



## ***Mind Alchemy Day 16 – Emotional Homeostasis***

For this exercise I would like you to think of an unwanted emotion that comes up for you time and time again. Don't worry if you can't think of one just now you will be able to come back to this exercise if you think of one throughout the day.

We are going to go through the 7 step process for ridding ourselves of these unwanted emotions one by one.

### **Step 1 - Recognise - Recognise that you have the emotion.**


### **Step 2 - Name the emotion - Put a specific name to the emotion e.g. anger**


### **Step 3 - Accept responsibility - Know that it is you who is feeling the emotion and only you, you should not pass the blame for the emotion onto someone else.**


### **Step 4 - Find another possible meaning - Ask yourself why you are feeling a particular way and if it might be something you are feeling deep down.**


### **Step 5 - Accepting your emotions - Whatever you are feeling is never wrong. The actions you take because of the emotions may be wrong, but the emotion itself is never wrong.**






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**Step 6 - Does the emotion teach you anything - Are you learning from the emotion you are feeling. Your mind is trying to get you to pay attention for a reason.**


**Step 7 - Change the emotion - Try and change the emotion by changing your state.**


