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Accept & Neutralize Your Negative Feelings

We all experience negative emotions from time to time. The purpose of this exercise is to help you label your experiences and shift from them by employing positive reinforcement.

The first step is to accept what we cannot change. When we receive the lesson, we allow a positive shift to occur in our minds, hearts, and bodies. The longer we hold on to what happened in the past, the longer we continue to match this particular event's negative emotions.

The essence of your thoughts determines the anatomy of your emotions. Our thoughts preface our feelings.

The moment when you experience thoughts like: "**why event z is happening to me?!,"** or "**why am I so unlucky?!,"** "**why do I repeat the same mistakes,"** "**or why is life so unfair,"** you send an emotional vibration to your brain that signifies (and amplifies!) the negative emotional connotation of your frustration/pain/anger.

Therefore, you remain trapped in the same experiences even if you consciously want to step away from them.

However, the great news is that **we all** have the power to reframe our thoughts, and therefore neutralize our negative experiences.

We are the creators of the meanings we attached to life events, situations, and people: nothing is "good" or "bad,," "right," or "wrong"; "fair" or "unfair."

It's our perception that creates the meaning of everything we experience. In every moment, we're making choices about how to share life. These choices either move us closer to our happy state or bring us down and demotivate us.

With that said, please tune in to yourself and label your feelings. Afterward,, replace them with their positive reinforcement and allow yourself to transition to a calmer, happier place.

Please write down:

- 1) What/How I Feel
- 2) How I Choose To Feel Instead

For example, I feel rejection, withdrawal, resentment, anger.

In this rejection, I find **self-acceptance**. In the withdrawal, I find **patience**. In the resentment, I find **compassion**. In the anger, I see an opportunity to create more **peace** with myself.

Table of negative emotions: abandoned, fearful, paranoid, afraid, frustrated, pitiful, alienated, furious, regretful, ambivalent, gloomy, rejected, angry, grieved, remorseful, guilty, resentful, anxious, ashamed, heavyhearted, bitter, hopeless, broken, horrified, sad, shattered, humiliated, sorrowful, insecure, disappointed, jealous, unloved, embarrassed, envious, worried, weak, loathing, disrespected, used, lonely, violated, alone, enraged, envious, empty

Table of positive emotions: cheerful, joyful, happy, confident, peaceful, relaxed, hopeful, accepting, courageous, daring, loving, grateful, joyful, excited, serene, calm, kind, contented, optimistic, positive, persistent, trusting, allowing, understanding, whole, honest, tender, affectionate, nurturing, supportive, thoughtful, attentive, faithful, generous, warm-hearted, appreciative, tranquil, centered, still, gentle, giving, gracious

After you complete this exercise, place both of your hands at your heart and affirm out loud: I am "happy, peaceful, trusting, etc." (substitute with the words you have chosen to describe your preferred emotional state).

We may feel negative emotions, but we are not these emotions.

We ARE, in our core, loving, kind, and forever-evolving and forgiving.

With love and care,

~ Ana-Maria

p.s. Asking for help when you need it is an act of courage!

I am here for you if you want customized guidance and on-going support.