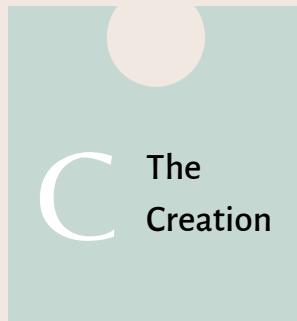




The ABC's of *emotions*

The Key to Unlocking Our
Emotional Freedom

The Pieces



The Puzzle

Welcome to the ABC foundational basics that will transcend you to emotional freedom!

The puzzle of emotional freedom is made up of three main pieces:

1. The Adventure (i.e., any situation or event)
2. Our Beliefs (i.e., our thoughts)
3. Our Creations (i.e., the emotional outcome)

We are taught that we experience an Adventure and that Adventure *causes* us to feel a certain way. In other words, someone can say or do something and that *makes* us feel an emotional response. We are being taught that A leads to C. However these pieces do not fit together.

Assuming that A fits with C ignores the **most important** piece of the thought-emotion puzzle. If another person or situation can truly *make us* feel a certain way then we are at the mercy of others to control how we feel. Thankfully, there is a piece of this puzzle that we have complete and absolute power over: our Beliefs.

The truth is, we experience an Adventure and that experience brings up our personal Beliefs. This is A connecting with B. Our Beliefs then, cause our emotional creations. This is B connecting with C. *Experiences cause thoughts and thoughts cause feelings*. Mastering our Beliefs is the key to emotional freedom.

Our beliefs are creations and we are creating them all of the time. All of us create both **rational** and **irrational** beliefs. Irrational beliefs are marked by:

- Being demanding of others around us;
- Not reflective of what reality is showing us;
- Being rigid;
- Lack any evidence and;
- Create unproductive and dysfunctional emotions (such as rage, depression or rejection).
- Produce productive/functional emotions such as love, gratitude, or anger.

Belief Checklist

Rational Belief?

Evidence ☐

Flexible ☐

Aligned with Reality ☐

Irrational Belief?

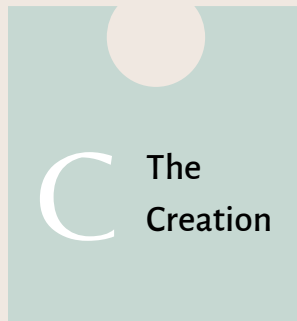
Demanding ☐

Rigid ☐

No Evidence ☐

Not Aligned with Reality ☐

The Pieces



The Puzzle

Rational beliefs, on the contrary, are:

Grounded in reality;
Flexible;
Supported by evidence and;
Create productive and functional emotions such as love, gratitude, or anger.

By mastering the skills needed to work effectively with our Beliefs, we gain the power to catapult ourselves into a state of intent, awareness and true emotional freedom.

Belief Checklist

Rational Belief?

Evidence ☐

Flexible ☐

Aligned with
Reality ☐

Irrational Belief?

Demanding ☐

Rigid ☐

No Evidence ☐

Not Aligned
with Reality ☐