

EMOTION	THE MESSAGE	THE SOLUTION
DISCOMFORT	Boredom, impatience, unease, distress, or mild embarrassment: something is not quite right	1. Centre yourself 2. Clarify what you do want 3. Refine yr actions. Try a different approach. Try change the way you're feeling about the situation and/or change the quality of results you're producing
FEAR	Fear is simply the anticipation that something that's going to happen soon need to be prepared for. Need either to prepare to cope with the situation, or to do something to change it.	Review what you were feeling fearful about and evaluate what you must do to prepare yourself mentally. Figure out what actions you need to take to deal with the situation in the best possible way. Antidote: you must make a decision and have faith
HURT	Feelings of hurt are usually generated by a sense of loss. An expectation has not been met. (Loss of intimacy; loss of trust etc.)	1. Realize in reality you may not have lost anything. Maybe what you need to lose is the false perception 2. Ask yourself, "Is there really a loss here? Or am I judging this situation too soon, or too harshly?" 3. Elegantly and appropriately communicate your feeling of loss to the person involved. (using I statements and appropriate assertiveness)
ANGER	An important rule/standard/value you hold for your life has been violated by someone else, or maybe even by you.	1. You may have misinterpreted the situation completely, that your anger about this person breaking your rule may be base on the fact that they did not know what's most important to you (even though you believe they <i>should</i> ) 2. Even if a person did violate one of your standards, your rules are not necessarily the "right" rules, even though you feel as strongly as you do about them 3. Ask, "In the long run, is it true that this person really cares about me? Interrupt the anger by asking, "What can I learn from this?(Discovery approach)How can I communicate the importance of these standards in a way that that causes you to want to help me.

		<b>THE SOLUTION</b>
<b>FRUSTRATION</b>	An exciting, positive signal. It means that your brain believes you could be doing better than you currently are. The solution of your problem is within range, but what you are currently doing isn't working and you need to change your approach	<ol style="list-style-type: none"> <li>1. Realize frustration is your friend, and brainstorm new ways to get a result.(Designing options)</li> <li>2. Get some input on how to deal with the situation. Find a role model, someone who has found a way to get what you want.</li> <li>3. Get fascinated by what you can learn that could help you handle this challenge in a way that consumes little energy or time and creates joy</li> </ol>
<b>DISAPPOINTMENT</b>	An expectation you have had-a goal you were really going for-is probably not going to happen, so it's time to change your expectations to make them more appropriate for the new situation and take action to set and achieve a new goal immediately	<ol style="list-style-type: none"> <li>1. Figure out something you can learn from this situation that could help you achieve the thing you were after in the first place</li> <li>2. Set a new goal that you can make immediate progress toward</li> <li>3. You may be judging too soon. It might be a temporary challenge. It may not be over yet, develop more patience. Re-evaluate what you truly want, develop a more effective plan.</li> <li>4. Cultivate an attitude of positive expectancy about what will happen in the future, regardless of the past.</li> </ol>
<b>GUILT</b>	You have violated one of your own highest standards, you must do something immediately to ensure that you're not going to violate that standard again in the future	<ol style="list-style-type: none"> <li>1. Acknowledge that you have, in fact, violated a critical standard you hold for yourself</li> <li>2. Commit yourself to asking sure this behaviour will never happen again in the future. Rehearse in your mind how, if you could live it again, you could deal with the same situation in a way that is consistent with your own highest personal standards.</li> </ol>
<b>INADEQUACY</b>	You don't presently have a level of skill necessary for the task at hand. It is telling you, you need more information, understanding, strategies, tools or confidence. (That's when conflict management tools become invaluable)	<ol style="list-style-type: none"> <li>1. Ask, "Is this really an appropriate emotion for me to feel in this situation? Am I really inadequate, or do I have to change the way I'm perceiving things?" If it s justified then you need to find a way to do something better than you've done before</li> <li>2. Appreciate encouragement to improve. Find a role model and get some coaching from them</li> </ol>

<p><b>OVERLOAD/ OVERWHELM</b></p>	<p>Grief, depression and helplessness are merely expressions of feeling overloaded or overwhelmed. You perceive your world in a way that you feel there's more going on than you can handle. You need to re-evaluate what's most important to you in this situation.</p>	<ol style="list-style-type: none"> <li>1. Decide out of all the things you're dealing with in your life, what the absolute, most important thing is for you to focus on.</li> <li>2. Write down a list of the things that are most important for you to accomplish and prioritise them-helps with a sense of control.</li> <li>3. Tackle the first thing on the list and continue to take action until you have mastered it.</li> <li>4. Self esteem is often tied to our ability to control our environment. But we also have the power to change this by focussing on what we can control and dealing with it one step at a time.</li> </ol>
<p><b>LONELINESS</b></p>	<p>The message of loneliness is that you need a connection with people</p>	<ol style="list-style-type: none"> <li>1. Realize you can reach out and make a connection immediately and end the loneliness. There are caring people everywhere.</li> <li>2. Identify what type of connection you need. The great thing is that it means, "I really care about people, and I love to be with them. I need to find out what kind of connection I need with somebody right now, and then take action immediately to make that happen".</li> </ol>

**THE 10 EMOTIONS OF POWER:**

Anthony Robbins suggests having a conscious understanding of the positive message in each of the major emotions or Action Signals they are trying to give you. Instead of avoiding them he encourages using the emotion to drive you into action.