

Mindfulness Meets Emotional Awareness

7 Steps to Learn the Language of your Emotions

Change your Perspective... Change your Life!

The second in the series of books "The Intelligence of Our Emotions"

By

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About this Book.

Daily Invitations.

This book is pragmatic, down-to-earth and free of psychological jargon.

In just seven days, readers are guided on a step-by-step comprehensive journey that introduces each of our most challenging emotions with clear understanding as to why every single emotion that we have is necessary, valuable and serves a purpose.

Bite-sized chapters can be read in just 20 -25 minutes a day and can be returned to easily during any emotionally challenging times. The Audio version of the book is slightly longer.

Each chapter contains an additional section of pragmatic invitations and exercises that are designed to integrate and expand emotional knowledge and awareness into everyday real-life situations.

Self-awareness is often likened to the layers of an onion. Each time we apply a chapter to a particular situation, either for the first time or in returning again, the daily invitations are designed to enable another layer of emotional awareness to unfold.

As we expand our awareness, we can in turn discover how to actively use our emotions as a vital ally in navigating our lives successfully.

Additional Resources to Support your Journey.

Emotional Meditation

A 15 Day Series of Meditations based on this book can be accessed through Jenny's online Library. The A-Z of Emotional Health. A free public resource supporting all aspects of mental and emotional health and well-being.

www.a-z-of-emotionalhealth.com

Jenny also offers readers the opportunity to receive updates about Free Audios and Free Meditations. If this is of interest to you, please register your details on her homepage.

www.jennyflorencehealth.com

Chapter 1

(Additional Resources 1. The Difference between Confidence and Self-Esteem. Audio. © Jenny Burgess A-Z of Emotional Health on-line Library, a free on-line resource http://bit.ly/2sY9ajY)

(Additional Resources 2. Recommended further reading. Super Genes. Deepak Chopra, M.D. and Rudolph Tanzi, Ph.D. http://amzn.to/2uI2voM)

(Additional Resources 3. Further reading. Huffington Post Blog. Why our Right to Choose Keeps Us Healthy. © Jenny Florence 2015 http://huff.to/29kHxdA)

Chapter 2

(Additional Resources 4. Further reading. Jasvinda Sanghera. Shame. http://amzn.to/2uFNcq7)

(Additional Resources 5. A Meditation. The Art of Saying Yes and Saying No. © Jenny Burgess A-Z of Emotional Health on-line Library, a free on-line resource http://bit.ly/2r6cVXo)

Chapter 3

(Additional Resources & Links 6 http://www.drnorthrup.com/)

Chapter 4

(Additional Resources 7. Child Logic. An audio resource from the Psychology of Emotion Series. © Jenny Burgess A-Z of Emotional Health on-line Library, a free online resource http://bit.ly/2p49qMp)

Chapter 6

(Additional Resources 8. The Sadness of Moving Forwards. An audio resource from the Psychology of Emotion Series. © Jenny Burgess A-Z of Emotional Health on-line Library, a free on-line resource http://bit.ly/2vEgMtJ)

Diagram 1

Absence of Shame & Guilt

Overwhelming

Shame & Guilt

No Guilt. No Shame.

Demonstrates a lack of conscience and a lack of care.

Inability to apologize without remorse if others are hurt by their actions.

An inability to learn from one's own mistakes.

A lack of self-responsibility.

Readily blames others.

A lack of empathy.

Sometimes present an inflated sense of self-righteousness and morality with very fixed opinions which can't be challenged or debated.

A Good Relationship with both Guilt and Shame.

Perceives mistakes as a valuable learning curve.

Understands the difference betweer a critic and a critique!

Welcomes reflective feedback with enquiry and interest.

Can say both Yes and No with respect for oneself and others.

Demonstrates empathy and an ability to listen, not only to others but to ourselves as well.

Forgiving of both ourselves and others whilst still able to hold our ground.

Overbearing sense of Guilt and Shame.

Overly Self-critical.

Often say Yes when you would prefer to say No.

Put others first even at the expense of yourself.

Low self-esteem.

Low in genuine confidence.

Struggle to feel your opinion is valid, even when you know that it is.

Apologize even when you are in the right.

Find yourself talked over easily.

Diagram 2

Anger Supressed

& Turned Inwards Reactive Anger

Uncontained & Spilling Out

Anger & Aggression Supressed &Turned in on the Self.

A tendency to blame oneself.

Low self-esteem and lacking in confidence and self-belief.

Self-sabotaging behaviour.
Can sometimes lack motivation
and experience periods of low
level ongoing depression.

Experience anxiety and fear in the face of confrontation and would rather back down than have an argument.

Reliant upon validation from others to feel worthy.

Need permission from others to speak.

Failure and confrontation can evoke despair.

A Good Relationship with Healthy Anger & Aggression.

Able to stand our ground and own our own thoughts and opinions without experiencing the opinions of others as a threat.

Enjoys negotiation and debate and welcomes difference as an opportunity for expansion and learning.

Demonstrates assertiveness without the need to force own opinions on to others.

Can agree to disagree.

Able to make conscious decisions followed through with considered action.

Ability to change ones mind through adaptation and conscious learning. Reactive Anger & Aggression Uncontained, Spilling over and Directed Outwardly.

A tendency to blame others. Low self-esteem that is sometimes hidden by an appearance of confidence and bravado.

Self-sabotaging behaviour. Fearful of losing an argument, can't and won't back down.

Deep internal feelings of isolation and aloneness.

A struggle to maintain harmonious relationships, launching from conflict to conflict.

Angry reactive outbursts to those closest, pushing people away leaving an even greater sense of isolation.

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