

EDM Week 6 Homework – Emotional Control

NOTE: If you didn't attend this class in person, be sure to watch the video first. Remember the model – emotions are abstract. The things that are real (and changeable) are the bodily sensations that the emotion is created from.

GUIDE - give these direction to your "client" :

Go into this exercise with a spirit of curiosity and PLAY.

Choose an overwhelm or a procrastination where an emotion is clearly blocking you or getting in your way.

Imagine the situation and feel the emotion that blocks you.

Feel into your BODY and identify the sensations that make up this emotion.

Characterize the sensations (location, shape, color, temperature, size, weight, motion, light inside, etc.) **Guide asks, for example, if this sensation had a color, what color would it be?**

Start PLAYING.

Make small changes at first to understand the impact on the emotion. (E.g. if a sensation is dark black, lighten it a bit into the grey zone.) Make changes in several directions before you conclude how they work. Your goal is to diminish the intensity of the emotion – all the way to zero is usually possible.

TEST

Have your "client" imagine the same situation again and notice the intensity of the emotion. Normally, it will be a little less than the original.

PRACTICE

Have your "client" imagine the situation again and, as rapidly as possible, go through the change steps that make the emotion go to zero intensity. Repeat this 10 to 20 times.

Imagine the situation again – is the emotion manageable now? I.e. can you do the acceptance process on it?

SOLO HOMEWORK

Next week is the final lesson for Entrepreneur's Desire Masterplan. By yourself, in addition to the Emotional Control exercise with your Study Buddies, I want you to think about what has happened during this course. What was going on with you before you started, what did you do that made an impact, and how are you different now.

I will be asking you to tell your story, in the form of a Testimonial, during our last class. Yes, I love testimonials – but this telling is an important part of your learning in this course. Saying these words out loud helps lock in the changes that you have made – and each and every one of you has made changes. Just like a Boy Scout, BE PREPARED.