



Step Two: Emotions

1. Re-read Step Two in 'Creating a World where Everyone Wins'.

2. Every day, listen to the audio track.

3. Listen intently to all you can hear around you for 5 minutes.

4. Reflect on the worksheet the different emotions you experience stimulated by what you hear. **This is subtle, so tune into yourself.**

The benefit of this exercise is that you will begin to experience how your emotional atmosphere is **adjusting constantly due to how you interpret what you hear.** You are on a continual emotional roller coaster created by the programs in your mind.

5. Record your most powerful emotional reaction of each day. Where were you? When did it happen? Who were you with? Why did it affect you so strongly?

Begin to become familiar with your habitual reactions to people, places, circumstances, time of day.

The mapping that you do for these five days is the beginning of freedom. it is only when we begin to understand and recognise how and where we are trapped by our own habitual thoughts and emotional responses, that we can develop the capacity to choose differently

Day 1. Audio, Listen, Reflect, Record:

Emotions stimulated by sound:

Most powerful emotional reaction today:

Where?

When?

Who?

Why?



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Day 2. Audio, Listen, Reflect, Record:

Emotions stimulated by sound:

Most powerful emotional reaction today:

Where?

When?

Who?

Why?

Day 3. Audio, Listen, Reflect, Record:

Emotions stimulated by sound:

(Try this exercise in different locations to map how you mechanically respond to different sounds).

Most powerful emotional reaction today:

Where?

When?

Who?

Why?



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Day 4. Audio, Listen, Reflect, Record:

Emotions stimulated by sound:

Most powerful emotional reaction today:

Where?

When?

Who?

Why?

Day 5. Audio, Listen, Reflect, Record:

Emotions stimulated by sound:

(Try this exercise in different locations to map how you mechanically respond to different sounds).

Most powerful emotional reaction today:

Where?

When?

Who?

Why?



Emotions Summary

WELL DONE with this work!

This is invaluable self knowledge that you have gained. It is the foundational work that will enable you to be less reactive and more deliberate in your life.

Look back over your notes.

1. Are there any patterns you can see?

2. Re-occurring emotional states?

3. Any places where you regularly react emotionally?

4. Any particular times that a certain emotion may arise?

5. Is there a certain person with whom a particular emotion is associated?

6. A particular issue that stimulates an emotion?

7. Do you regularly experience an uplifting emotion as the most powerful emotion of the day?