

7 STEPS TO **BECOME** **EMOTIONALLY** **MASTERFUL**



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7 STEPS

TO BECOME EMOTIONALLY MASTERFUL:

Use Emotions as Tools

to Successfully Navigate Your Life

ABOUT THE AUTHOR AND THE STORY:

It has been 45 years since I made a special trip to the library at the School of Social Welfare of the University of California in Berkeley. I had graduated with a Master's Degree in Social Welfare just a scant three years earlier, yet now I was back on a special quest. As I labored to start my career and raise my beautiful daughter, I had broken under the pressure. I became a very angry person. I was angry about being left as a single parent to raise my daughter alone, especially because her father and I conceived her consciously; and I had every reason to believe we would remain an intact family. But our family lasted only for the first 10 months of her life, it turned out.

I got angry about everything, even little things my toddler daughter did that were normal toddler behavior. I got angry about her needing me, about her throwing herself on my body when she was excited or wanted to exchange love. I got angry about getting stuck in traffic as I drove home from school and work, needing to get so many things done. I was angry because there wasn't enough money—and no one there at all to help me out. I was angry that I had agreed to receive only \$160 per month in child support; and no one advised me about what a bad idea that was. I was angry with myself that I made agreements that were not good for me or my daughter, but didn't seem to notice until my pain increased and it was too late to change course. I was angry about everything; and I seemed unable to stop being angry.

I knew all this anger was not good for my little daughter. I could not afford to go back to psychotherapy. So, I went to the library. I was looking for someone to tell me what the cause of anger really is. I wanted to find things I could do to stop getting angry. I wanted to discover what I could do instead of yell at my little child, scream at other drivers, and cry from all the pain of having been left alone to raise my year-old daughter. So, I went to the library.

The library was no help!

In those days, nobody was talking about what “caused” anger! In fact, in a school that was preparing Marriage and Family Therapists to help individuals and families to live better lives, they didn't even have a stand-alone class on anger. Nobody was talking about anger itself. They discussed anger as a part of other issues, such as mental illness and grief work. But nobody, back then, had much to say about what

7 Steps to Become Emotionally Masterful

Use Emotions as Tools to Successfully Navigate Your Life

it is that leads us to get angry, what to do about being angry (except the commonly-known tricks like counting to 10!), or whether it was even possible to not be angry, once anger started coming out. I was terrified. It might be impossible for me to ever end the hell of being an angry mother.

“No!” I said to myself. “There has to be something that can be done! I will find it. I’m a psychotherapist. I work with upset people all the time. I can figure this out!” And so, I did.

You are fortunate, because over the last half century, people have started looking at our many emotions, individually and collectively, to figure them out. We have started asking, “Where does anger come from?” and “What can be done about anger so it doesn’t ruin my life?” We are asking these kinds of questions about all our emotions. We’re learning, at last, to manage emotions.

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*We're learning,
at last,
to manage
emotions.*

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However, most psychologists, therapists and coaches are still a lot in the dark about emotions. The thing that I was seeking was an understanding, and a way, to work with my emotions so I did not have to keep on going back to the same angers, to calming myself down, to getting angry at every little thing. I didn’t want to have to monitor myself and my emotions constantly.

I also did not want to continue to be jealous. I hated feeling lonely. I was wracked with low self-esteem, was afraid of way too many people and things, and did everything I could *not* to be rejected. I kept looking for people who could help me with these emotions. I never found them. Instead, I was fortunate enough to learn about emotions myself, in a way that allowed me to get in charge of them, rather than having them run my life for me!

I began to look at the issue of my emotions as if it were a herd of wild horses that had recently been rounded up. As a wrangler, if I wanted to ride the horses, I could not just “manage” them. I had to put myself fully in charge. I had to become a Horse Whisperer, “mastering” them fully, so they would serve me rather than my continually striving to keep them under my control.

THAT’S WHEN I DECIDED TO DEVELOP EMOTIONAL MASTERY.

That's what you can do, too.

In the following pages, I am going to share with you 7 things it is vital for you to learn to do in order to accomplish the job of Emotional Mastery. We all have the capacity to develop Emotional Mastery. The very first thing we need to know is that Emotional Mastery is possible, before setting Emotional Mastery as our goal! Before you read further, consider what kind of relationship you want to have with your own emotions. Who do you want to be in charge of you—yourself, or your emotions?

*Once you have a clear idea,
let's go forward
into the 7 Steps Leading to Emotional Mastery.*

7 Steps to Become Emotionally Masterful

Use Emotions as Tools to Successfully Navigate Your Life



THE STEPS TO CHANGE:

OPEN THE DOOR TO EMOTIONAL MASTERY

For you to move into Emotional Mastery from where you are today, you will need to make some changes. Human beings, traditionally, do not like change. As a psychotherapist over 45 years, I have observed that most people do not change until they are in pain. Usually, change occurs when the pain of where we are gets so bad, we conclude that it could not be any worse if we made the change! That is when we will take the “Leap of Faith” and go to a new way of doing things, or living.

It is possible to make change before we get ourselves in so much pain. That is in part what emotions can help us to do. When we allow, feel, listen to, act on and release emotions as they come up, we change and grow. To develop Emotional Mastery, therefore, we need to develop our relationship with change, embracing it as soon as we are aware of the need for change.

That's where the “Steps for Change” come in.

Following these steps will take you to a new place.

7 Steps to Become Emotionally Masterful

Use Emotions as Tools to Successfully Navigate Your Life



AWARENESS AND ACCEPTANCE

It is important for you to take your time with this step, because if you go on to the next steps too quickly, you are likely to overlook some of the things you need to change.

That means that after you have gone through the whole process, you will need to go back and start over again, so you can update the parts of you that you have left out of your change process!

Step One is to become **Aware** of your relationship with your emotions as it is right now, including an **Acceptance** of yourself “as you are” in relation to your emotions.

PAYING ATTENTION

Most of us do not know much about our emotions until they erupt and go out of our control. In fact, we call ourselves “losing control.” (It’s an illusion that we ever are in control, but that’s another story for another time!) We do not know about emotions because most of us have not been taught to pay attention to them.

As a result, we do not watch them, know them, or know what to do about them. They are free to sneak up on us and take us by surprise. We say, “I don’t know why, I just got angry (or sad, etc.)!”

For several generations, people have been doing everything they can to ignore emotions, shove them down, demonize them and make them “bad,” hide them, disqualify them, or be ashamed of what they feel. We call this “suppression.” It is what most people learn to automatically do with their emotions, especially by the time they reach adulthood.



7 Steps to Become Emotionally Masterful

Use Emotions as Tools to Successfully Navigate Your Life

There are several problems with suppressing emotions. One is that we end up not knowing them. They are part of us from before birth, yet we often cannot tell one from another, do not expect them to appear, and certainly do not know much about them once they do appear!

THE OTHER PROBLEM IS THAT EMOTIONS WE HOLD ONTO...

...TEND TO GROW

It is okay when we do this with love, but think about what happens when we hold onto fear or anger! They GROW! Keep in mind, therefore, that what may happen when you start paying attention to the emotions held inside of you, and passing through you, is that you may find a lot more emotion than you ever thought was there. If you do, be patient. They will find their own way out and you will be lighter for it! If it feels like too much for you, get help from a psychotherapist. Such help can help you go through the emotions faster and feel safer at the same time.

A simple way to become aware of your emotions is to stop every hour, every two hours, or even every three hours and ask this question of yourself: “What am I feeling right now?”

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*What am I
feeling
right now?*

At first, you may get a neutral—or even no—response. As you keep asking, however, you will start to get your answers. As you notice these feelings, just make note that they are present. Thank them silently for being there, and for doing their job. Create a computer file or start a notebook to keep track of the emotions you discover.

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Another way to do this is to ask yourself, “What am I feeling when this is happening?” When you get a compliment, ask, “What am I feeling as part of getting this compliment?” Then, Listen. Make note (record in your file or notebook).

7 Steps to Become Emotionally Masterful

Use Emotions as Tools to Successfully Navigate Your Life



When you are irritated by something someone says to you, ask, “What emotions am I feeling right now?” Listen. Feel where they are in your body. Write this down. At first you may find getting answers is difficult, but very quickly you will start getting answers right away. Listen!

Once you start becoming aware of what emotions you are experiencing, you will have the job of accepting the emotions you find!

One emotion that is not easily accepted in our society, for example, is hurt. Yet, under anger, there is hurt. Will you allow yourself to accept that you are a person who is feeling hurt? Can you allow the hurt to just be a part of your emotional landscape?

Accept what you are feeling, without judgment. Feelings cannot be dictated. They just “are.” It is important that you accept them as they arise, allow them to be what they are, and not judge yourself for feeling them.

Later, you’ll discover what friends they are to you.



Decision

As you begin to uncover your emotions, you'll need to make a decision about whether you will allow yourself to be a feeling person, or you choose to keep your emotions suppressed, as they have been.

When my son was about eight years old, we were driving in our hometown on a rainy day. Three boys about the age of 12 were riding their bicycles nearby. One of the boys fell from his bike, obviously hurting himself as he hit the sidewalk. The other boys laughed.

"Mom," my son asked, "Why are those boys laughing at the boy who fell down? He hurt himself!"

I explained to him that in our culture boys were taught to be "tough" and not to register emotions, even pain or hurt. I told him I had been teaching him to stay connected to his emotions. But to fit in, he might need to make a decision at some point about whether he would keep paying attention to, and feeling, his emotions—or whether he would give them up to be more like other boys.

He never hesitated, "I will not ever give up my emotions, Mom. I choose to feel my feelings for my whole life!"

He is 39 now, teaching his daughters to feel their emotions in a similar way. He uses his emotions in business and in life, to great advantage.

WHAT IS YOUR CHOICE?

If you have difficulty deciding, take some time to close your eyes and imagine yourself without paying attention to, or feeling, your emotions. What comes up for you? How do you like what you are like when you do not feel your emotions?

Now, keep your eyes closed and imagine yourself paying attention to, and feeling, your emotions. What comes up for you? How do you like what you are like when you allow yourself to have and feel your emotions?

7 Steps to Become Emotionally Masterful

Use Emotions as Tools to Successfully Navigate Your Life

Make the decision based on the outcome that fits you best.

Both the spoken and written word have power. Therefore, it is a good idea to speak your decision out loud. If you decide to choose staying in contact with, and feeling, your emotions, stand up and say these words out loud:

“From this moment on, I give myself permission to feel my emotions when they come up.” Make this statement three times. Then close your eyes for a minute and feel what you feel like when you make the statement.

Once you have made this decision, you will be started on your path toward Emotional Mastery. Your “inside self” will take over now, leading you to the experiences, people and emotions you need to encounter in order to develop yourself as an “Emotional Whisperer” who practices Emotional Mastery in your life.

Congratulations! Now let's keep going...

7 Steps to Become Emotionally Masterful

Use Emotions as Tools to Successfully Navigate Your Life



Step 3

Find Out Everything You Can About How Emotions Work!

This is a very big job. It is not one you will be accomplishing overnight! But, as the saying goes, “The longest journey starts with but a single step.” Just get started.

Start with yourself. Watch how your own emotions work. What happens right before you feel angry? What about fear—do you feel fear because of an actual threat to your body, or does fear come as a result of your own thinking? Where do you feel anger or fear in your body? Ask yourself, “What did I learn, when I was a child, about anger?” Or fear? Using your file or notebook, keep track of what you discover. It is said that as adults, we just re-experience—emotionally speaking—what we experienced before the

7 Steps to Become Emotionally Masterful

Use Emotions as Tools to Successfully Navigate Your Life

age of seven! Emotions are so powerful, and our fear of change so great, that we just keep going over and over the same emotional landscape we went over as young children, throughout our entire lives! No wonder we have problems!

It is not necessary that we do this, however. All we need to do is develop a new relationship with our emotions—to change, and learn from our emotions when they arise. Let me share with you a few of the things I have learned about how emotions work.

First, emotions are energy—energy in motion. Like water, electricity, or wind, emotions are made to move. Ideally, they come into our body, give us their message, then move on and out of us and our body. Simple. **IF** we allow the movement of our emotions. (Notice that suppression actually pushes emotions down and keeps them from moving. Problems develop because non-moving emotions cannot work the way they are engineered to work.)

Next, emotions are given to us human beings as tools to help us navigate our lives. They work by bringing us messages. Each emotion has a different message, or “signal.” The signals tell us what action is best for us to take. When we follow the signal, it makes life easier for us. Think about the emotion of **Love**, for example. When you feel Love, what action does it signal you to take?

Love says, “Come closer!” Love’s signal is for us to come closer to one another, to be intimate, to share love’s warm energy.

Loneliness signals us that we have more energy going out than coming back in. We can heal our own loneliness by creating ways to bring energy into ourselves.

Taking a walk in nature, using one of our talents, reading uplifting books or magazines---these are some of the things we can do to heal our own loneliness.



7 Steps to Become Emotionally Masterful

Use Emotions as Tools to Successfully Navigate Your Life

When we listen to the signal of loneliness and take the action it suggests to us, we move past the emotion easily. We learn to nourish ourselves by taking in more energy, instead of continuing to believe that someone else must relieve our loneliness for us.

Emotions Are Tools

Emotions are given to us humans as tools for navigating our lives! Each emotion offers a different signal. A key to Emotional Mastery is to know, and work with, those signals. How, you may wonder, does this work?



In my 45 years as a Marriage and Family Therapist, I have come to see our earth as a “Giant School” to which we have all come in order to learn and grow. Every experience we have offers us an opportunity to learn. Emotions are experiences! Emotions are offering us an opportunity to learn.

If we do not do the learning, similar experiences (and emotions) come up over and over again. Each time an experience comes up again, it offers a harsher lesson. However, when we learn what the emotion guides us to see, we are immediately finished with that learning, and free to go on to other things!

If you keep struggling with the same kind of situation, or with the same emotion, it is likely because you have not learned what that situation or emotion are trying to show you.

7 Steps to Become Emotionally Masterful

Use Emotions as Tools to Successfully Navigate Your Life

To find out what it is, each time it comes around, just ask, “What could I possibly be trying to teach myself with this emotion (or experience)?” Keep asking each time it arises. There is no set length of time, but eventually, you will get an answer. Once the lesson is revealed, do what you need to do to learn it!

Easier said than done, of course. Sometimes we have to face situations we do not enjoy, take responsibility for things we might prefer to ignore, make an apology or stand behind a position we have taken. The good news is, as soon as you do what your emotion shows you is best to do, you will be finished with that lesson. You likely will feel the emotion again in the future, but this particular message and lesson will not repeat again!

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What could I possibly be trying to teach myself?

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After generations of ignoring and suppressing our human emotions, it is going to take us all some time to get to know them fully. Since emotions are with us 24/7, and they never give up on us (they never go away!), it only makes sense to keep on getting to know and understand them.

The more we allow them to be the helpful part of our lives they are designed to be, the easier our experience and relationship with our emotions will become.



Practice Working with Emotions, Dissolve Resistance!

I once consulted an eye doctor who taught people to repair eye problems by doing specific exercises every day. Though I paid a lot to learn the approach from him, and totally supported the approach, I had a very hard time getting myself to do the exercises—every day. When at last I admitted this to him, he offered, “Don’t think of it as doing daily exercise forever. Just do it for one month. Experiment with it, and see what happens!”

7 Steps to Become Emotionally Masterful

Use Emotions as Tools to Successfully Navigate Your Life

This was really great advice. I was able to do the exercises daily for a month! And they really helped, which drew me to go on with the exercises. When you are working with emotions, and the changes we are discussing, experiment with them. Just try them for three weeks, and see what happens!

Three is a magic number. Anything you do daily for three weeks becomes a habit. It takes three days for risks, decisions and new information to process through us (hence I follow **The 72-Hour Rule**—something we can discuss at another time). If you make a major purchase, you are given three days to change your mind before the purchase is final. Hence, ask yourself to practice listening to and working with your emotions for only three weeks.

What do we mean by “practice?” We mean working with your emotions in your own private way—trying out your new way of dealing with them.

Have you ever had the experience of deciding that you will behave differently the next time you are in a particular situation? Then, long after the situation occurs again, you realize you did not behave differently? We all have. I have discovered that if we work with our intention, and release judgment, we can change this process through something called “successive approximation.”

Decide that you are going to notice sadness in you when it comes up; and you are going to tell one other person that you are feeling sad. This sets an **Intention**. But the sadness comes and you barely notice it—you do not say anything to anyone. What do you do? Remind yourself, “Oh, yes. I had an intention to do something else. What was that? Okay, next time, I intend to feel the sadness, realize I’m feeling it, and share that with one other person. I intend that for next time I feel sad.”

Next time sadness arrives, you do notice it and let yourself feel it—at least a little. But you forget to tell another person about your experience. What do you do? Remind yourself, “Oh, yes. I had an intention to do something else. What was that? Okay, next time, I intend to feel the sadness, realize I’m feeling it, and share that with one other person. I intend that for next time I feel sad.”

Next time sadness arrives, you do everything you have intended, but half an hour after you have your experience. What do you do? Remind yourself, “Oh, yes. I had an intention to do something else. What was that? Okay, next time, I intend to feel the sadness, realize I’m feeling it, and share that with one other person. I intend that for next time I feel sad.”

7 Steps to Become Emotionally Masterful

Use Emotions as Tools to Successfully Navigate Your Life

By doing this, without judgment or upset, there will come a day when sadness will arise in you, you will notice it, feel it, and share that you are feeling it with one other person. Through “successive approximation,” you have created change in how you relate to sadness!



Resistance

The brilliant Raphael Cushnir, who talks about present moment awareness and emotional connection in his book, *The One Thing Holding You Back*, teaches that the one thing holding each and every one of us

back is our resistance to feeling our emotions. Cushnir offers that we cannot really connect with our emotions until we recognize and work with them where they reside, in our bodies. We need to feel them.

Usually when emotions arise in us, instead of allowing ourselves to feel them, most people move away from them—using their ability to shut down, distract, or ignore them. We resist the emotions that arise in us. He points out that resisting emotion is a waste of our time and energy. Emotions do not go away. They just stay and block us and our lives, until we connect with them and receive their message.

Dealing with emotions is scary business for most people. Unfortunately, they do not know what you now know, that emotions are tools which we are given in order to help navigate life. They tell us when to come close (love), when to be careful (fear), when to make sure we are feeding ourselves enough good energy (loneliness), when we need to change our rigid idea of how things are supposed to “be” in the world (anger), or when we need to get more creative (jealousy). Once we understand that emotions are here to help us, and that they do this in a most dedicated manner, staying available 24/7 to guide, remind, and push us, we want to feel our emotions. After that point, working with our emotions becomes easier and easier.

Raphael Cushnir opens the door for us to realize that the way to be more, have more, accomplish more and enjoy life more is to dissolve our resistance to feeling the emotions that arise in us. Make use of these wonderful tools that stand at the ready...

To help you improve the quality of your life!

7 Steps to Become Emotionally Masterful

Use Emotions as Tools to Successfully Navigate Your Life



Step 5

Forgive Yourself, Forgive Others

Emotional Masters are very forgiving. “To Forgive” means “to let go.” When a very young child accidentally breaks something we love, we “let it go,” so that the child is free to start over again. Most of us do not hold tiny children liable for mistakes; we forgive them and help them start over.

Do you do this for yourself? I have found that the most difficult person for any one of us to forgive is our own self! How do I let go of that embarrassing moment at my sister’s wedding? How do I let go of what I said to my boss? How do I let go of my concern about terrible decisions I have made? We humans monitor ourselves closely and do not let go.

7 Steps to Become Emotionally Masterful

Use Emotions as Tools to Successfully Navigate Your Life

Here is the problem: Life is lived from the “inside out.” Whatever we are doing inside of ourselves, we also do outside. This means that if we are in constant judgment of ourselves, unwilling to forgive and let go, we are also in constant judgment of others, unwilling to forgive and let go. Instead of letting go, we carry the energy of angry or hurt emotions around with us. And remember, as we carry them around, they are growing—in us!

When I was a child, I was seriously hurt by someone I loved. I was angry with him for years. When I learned about forgiveness, something “clicked” in my head. Because of the fact that anger held inside grows, not only did I experience the original injury when I was young, but continuing to be angry (and unforgiving) was allowing this person to continue to hurt me! To me, it felt like he was hurting me twice! Realizing this, I decided to figure out how to forgive, to let go.

It also became apparent that forgiving that person was not “letting him off the hook” for what he had done, as I had always seen it. I stayed away from him. He likely did not even know I was angry with him! I saw that when I could forgive him, I would actually be letting myself off the hook! Holding anger inside for a long time actually poisons the person holding onto it—it can even kill you. I decided to forgive him for his actions, so I could get myself off the hook!

How complicated could all this get if the person you are feeling angry toward is actually your own self? You would be hurting yourself, for hurting yourself, for hurting yourself—ad infinitum. It makes much more sense to forgive!

How to Forgive

The process of forgiveness is a lot like the process we’re discussing that leads us to Emotional Mastery.

First, we become aware that we are not forgiving. **Second**, we decide to forgive, to “let go,” so that we are free to start over again in this particular area of our life. **Third**, we develop our understanding of what forgiveness is all about. **Fourth**, we imagine and practice letting go. **Fifth**, we let go. **Sixth**, we allow ourselves to integrate



7 Steps to Become Emotionally Masterful

Use Emotions as Tools to Successfully Navigate Your Life

the change we've made and **Seventh**, we move forward in life as both a forgiven and a forgiving person!

This can be much easier to talk about than to do. If you have difficulties with forgiveness, the key to ending the difficulties is in making a clear decision to let go. When you do not "let go," you are in the resistance talked about by Cushnir. You are not in a forgiveness process. Instead, you are caught in a resistance process. In this case, go back to your original intention. If you find you really do want to end holding onto anger or hurt, then reassert your intention.

Say out loud, "I am deciding to let go of anger and hurt. Please help me to let go. I give myself permission to forgive and let go completely, now!" Let this "settle" inside of you for a few minutes, and allow yourself to let go completely.

As we have said, once you forgive yourself, it becomes much easier to forgive others! Because of the principle that "what we have inside of us, we tend to attract from outside of us," you'll also start noticing that other people act with more forgiveness toward you, too.

All of life is lived "inside out." Whether we are talking about decisions, relationships or emotions, when we make changes inside of ourselves, things on the outside of us change, too. When I taught myself to release and let go of the anger I had held so many years, I had fewer angry people in my life! You may be amazed at how this works; but since it is a principle by which things work, it happens every time.



Integration: Manipulation, Energy and Focus

There are certain parts of life that bring up more emotion than other parts. We are familiar with most of them: When someone we love dies, when someone is born, when someone is hurt, and also, when there is manipulation. Manipulation deserves a special mention here, because of the powerful role it plays in most people's lives.

7 Steps to Become Emotionally Masterful

Use Emotions as Tools to Successfully Navigate Your Life

The main way we can tell manipulation is occurring is through our emotions. We can feel guilty, exhausted, anxious, and angry—most often far, far out of proportion to the event that stimulates the anger!

This is a great example of our emotions operating as tools to point out what is happening in our lives, and lead us in the directions we need to change.

To work effectively with others manipulating us, we first have to become aware that it is happening. Look how many “alarm bells” our body sets off when we are being manipulated! Once we know what those bells are signaling, we can move away from the offending situation.



What do these emotions tell us about the manipulation that is happening?



1) I am somehow responsible for what is going awry (guilty). This, by the way, is usually not true, but until we address guilt directly, we do not realize it.

2) I need not to be here (exhausted).

3) I find this person/situation too upsetting; my peace is disturbed (anxiety).

4) There is something going on here I really believe should not be happening (anger). More emotions could be involved, but these four will give you an idea of how things are working.



Manipulation is the basis for spousal and family abuse. It is behind many difficulties in relationships of all kinds, allows us to operate without empathy for others. In addition, it seems to be “highlighted” in our culture these days. Every major scandal you have read about the last many years—from

7 Steps to Become Emotionally Masterful

Use Emotions as Tools to Successfully Navigate Your Life

Catholic priests molesting children, to Russia interfering with the American presidential election, to affairs that cause the breakup of celebrity marriages—are based on manipulation. Once again, when we can change the manipulation inside ourselves, we will see manipulation outside of us lessening, too. Consider learning more about manipulation and how to end its influence in your life.

As a family therapist, I have come to the conclusion that for adults, manipulation is not normal!

Often I say to people, “For adults, manipulation is common, but it is not normal!”

We humans are born manipulative, yet are designed to grow out of manipulation as we move through childhood. I talk about this more in my course, *Ending Manipulation: Following Your Emotions to Independence*. For now, be aware that when you are manipulated you often feel angry, far out of proportion to the situation. This is a “signal” your emotions are giving you that you’re in a place, or with a person, that is really not good for you; and you need to move away.

Using your Emotional Mastery awareness and skills to navigate challenging issues like manipulation is part of **Integrating** what you have learned about emotions into your everyday life.

People who manipulate suck energy from others. Emotions are energy. When you are in charge of your own emotions, when you are the Emotional Master, you are unavailable to manipulation.

One more thing for you to know: When you want to change, it is much easier to place your focus and attention on where you’re going, than on “what the problem is,” or on “where you’ve been.”

On my Internet radio program, *Full Power Living*, I used this phrase as my signoff: “Pay attention, not to what you want to overcome, but to what you want to become.”

Follow this dictum in working with emotions, too. If you are feeling angry, pay attention to how you would be thinking and acting if you were not angry. Focus your attention there. The anger will drop away (because it gets none of your energy)...

***Leaving you in the “not angry” position
you’ve been focusing upon.***

7 Steps to Become Emotionally Masterful

Use Emotions as Tools to Successfully Navigate Your Life



BEING Emotionally Masterful

What is an Emotional Master like? What will you be like when you become Emotionally Masterful?

Each person is different, of course. But there are some general things everyone who steps into Emotional Mastery share. Here are some of them.

Balance

When emotions are running the show of your life, you are frequently out of balance. You will experience highs and lows—a lot. And the highs can go really high; while the lows can go really low. Imagine what you would be like if you stayed balanced, emotionally, almost all the time?

I once had my wallet stolen from my backpack as I waited for a light to change one Saturday, on a busy street in Berkeley, California. I did not discover the loss for a couple of hours. I was unable to find it by backtracking to the stores where I had shopped. My wallet was gone!

My teen-age daughter was away for the weekend.

When she returned home, I told her my wallet had been taken. For several minutes I noticed that she was staring at me, watching me, questioning something. Finally, she said, “You’re not upset! Most people would be very upset. Why are you not upset?”

I told her to go look on the vanity license plate I had on my car. It said “EmotBal,” reminding me to focus on Emotional Balance.

“But someone has violated you, stolen your identity and your money. WHY are you not upset?” she continued.



7 Steps to Become Emotionally Masterful

Use Emotions as Tools to Successfully Navigate Your Life

That's when I told her this, "Whoever it is has stolen my wallet. They have already taken a lot from me. I don't want to lose my wallet to them, and then give them my personal energy by being upset! One loss is enough!"

When you're emotionally balanced, you live life on your own terms, not allowing others, or their actions, to take you away from what is right for you. And, by the way, my wallet was found 30 miles from where it was taken. A man brought it to my home. My family pictures, medical cards and a single business card (which allowed the man to find me!) were still inside.

Attachment

Emotional balance allows you to live life without attachment to outcome. For most of us "what happens" matters a lot. If we do not get the job we really want, we can become depressed. If someone we feel love for does not reciprocate that love, we can become angry, depressed and hurt. Sometimes, we tell ourselves that because we love another person, they must make the changes we think will be good for them. We are attached to what happens in their life.

Attachment is neither good nor bad. But when we are attached to outcomes, to what happens in the world, it is all too easy for us and our emotions to go up and down, as if we are a yo-yo on a string. It is enough to tire us out, drive us crazy, hurt our feelings, and leave us angry. Giving up attachment is easier.

When you are emotionally masterful, you are emotionally balanced. When you are emotionally balanced, you are more willing to allow life to happen the way it happens, without a need to control, have a particular outcome, or have someone else do what you want them to do.

That is non-attachment

You become the observer. You see that when that particular job you wanted falls through, if you remain unattached and watch what happens, often an even better job comes along, and you are hired for that one. (Allowing ourselves to sink into depression just allows those hiring to hijack our emotions for a while; it doesn't help or change anything.)

7 Steps to Become Emotionally Masterful

Use Emotions as Tools to Successfully Navigate Your Life

If we love another person for who s/he is, without attempting to get them to change, they are less resistant. Often, in fact, they make even better changes than we ever imagined we wanted!

And, how often have we found that the “one that got away” was not really right for us? Letting that one go leaves room for the “right one” to enter our lives, in fact. Being emotionally balanced leaves room for life to happen in easier, less stressful, and more beautiful ways.

Emotionally masterful people take full responsibility for their lives. They know that each of us is responsible for the decisions we make, the people we attract to us, and the consequences of our actions and choices.

They accept this and assume full responsibility.

When I have taught emotional mastery material to teens, I have talked to them about responsibility. When the word is first mentioned, almost every one groans. To them, responsibility is a term tossed around by parents that usually means they have done something “wrong.”

That is when I explain to them that responsibility is really about “choice” and “choice” is really about freedom! I tell them that when they take responsibility, their parents are likely to offer them more choices about how they conduct their lives, and that results in greater personal freedom.



The same is true for all of us. Life is about making choices, making mistakes, forgiving our mistakes, and making new choices. This, in fact, is the process for learning!

Emotions help us in making those choices. If we make a decision that’s not right for us, we will quickly feel remorse. When we make mistakes, we need to forgive ourselves. If we don’t, we stay stuck and don’t move on or move forward. We will then likely need

7 Steps to Become Emotionally Masterful

Use Emotions as Tools to Successfully Navigate Your Life

to face our fear in order to make a new choice. When we are emotionally masterful, we go ahead and make choices, make mistakes, make amends, make new choices, and in the process, make ourselves Independent and Free.



Conclusion

The steps we have explored in this book are pre-requisite for you to develop Emotional Mastery. The good news is that once you take them, you will already be more emotionally masterful!

No matter what your circumstance in life, the problems you may have with relationships, or the things you may have to overcome, doing these things when you are emotionally masterful is much easier! In fact, life takes on a kind of “magic,” in which events flow smoothly, people are loving toward you, others make real efforts to help you out, and you are happier!

7 Steps to Become Emotionally Masterful

Use Emotions as Tools to Successfully Navigate Your Life

Remember that all of life is an “inside-out” process. All you really need to do is pay attention to working with, and loving, your own self. The changes, love and acceptance you give to yourself will then reflect out to others, and be reflected back into you! Pretty nice setup!

Don't suffer another day of having emotions that are out of your control ruin your life! **Emotional Mastery is your Birthright.** I want the privilege of helping you to reclaim emotionally-derived balance and mastery in your life.

During our time together, you will receive positive suggestions for change that you can implement immediately that can improve your life experiences.

Note: No “staff person” will work with you. Instead, you will be working directly with me, getting the benefit of my 45 years of experience.

Get started now...

Schedule your complimentary 30-minute personal 1:1 consultation with me to discover how I can best support your needs. Please complete the online application in detail to schedule your call at <http://emotionalmasteryforlife.com/call>

Master Your Emotional State with Powerful Skills That Create Lasting Change



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