

Dealing With



Negative Emotions

Brett Walker

TABLE OF CONTENTS

INTRODUCTION.....	2
ABOUT THE AUTHOR.....	3
IDENTIFYING NEGATIVE EMOTIONS.....	4
WHY WE HOLD ONTO PAIN AND ANGER.....	5
SIGNS OF HARBORING NEGATIVE EMOTIONS.....	6
EXPECTING TOO MUCH.....	7
DEALING WITH HEARTACHE.....	9
WAYS TO OVERCOME HEARTBREAK AND MOVE ON.....	10
WAYS TO CONTROL NEGATIVE EMOTIONS.....	13
THE IMPORTANCE OF GRATITUDE.....	17
JOURNALING.....	18
SUMMARY.....	19
FREE BONUS.....	20

ABOUT THE AUTHOR



Brett Walker helped to produce “[The Successful Living Handbook](#)” with Roy Savery.

I enjoy writing about Personal Development and you can see many of my Articles at <http://brettwalkeronline.com>

I hope that you enjoy reading this book, which was written to follow on from “The Successful Living Handbook” You might find it useful to read “The Successful Living Handbook” first if you haven’t already.

To Your Success

Brett Walker

INTRODUCTION

As we are growing up many of us get hurt by what people say to us and by what people do to us. That can leave emotional scars, which can affect us throughout our lives and hold us back from achieving.

Emotional pain is a part of life. But the way you perceive those experiences can make all the difference between suffering and acceptance. *With acceptance, you can move forward with your life and still appreciate positive experiences*, rather than fixating on the negative.

If you're holding on to painful memories and feelings, these may keep you from leading a happy life.

Negative emotions, like fear and heartache, can affect your body and mind, leading to dysfunctional relationships, depression, stress and disease. So it's important to be aware of your emotions.

This book will show you practical methods for letting go of the past and living the life you deserve. Because you're reading this, you're already showing the courage to make the transition. Go ahead – do it – you'll be glad you did.

Brett Walker

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IDENTIFYING NEGATIVE EMOTIONS

You may have noticed that anger and fear make your heart beat faster and your neck muscles tense up. Maybe you get goosebumps or your blood pressure rises. These are signs that your body's telling you to pay attention and *protect yourself from these corrosive emotions*.

Constant anger can lead to severe physical symptoms and arguing for a long time can lead to emotional and even physical exhaustion.

Bottling up negative emotions can also lead to rashes, nausea, constipation, dry throat, bloating, headaches, difficulty with sleep, excessive yawning, undue stress, and more. If you consult a doctor at such times, he may not be able to pinpoint the reason for your uneasiness, but a psychologist could.

When you notice these symptoms, try to determine the reason. If you're angry, depressed, or anxious, find out why. Then, you can do something about it.

“The most important single ingredient in the formula of success is knowing how to get along with people.”

- Theodore Roosevelt

WHY WE HOLD ON TO PAIN AND ANGER

It's completely natural to feel angry and hurt if your partner rejects you, but holding on to this feeling for years will make it nearly impossible for you to move into a healthier relationship.

In the same way, if you've lost a family member or friend to suicide, or you've acted shamefully, you're likely to feel some amount of guilt. This is normal. However, holding this feeling for years is only going to prolong your unhappiness.

So what makes us cling to our negative emotions?

The events of our life determine the patterns we follow. If, for example, your parents always told you to go to bed when you were naughty as a child, you may connect going to bed with negative feelings. Your brain plays a large part in this process. It assigns an emotion to every piece of incoming sensory information.

If your muscles get tense when you argue with someone, they'll probably tend to do so in the future when you're upset. In fact, this bodily signal can alert you to your anger.

“To get to the top actually, your must first get to the top mentally”.

– Chris Widener

SIGNS OF HARBORING NEGATIVE EMOTIONS

If you're acting in any of the following ways, you may be still in the grip of negative emotions. You may need to forgive someone or yourself for a past mistake.

- ❑ Avoiding family or friends
- ❑ Believing that life doesn't hold good things for you in the future
- ❑ Consuming too much alcohol or other drugs
- ❑ Constantly thinking of a painful event
- ❑ Indulging in addictive behavior
- ❑ Having mental health challenges: anxiety, depression, or other issues
- ❑ Losing temper
- ❑ Being unable to enjoy the present
- ❑ Hearing people say you have a "chip on your shoulder"
- ❑ Planning to take revenge or punish someone

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres."

- Book of Corinthians

EXPECTING TOO MUCH

If you expect too much from yourself or from others, you're bound to feel frustrated. No one is perfect. ***Accept your reality and the fact that life is unpredictable.***

Like everyone else, you're likely to make mistakes. If you understand that this is a natural part of life, if things don't work out according to plan, you won't get so upset or give up.

It's important to remember that if you depend on others for your happiness, you're likely to be disappointed. ***You're responsible for your own joy.*** When you stop blaming others for your misery, you'll experience real joy. You'll feel liberated because you no longer harbor negative feelings towards others.

One way to be objective is by understanding that your true worth is not determined by your abilities or talent, but by your humanity. Ask yourself the following questions:

What am I contributing to the world around me?

If your purpose in life is to live only for yourself; if you think that life is short and you want to party all the way and hoard your belongings, you may not be living up to your potential.

Am I taking family and friends for granted?

Taking others for granted is easy to do. Most of us do this from time to time, at least when it comes to family.

We think we can get away with being our worst selves with them because they'll understand and love us unconditionally. However, this attitude is precisely why we see people around us struggling with family relationships.

Instead, why not reserve your kindest words and acts for those who mean the most to you in this world.

Am I causing emotional or physical hardship for others?

Perhaps unwittingly, we cause heartache for others and this can lead to many negative emotions for us as well as those we hurt. Some examples include teenagers who scorn the wise advice of their parents, people who take pride in jilting their lovers, and those who cheat on their spouses.

For example, let's look at Jackie:

Jackie is a spiritual seeker who's ashamed of her wild past. She took pride in amassing lovers and breaking their hearts. It gave her a sense of power. Her wild ways contributed to her father's grief, depression, and death from cancer.

Today, when she meets her old friends who admired her for her devil-may-care attitude, they're always amazed by the change in her. Some of them think she's leading a boring life but Jackie knows better. "My past is behind me now and I'm moving on," she tells them.

"The greatest gift you can give to somebody is your own personal development. I used to say, "If you will take care of me, I will take care of you. Now I say, "I will take care of me for you, if you will take care of you for me."

- Jim Rohn

DEALING WITH HEARTACHE

A broken relationship can cause many deep and extreme negative emotions. If you, like most people, have been in this situation, you may have wondered how someone so close to you could become a stranger. Maybe you had created your world around this person and now you must begin again.

One way to mitigate the feeling of aloneness is to avoid going to the places you used to meet. You might even spend less time with friends you had in common, at least until you've been able to work through the hardest parts of your grief.

With attachment comes suffering. Even when you were together, did you sometimes wonder whether it was forever? Maybe you had reason to doubt your partner's faithfulness.

So take a few deep breaths and become an observer. Watch your reactions. Think of the freedom from anxiety you now enjoy. ***Your happiness no longer depends on the actions of another person.***

If you were the one rejected in a past relationship, it's easy to start thinking that you're unattractive or unable to inspire love. Perhaps you even believe you'll never find anyone to love again. If you feel this way, ***remember that your worth is independent of what someone thinks of you.***

**"Happiness is not an accident. Nor is it something you wish for.
Happiness is something you design."**

- Jim Rohn

WAYS TO OVERCOME HEARTBREAK & MOVE ON

Try these strategies to let go of negative emotions from your past so that you can move forward with your life in positive ways:

- 1. Forgive others.** Forgiveness is essential if you want to move on and cultivate healthy relationships. Resentment and anger are negative emotions that will keep you from being happy, whereas forgiveness will release those negative emotions.
- 2. Spend some time with your friends.** Talking to them about your break-up may help you to feel lighter. Ask them about their lives. *Thinking about others and helping others helps you to forget your own problems.* Chat with others online who have suffered heartbreak. For starters, you might try:
<http://powertochange.com/life/getoverheartache/>
- 3. Be thankful for the relationship and grateful for the love you shared.** Identify the lessons you've learned and take them to heart. This way, you'll make the most of your experiences.
- 4. Write it all down.** Write down your feelings, whether positive or negative, in a journal or write a letter to your ex but don't send it. This process helps to get rid of negative emotions and will make you feel lighter.
 - Another advantage of doing this is that it can help to make your next relationship a success. You may discover some mistakes you made that you can avoid in your next relationship.
- 5. Look out for a pattern in your relationships.** Is there a certain type of person you always find yourself attracted to? Is this the kind of person you truly desire?
 - Many women, for instance, find themselves attracted to the "bad boys." This type of man could have violent or criminal

tendencies, or he could be a drug addict or a playboy (or all of the above!)

- If you tend to find the bad boys attractive, with disastrous results time after time, you may want to discover the reason why and eliminate it from your behaviour.

6. Clean the house. Get rid of your ex's things. As you clean, imagine that you're cleansing your heart of the anger and pain.

7. Get back to your hobbies and favorite activities. Maybe you didn't have much time for these while in the relationship, but now you can return to them. *Keep yourself busy with things you like to do.* You needn't depend on anyone else for your enjoyment.

8. Start an exercise routine. Exercise releases endorphins. These hormones make you happy and regular exercise keeps you healthy and trim. Whether you're not satisfied with your weight or you just want to get in shape and enjoy those endorphins, joining an exercise program helps you follow through with your desires.

- Do this in a sensible way, choosing a routine which suits your body and mentality. Consulting a doctor is best before taking on any new fitness program.

9. Find a spiritual path. Use this time alone to focus on your inner self. Most of us are too busy nurturing our physical selves to think of our spiritual selves, but we are spiritual beings in physical bodies.

It will also give you a new sense of purpose – to understand your true being and manifest it. The eternal soul within you isn't buffeted by extremes of joy and sadness, but watches them come and go like the waves of the ocean.

- Get in touch with your inner self through prayer and guidance from a teacher or spiritual mentor. You can talk to a mentor at <http://powertochange.com/experience/talk-to-a-mentor/>

These strategies can help you eliminate negative emotions from past break-ups and enable you to move on to happy, loving relationships.

Start by trying the techniques that most resonate with you and then use some of the other methods if you still feel as if you're harboring those old, negative emotions.

“I have learned from experience that the greater part of our happiness or misery depends on our dispositions and not on our circumstances”.

Martha Washington

WAYS TO HELP CONTROL DEPRESSION AND NEGATIVE EMOTIONS

□ Exercise

Exercise releases endorphins, the “happy hormone.” In a 2001 study carried out by the Duke University in North Carolina, it was found that *exercise is a more effective treatment for depression than antidepressants*. With exercise, you develop self esteem and confidence because you’re trimmer and healthier.

But how do you motivate yourself to exercise when you’re depressed?

Start by doing small things like taking the stairs or walking down the street to the store instead of taking the car. Do some gardening or take the dog out for a walk. Even parking at the far end of the parking lot when you go shopping will give you some exercise.

Whenever possible, exercise in natural surroundings, since nature has a soothing effect on the mind.

Brisk walking for 30 minutes a day (3-4 times a week) cuts the risk of diabetes by 50 percent. Plus it’s low impact, so it’s easy on your joints. Walking keeps osteoporosis and many diseases including Alzheimer’s and Parkinson’s at bay. You could also try other types of aerobic exercise such as swimming, running, or cycling.

Maybe, also sign up for an aerobics class. Exercising with others can be fun and supportive and improve your social life.

□ Develop Positive Thoughts

Positive thoughts lead to positive emotions which lead to a long life of peace and joy.

This is backed up by scientific research. Dr Gary Small, author and director of UCLA Center on Aging says, “Scientific evidence... shows that keeping a positive outlook helps us to live longer and healthier...Optimists have fewer physical and emotional difficulties, experience less pain, enjoy higher energy levels and are generally happier and calmer. Positive thinking has been found to boost the body’s immune system so we can better fight infection.”

In fact medical doctors today are finding that a positive mindset can be as vital to a person’s physical body as a healthy diet is. They are finding that healthy thoughts and emotions can make or break a person’s physical well-being.

One example that demonstrates this is Jackson John Pollock, from Georgia, who lived to be 128 despite smoking all through his old age. When asked his secret he said, “Trust in God and He’ll pull you through”. However, I don’t advocate smoking. I wonder how long he would have lived if he didn’t smoke!

Dr Con Colbert in his book, “*Deadly Emotions*”, says, “Certain emotions release hormones into the physical body that in turn can trigger the development of a host of diseases”. Dr S. I. McMillen said the same thing in his book, “*None of These Diseases*”. Both doctors found that emotions such as rage, hostility, bitterness, resentment, unforgiveness and stress can damage our bodies and lead to premature aging, disease and early death.

Conversely, emotions such as love, joy, peace, patience and kindness can help to keep our bodies free from disease.

“The fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness faithfulness and self-control”.

- Book of Galatians

So we must develop healthy emotions for our own well-being but how do we develop healthy emotions? The first step towards developing healthy emotions is to ***develop healthy thoughts***. Everything starts with our thoughts because thoughts lead to actions, which lead to habits.

Everyone talks to themselves. This is called self-talk. It is essential that you learn to control your self-talk and ensure that it is positive and that it will empower your life.

The first step to gaining control over your self-talk is to be aware of your thoughts and feelings and monitor them. Then you can take steps to change your self-talk for the better. There is an [Article on my Website](#), which explains how to change your self-talk from positive to negative. Just [follow this link](#) to see it.

You may find this hard at first but persevere with it and it will become easier. The results will make it all worthwhile and as you change your self-talk patterns you will find a boost to your well-being and your happiness.

“Sow a thought and reap an action; sow an action and reap a habit; sow a habit and reap a character; sow a character and reap a destiny.”

- James Allen
(Author of “As a Man Thinketh”)

□ Discover Your Life Purpose

Do you ever wonder why you are here? After all, you were created with a one-of-a-kind mixture of skills, passions & abilities that make you unique!

Discovering your life purpose enables you to find greater self-fulfillment.

When you do something that makes you feel as though you were born to do it then you will begin to thoroughly enjoy life. Reaching your goals will take on more meaning for you. You will find it easier to overcome challenges and you will experience joy when you achieve those goals.

I have written an Article about [how to find your life purpose](#) in four easy steps. Just follow the [link](#) to the Article on my Blog.

When you discover your life purpose, always try to honor it. Keep it constantly in your mind. When faced with a tough decision ask yourself, “Does this line up with my ultimate purpose?” A life lived like this, with direction, is a life that you can truly enjoy.

It becomes easier to get up in the morning and face the day when you’re excited about life and keen to make progress toward your dreams.

Then when you’ve made some progress this motivates you to achieve more success. It’s like a snowball effect – it fuels your ambition and you find it easier to achieve more and more. You experience joy and pretty soon negative emotions are behind you.

Discovering your life purpose, the core reason you’re here, is one of the greatest things that you could do.

-Brett Walker

THE IMPORTANCE OF GRATITUDE

When you're in an emotional bind, remind yourself of the things in your life that *are* going well.

Begin your day with feelings of gratitude and think of your blessings throughout the day.

A blessing could be something as simple as birds singing in your garden at dawn, a loving child, or wonderful pets. This will help you to gain perspective.

Observe your thoughts and weed out those that are negative, replacing them with empowering ones.

With gratitude comes appreciation, which is the key for living honestly and completely in the moment. You will be untroubled by what has gone before and what could come. ***The perfectly lived moment will give birth to the perfect future moment.***

“Develop an attitude of gratitude and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation!”

- Brian Tracy

JOURNALING

Once you've identified your negative emotion, the next step is to express what you're feeling in words. Write it down in your journal. ***Research shows that writing about your feelings strengthens the immune system by alleviating the emotions.***

Pay attention to your symptoms and write them down too. Perhaps your body is telling you to stop being self-critical or so easily angered. Maybe it's telling you to seek healthier relationships.

By reflecting on your journal entries, you'll discover that you've told yourself *exactly* what you need to know to turn your negative emotions into a positive force instead.

“Be a collector of good ideas, but don't trust your memory . The best collecting place for all of the ideas and information that come your way is a journal”.
Jim Rohn

SUMMARY

The many strategies you've found in this book can help you deal positively with your negative emotions. Once you're aware of these emotions and their effect on you, you can take action to discover their source, alleviate them, and replace them with life enhancing emotions that will serve you well for the rest of your life. You may find it hard at first but don't give up.

There are plenty of resources on my website to help you and on Roy Savery's website. Roy wrote the "Successful Living Handbook" and I've updated it and published it for him. The resources on our websites include [free books, wallpaper, affirmations and reflections](#), which are all designed to help you to develop positive thoughts and positive emotions. Also, when you sign up for our Newsletter you will receive 30 free affirmations, one for every day of the week.

You can see the resources, sign up for our Newsletter and get the free affirmations at <http://brettwalkeronline.com> or <http://roysavery.com>

Take the first step today toward the happiness you deserve!

Persevere with your quest for self-improvement. The rewards make it well worthwhile.

Winston Churchill once returned to his old school for speech day and gave his shortest speech ever. He got up and said, "Never, never, never, never, never give up." Then he sat down again and got a ten minute standing ovation.

"Never, never, never, never, never give up."

- Winston Churchill

FREE BONUS



Well done! You've made it to the back of the book and I would like to reward you for your perseverance.

I hope that you have enjoyed this book and found it useful. To show my appreciation for reading it I would like to offer you a free bonus. It is an excerpt from a book that I have found very interesting and helpful in my own life.

Do you find that when you read inspiring books that you want to take action and change your life but then several months later not much has happened. This is a common story and is usually because negative thoughts distract us and sabotage our efforts. It is like putting good software onto a computer hard drive which has a virus. You have to get rid of the virus before you can put good software in your computer. Our minds are like computers and you have to get rid of the bugs in your mind before it will function properly.

The good news is that you can remove the viruses from your mind and live a bug free life. [Click here to find out how.](#)

