

Emotions as Tools for Life

Emotions form our human “guidebook.” They are designed to be used as tools for directing our lives and making decisions. They provide “signals” for us to use in navigating life. Here are the signals given by some of our most familiar emotions.

Anger

Signal that your idea of what “should” or “should not” happen in life is incorrect

Task: re-educate and reformulate your view of “the way things are” in the world

Fear

Signals “entering new territory,” “caution,” be ready to fight or take flight

Task: face fear, step into it, exercise faith (which is the opposite of fear)

Jealousy

Signals “increase your creativity” so you can obtain what others have that you want

Task: determine how you can get what you want, especially, what is between you and “it”

Loneliness

Signals that there is more energy going out of you than is coming in

Task: bring more energy in by doing things that nourish you (hobby, reading, getting hugs)

Worry

Signal: a misuse of the creative energy (way to keep yourself busy til things work out)

Task: “allow” things to happen in their own time, examine possible outcomes, let go

Guilt

Signal: Anger you believe you have no right to have. A synthetic emotion, only negative.

Task: Allow yourself to have the anger, process anger out of you and harmlessly away

Shame

Signal: “I am the mistake; there is something wrong with me” A negative, synthetic emotion

Task: Change your belief to “there is nothing wrong with me.” Keep focus on what is right!

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