


*Soul Self Series Book 5*

Let Your  
**SOUL SELF**  
Speak  
**OUT**



About   
**EMOTIONS**

PATTY ANN

## *Intention*

The Soul Self Series was created to nurture awareness in oneself through self discovery and exploration. This is a non-denominational guidebook series, and devoted to developing critical thinking skills and reflections thereto.

Each title is a stand alone book and can be read in any order. All books follow a familiar format, so the principles can be consumed easily.

## *Format*

The content is purposely concise to provide readers with bite-size reflective themes to consider. This activity includes thoughtful questions, which are posed as possibilities. Notations, and journaling, are encouraged to prompt engagement, and enlist mindful critiques for enrichment, and expansion.

## *Best Use*

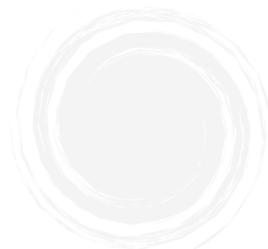
For a suggestion, grab a pen or pencil. While reading you can then immediately capture your thoughts and write them in the notation spots. As the activity progresses, you will gather more ideas. Rather than writing full sentences, jot down key words and concepts that inspire you, while considering concepts and theories.

## *For Independent Study or Groups*

Although this guide is in a workbook format, it includes separate individual and group Q&A pages that can be interchanged.

These guides offer options! Facilitators can direct learners to explore and answer questions individually, in small groups, or by guided whole group discussions. Individuals can enjoy contemplating and journaling the topics.

*Thank YOU & Enjoy!*



# *What About YOU & Your Emotions?*

Love, hate, fear, anger and happiness are emotions that arise from the mind's interpretation of an event. Feelings are mentally created from an experience which then transform into physical emotions.

Feelings and emotions is your body's way of talking to you.

Consciously connecting your emotional status to the way in which your mind processes information and experiences, you can benefit and begin changing any thought pattern, if you desire to do so.

This guided journal will explore the world of emotions. And, how the mind and body work together to act as the messenger for the sake of well being.

So let's begin!

# *Emotional Facts*

- All emotions are a result of the mind = Your Thoughts!
- The mind messages to the body arise as feelings first.
- Feelings developed further become emotions.
- Emotions are your body's reaction to thoughts.



- Feelings and emotions are the measuring instrument- a person's gauge of how one believes and thinks.
- Emotions arise from both conscious- and unconscious thoughts.
- When a thought is attached to an event that brings about strong feelings, emotions are displayed.
- Having in the awareness that your emotions are a result of thinking and thought patterns is essential to maintaining sound mental health.

# *Emotional Baggage*

Emotions can be overwhelming. But, more important, they indicate our state of conscious. It is vital to feel- to tap into our emotions. Feelings guide us in our choices. Emotions help us navigate our emotional-spiritual-body well being.

Emotions are not to be dismissed, disregarded or buried. For if they go unacknowledged the body will find a way to get you to listen. Through mental and physical disease and illness, the body will manifest a way to bring about awareness.

For example: Deep pain is often the result of addictions. Drugs, alcohol or other substances mask and can block emotional discomfort. Suffering can be deep seated; a mental trauma from a life experience. Consuming a drug (prescription or another) can induce a false reality. Drugs can inhibit emotions completely, or create a feeling, such as euphoria.

However the real root of the issue is unresolved; even denied. The mind's recidity with thoughts of a plagued past, trigger embedded emotions. Naturally folks in pain seek relief from emotions that do not feel good.

Our body will walk through our feelings first, then scream with emotions to get attention. Root causes of distress can only be dealt with through interactions with our mind. YES! Our bodies are astonishing communicators!

Describe the type of everyday feelings you have that do not negatively affect your well being.

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Share one of your strong emotions. Explain which part of your body "talked" to you to reveal this emotion.

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Address the emotion described above, what brought it about? What was the trigger point?

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# *Feel Your Emotions!*

Nobody consciously chooses pain.

You normally do not consciously choose pain--because you certainly would not!

Yet, mental suffering abounds around us on a daily basis.

Inner body awareness is about feeling through our physical senses. Becoming alert to what, where and how our body talks to us is the first step.

Choosing how to feel comes from bringing your awareness to the present moment. By accessing physical body sensations, you will experience the result of feeling through *your emotions*.

Awareness of how our body works is a key ingredient. This is the first step to empowering yourself to make corrections towards a healthy and happy mental and emotional state of being.

# *Explore Body Talk by Questioning Yourself!*

## **First Step:**

FEEL your feelings and/or emotions.

Do NOT THINK about it. FEEL IT!

Ask yourself in the immediate moment...

- What do I feel right now?
- Where is the sensation felt in my body?
- Is this a feeling, or is it stronger?
- Is this feeling developing into a strong emotion?
- Is this feeling, or emotion, a happy or sad one?
- Do I want this feeling to just go away?
- Do I want to deal with this feeling?
- Do I want to feel better?
- What is my body talk telling me?



# Self Reflections: Thoughts. Ideas. Inspirations.

## First Step:

FEEL your feelings and/or emotions.

Do NOT THINK about it. FEEL IT!

Ask yourself in this moment: *What do I feel right now?*

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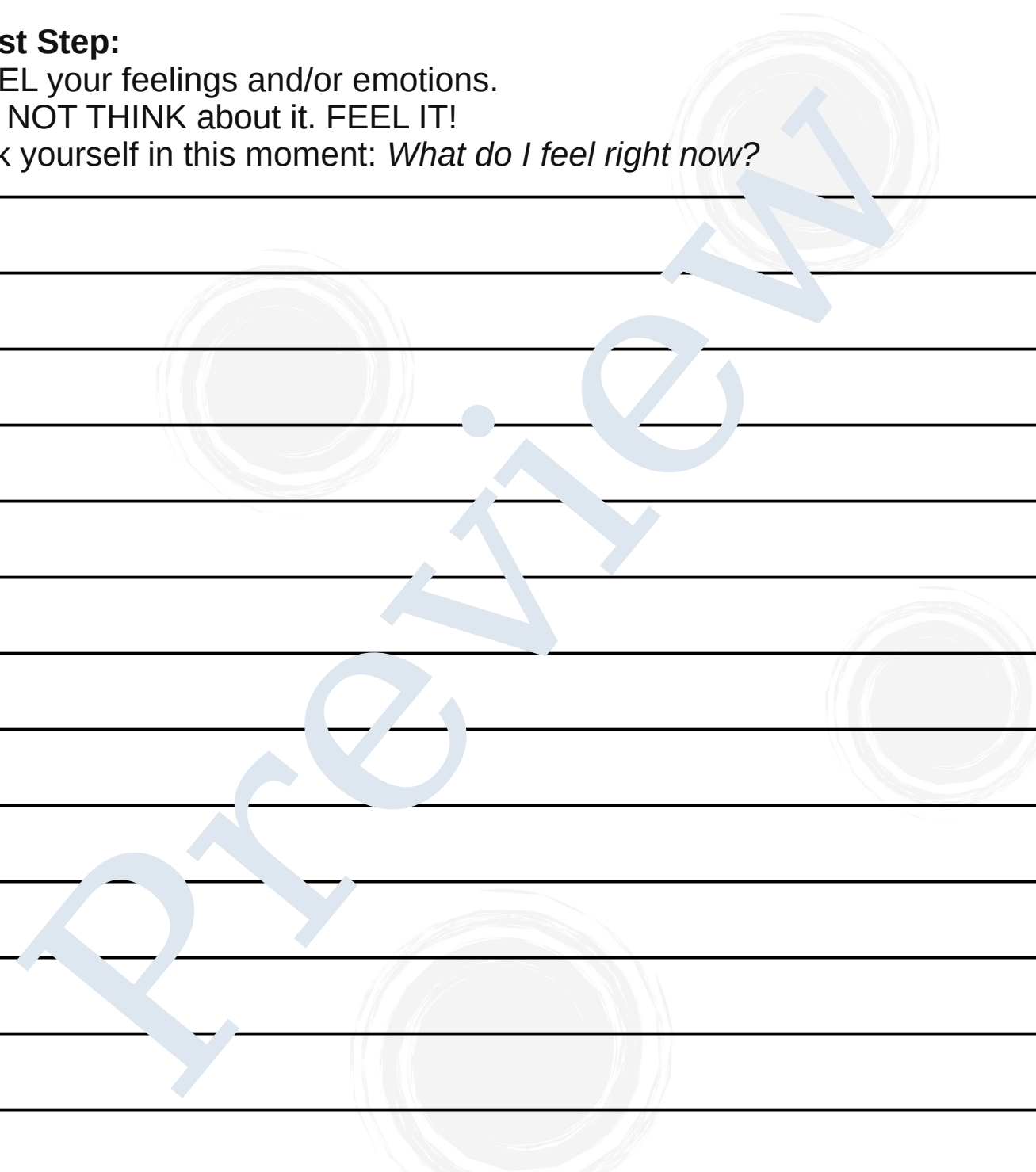
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**Sign & Date Your Reflections.**

Your Future Self May Enjoy Reminiscing!

# *Linking Feelings to Your Thoughts!*

## **Second Step:**

RECOGNIZE your body sensations as feelings.  
Then, IDENTIFY the THOUGHT that's attached to it.

Ask yourself in the immediate moment...

- What thought is attached to this feeling?
- What type of thought triggered this feeling?
- Is this feeling related to a past experience?
- Does this feeling come from what I believe?
- Does this thought come from a belief, an experience, or a memory?
- How can I change my thoughts to feel better?
- What other thought can calm- or bring me peace?

Emotions arise from feelings and, are often triggered by thoughts arising from experiences of the past. It is important to claim what you feel. By identifying thoughts behind the emotion you will understand how your mind works. And more importantly can correct erroneous thinking patterns. Self examination is powerful! Use your thinking mind to question your thoughts. Examining your thoughts often prompts more questions, which lead to answers for resolve.

*Self Reflections. Thoughts. Ideas. Inspirations.*

**Second Step:**

RECOGNIZE your body sensations as feelings.

Then, IDENTIFY the THOUGHT that's attached to it.

Ask yourself right now: *What thought is attached to this feeling?*

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**Sign & Date Your Reflections.**  
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# *Emotions in Time*

## **Third Step:**

RECOGNIZE the thought.  
To CHANGE the thought.

Emotions are always attached to a thought. Memory results from the mind's recollection (and perception) of a past event, including all the attached emotions. Without experiences—without time, memories of the past would cease to exist. And, the emotions would not exist either.

Ask yourself in the immediate moment...

- Does this thought come from a past experience?
- Does the emotion attached come from the same experience?
- Did I develop a trigger point from that event?
- What reaction do I have from this memory?
- Does this emotion always surface in similar situations?
- How can I change my thoughts, or perceptions, around this experience to help me feel better?
- If I look at this event without emotion, can I objectively evaluate why I feel this way?
- How do I change my thoughts about this experience that triggers emotional memories?

# Reflection Topics

*If emotions are a reaction to thoughts, why is it so difficult to change our thoughts permanently so we can feel good?*



*Why do some memories not only get entrenched, but appear to magnify over time?*



# Changing Past Perceptions

## Step Four:

RECOGNIZE that thought creates the memory.  
Emotions are a REACTION from one's thoughts.

To change any past memory you must LOCK at it. Deep discernment, objectivity, and honest self inquiry is vital to recovery. This means owning your feelings. Taking ownership is being responsible for yourself; for how you feel and how those feelings affect you.

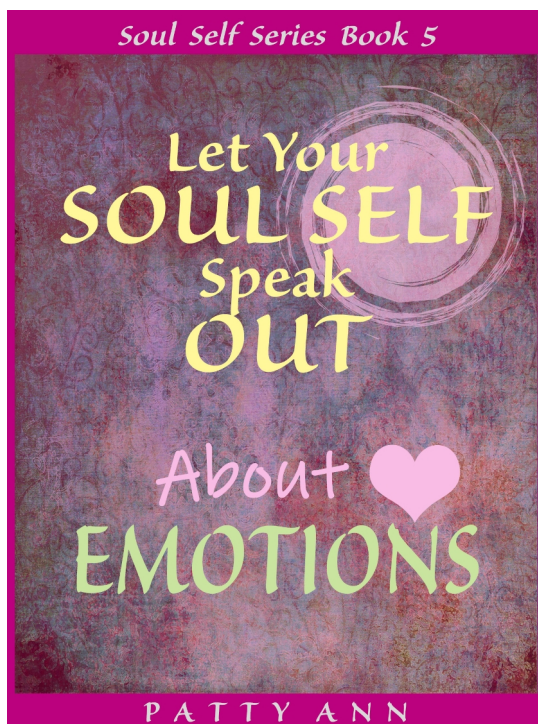
Admitting how you feel does not make you a bad person. It makes you normal! Our thoughts become perceptions based on learned outcomes. This is natural too!

Many of us, as youngsters, were told to not cry, or pout, or feel bad when we did feel bad! Do not let these "others" talk inside your head now.

Suppressed feelings need to be let out. You deserve to find resolve and be happy!

Realize you have grown, and matured. You are different now. You are not the person of your past. Your thoughts are simply clinging to an outdated perception that needs updating!

Thank YOU for Enjoying



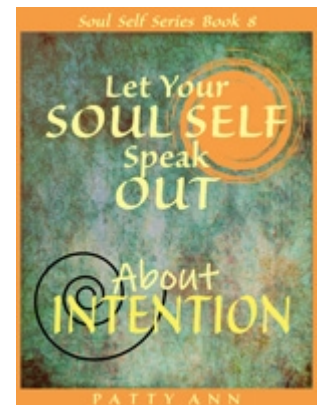
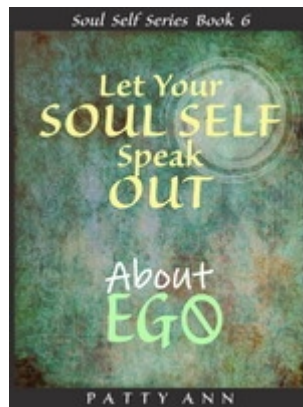
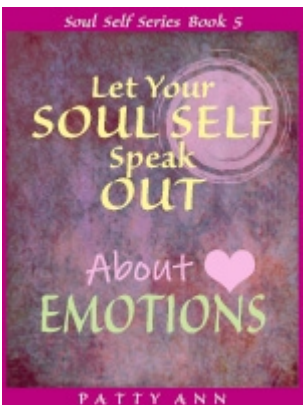
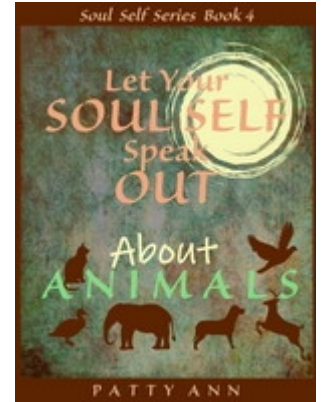
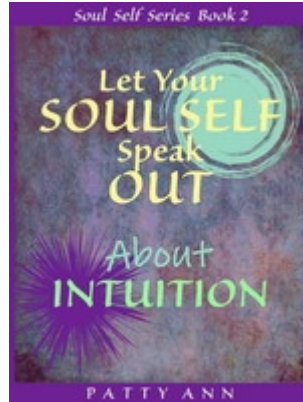
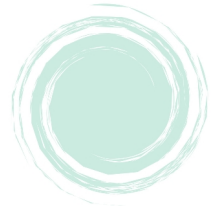
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