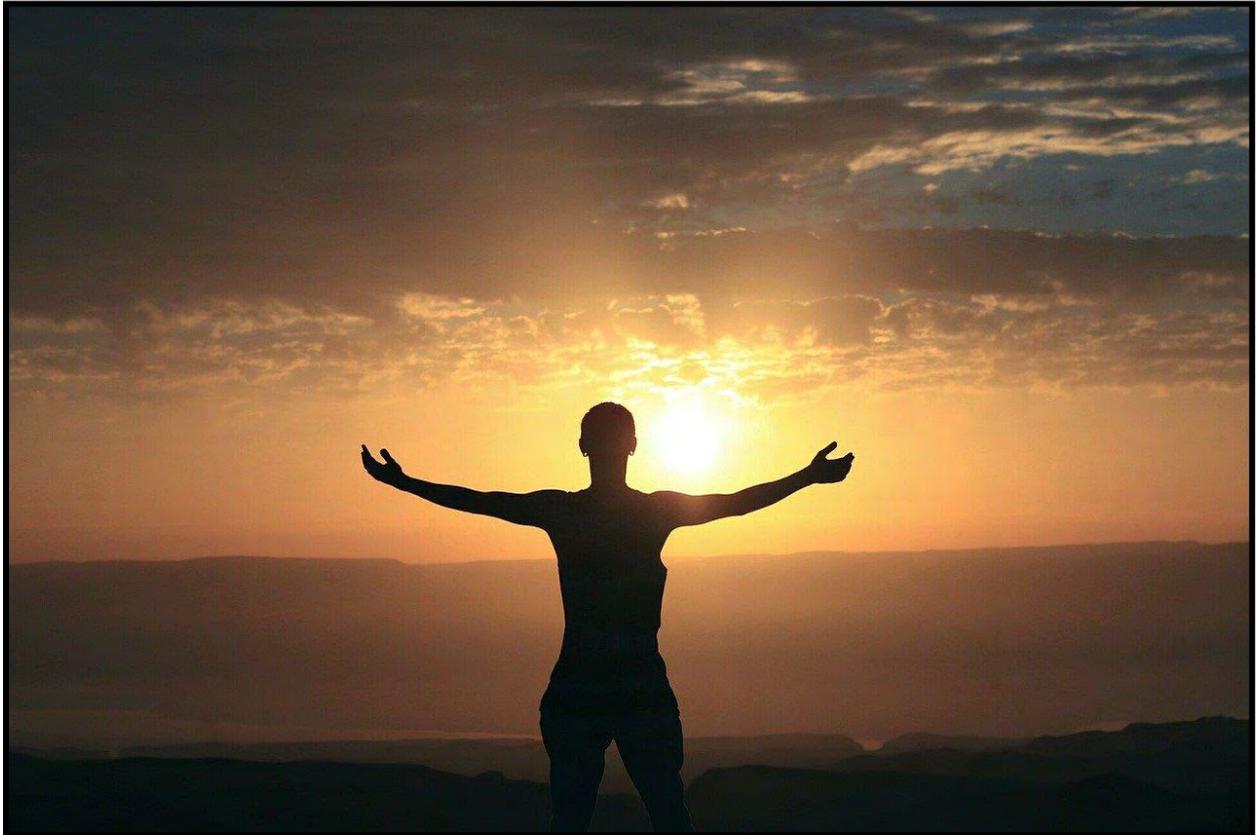
Emotional mastery supports healthy relationships

Your relationships can be shaped for the better or worse by your emotional response and people around you get affected by your emotional response. You'll be able to grow and nurture your situation when you have the ability to demonstrate appropriate emotions but you put your relationships at risk if the opposite is the case.

Cultivating Positive Emotions

Let's assume your spirit, emotions, and mind is a garden. Planting seeds of fear, anger, and disappointment will make your garden horrible, obviously, but if you plant seeds like appreciation, warmth,

and love, definitely, your garden will produce a nourishing, eye-pleasing, and bountiful harvest.



10 Power Emotions

These 10 power emotions can be used as an antidote to negative emotions and they can help you enjoy abundance and fulfillment in your life.

Gratitude

Abundance appears and fear disappears when you're grateful. You can improve your health, create loving relationships, and expand your happiness if you use gratitude as the immensely powerful force it is. To live a happier life, you must practice gratitude. The single greatest power to change your life is gratitude. When you start practicing gratitude, you'll see that you start feeling some rays of hope and your gloominess will begin to disappear.

Hunger

You must have the determination to make change happen if you're going to create lasting value in the world. Hunger is a force you must use to get to that higher place above; whether you desire to be an excellent, successful businessman, a musician, an athlete, a politician, or whatever it is you want to be. To become the best in what you do and live life on your terms and have choices, note that hunger is the single most valuable secret to success in life. Hunger is the most essential emotion to success.

Passion

“Man is only truly great when he acts from passion” — Benjamin Disraeli. Passion gives you a sense of purpose; it breaks your old patterns of thinking and shakes your mind free from limiting beliefs. Passion is the engine behind your drive, your capability, and your imagination. Passion is a force that awakens you and keeps you interested in new dimensions to do more creatively without getting tired or feeling disturbed.

Love and warmth

Love has a tremendous power that it can quench any negative emotion if it collides with one. Love is the greatest gift of all and it's a very beautiful emotion. Be kind and gracious to yourself and extend this to others as well. People may be wicked, crude, and unkind but when they see the love you preach and radiate, you'll be making them a better person, and making the world a better place in general.

Curiosity

Nothing is a chore when you're curious. One of the main reasons why children don't ever get bored is because they always marvel at

things most obvious and they know how to wonder. You must learn to be as curious as a child if you really want to grow in life.

Flexibility

We live in a life where nothing is fixed. Anything can happen and this is why the amount of uncertainty you're willing to live with is what will determine your level of happiness in life. Success can only be assured when you can adapt swiftly without being upset.

Confidence

You'll enjoy the sense of certainty you desire when you have unshakable confidence. Trusting that things will work out and exerting eagerness to experience the power of faith is what it means to be confident. [Get my FREE confidence masterplan](#) and take your confidence to another level!

Cheerfulness

You'll be transmitting a sense of joy to those around you when you're intensely cheerful. If you want to live a life full of pleasure and pleasurable moments, be cheerful, or at least, live it with a very cheerful person.

Vitality

Our life force is our energy or vitality. Consciously choose to have a state of mind that's rich in energy because our psychology is the ultimate source of energy. Your energy level is where your emotional or mental state begins.

Sense of contribution

Life takes on a new, deeper sense of meaning when we start contributing our little token or service to make life better for others. If what you do adds something to the lives of others or maybe just one person, there's a sense of fulfillment you'll enjoy. To experience life's deepest joy, contribute selflessly and sincerely to the life of others.

How to Master your Emotions

It's very important that you know how to express and experience your emotions. It's actually funny that a lot of people tend to trivialize this like it doesn't matter. You must understand that

you're in charge of your emotions and you shouldn't let your emotions be in charge of you instead.

Important knowledge that helps with self-care, day-to-day interactions, relationship success, and decision-making are some of what you'll have access to when you're in tune with your emotions. Emotions play a key part in your reactions in given situations and when they start to feel out of control, they'll affect your interpersonal relationships and emotional health gravely. Emotions do play a helpful role in our daily lives and it's pertinent that we learn to master them. Thankfully, these six tips below can help you to master your emotions.

6 Tips to Master Your Emotions

1. Identify what you're really feeling

Identifying what your feelings are is the first thing you'll have to do if you want to learn how to master your emotions. Questions like: is it something else? am I really feeling...? and what am I really feeling right now? are some of what you should ask yourself.

2. Acknowledge and appreciate your emotions.

When you appreciate your emotions as being part of yourself, you're learning to master them. Shutting down or denying your feelings isn't what emotional mastery means.

3. Get curious.

There's always a message your emotion is sending you and you'll be able to prevent the same problem from occurring in the future, solve the challenge, and get your current emotional pattern interrupted when you get curious. If you give your emotions space, they'll teach you a lot about yourself, and when you approach your feelings with a sense of curiosity, you're getting to master your emotions.

4. Get confident.

Confidence does help you to master your emotions. Let's say you're someone who gets sad easily by the slightest thing. Thinking of how you were able to overcome that situation in the past will help you to deal with the present as it fortifies you with the confidence to manage your emotions.

5. Get certain.

To handle your feelings successfully, you'll need to build your emotional “muscle”, more like lifting emotional weights. That is, rehearse handling likewise situations to build your confidence and master your emotions.

6. Get excited and take action.

The fact that you can prove that you've handled it, taking some action right away and easily handling your emotion should get you excited. You should get excited that you've learned how to master your emotions.

Need some extra help with your self-confidence?

[Go check out my best 12 tips for more confidence now](#)

CHAPTER

8

**BUILDING BETTER
MENTAL HEALTH**



Chapter 8: Building Better Mental Health

Mental health is important at every stage of life, from childhood to old age. It helps us to make choices, relate to others, and determine how we handle stress. Our mental health affects how we cope with life, act, feel, and think. Our social, psychological, and emotional well-being make up our mental health.

Understanding Good Mental Health

Good mental health refers to the presence of positive characteristics and it goes way beyond the absence of mental illness, being free from anxiety, being free of depression, or other psychological issues. It's important to understand that the absence of mental health problems does not signify good mental health and having good mental health isn't a guarantee that you'll never experience emotional problems or go through bad times.

These are the characteristics of people with good mental health:

- ✓ They have high self-esteem and they're self-confident
- ✓ They have the ability to build and maintain fulfilling relationships
- ✓ They can balance work and play
- ✓ They're flexible to adapt to change and learn new skills
- ✓ They have a sense of meaning in their relationships and activities
- ✓ They have the ability to bounce back from adversity and deal with stress
- ✓ They have the ability to laugh and have fun and they have a zest for living
- ✓ They have a sense of contentment.

Would you like to learn how to develop a positive attitude?

[**Click this link to discover how**](#)



How to Improve Your Mental Health

There are several ways and ideas you can explore to take control of your mental health; whether you just want to feel more positive and energetic, handle your emotions better, or looking to cope with a specific mental health issue.

Stay positive. Don't negatively compare your life to others, don't get into arguments, and don't fall for rumors. Be careful using

social media and know when to stop watching or reading the news. Hold on to the positive emotions when you have them and stop thinking about bad things. Find your balance between your positive and negative emotions

Practice gratitude. You'll be able to see your life differently when you practice gratitude. Either by writing it down in a journal or by thinking about what you are grateful for, be thankful for the good things in your life.

Take care of your physical self. Take care of yourself by eating healthy, get enough sleep, and be physically active.

Connect with others. We humans are all social creatures. Join a group that is focused on a hobby you enjoy or volunteer for a local organization. Explore ideas to get involved with your community or neighborhood and connect with your family and friends.

Develop a sense of meaning and purpose in life. Explore your spirituality, learn new skills, volunteer, or use your job to achieve this purpose.

Develop coping skills. This will help you not to easily give up on solving things. It will enhance your flexibility, urge you to take action, and help you face a problem, especially when you're dealing with stressful situations.

Use relaxation techniques. Deep breathing exercises, self-hypnosis, biofeedback, guided imagery, and progressive relaxation are some of the types of relaxation techniques you can use to reduce stress and muscle tension and lower your blood pressure.

5 Secrets to Create More Freedom and Abundance

If you wish to enjoy emotional wealth, freedom, and abundance, practice these simple five tips:

1. Use your gifts to help others improve their lives. You've been able to find answers to the problems you've solved but there are still some people struggling to do that. You may have been able to successfully grow a vegetable garden, train a pet, mastered the stock market, or any other thing, but don't be shy to share your knowledge and talents to help others.

2. Find a mentor. Your path to success can be accelerated when you find a mentor. Bill Gates was mentored by Warren Buffett, Mark Zuckerberg was mentored by Steve Jobs, and several other successful people in life today enjoyed more success because they had a mentor.

3. Find a community of fellows who support you. You'll be able to push each other to grow, learn from each other's wins and setbacks, and share ideas. Whenever you face a challenge on the path, you'll be able to lean on others if you're in a community of like-minded people who support you.

4. Never stop learning. You'll be able to build more financial and emotional wealth when you have more to give to others and for you to have more to give, you must learn more and push yourself to expand. Don't ever assume that you know it all and understand that happiness is a byproduct of growth.

5. Be consistent. Consistency is the key to achieve whatever you plan to achieve. See mishaps as an opportunity to learn and get better. Don't be discouraged by setbacks, take daily action towards your goals, and be faithful to your dreams.

Conclusion

Emotions are an integral part of life and we need to start welcoming them instead of avoiding them, especially those that are connected to some experiences we're not really proud of. It's humane to be a bit scared by intense emotions, but you should also be conscious of the detriments stuck emotions can cause. You'll be able to improve your relationship with yourself and others and navigate the challenges of life more successfully when you brace yourself to get more comfortable with your emotions.

As your emotional well-being gets improved over time, never stop embracing those negative feelings. Whenever you feel stuck again, use some of the tips that have been outlined here to liberate yourself and enjoy inner peace. Your inner healing miracles start today. Bid goodbye to those trapped emotions and welcome yourself to emotional growth and abundance!

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