

Natural Healing Express Weekly

Column 298 Managing Emotions Part II

As promised, here is the re-run of Part II from our Managing Emotions Segment. We received a lot of feedback, I mean a lot...And thank you, I really do appreciate it. Many people discussed that they simply didn't realize they acted and reacted with an "emotional mind" until they read the article. So, to provide a little more insight, I thought it would be a good idea to list hallmarks of an emotional mind to help folks identify this characteristic.

According to Daniel Coleman, author of Emotional Intelligence, one of the first indications of the emotional mind is realizing that the emotional mind works faster than the rational mind. Its quickness precludes that deliberate, analytic reflection that is the hallmark of the thinking mind. Simply, this means responding before having a chance to think. Evidence of a quick but sloppy emotional response may include the "What did I do that for?" thought shortly after the response. This is a sign that the rational mind is awakening to the moment, but not at the rapid rate of the emotional mind.

Because it takes the rational mind a moment or two longer to register and respond than it does the emotional mind, the first impulse in an emotional situation is the heart's, not the head's. There is also a second kind of emotional reaction, slower than the quick response, which simmers and brews first in our thoughts before it leads to feeling.

This second pathway to triggering emotions is more deliberate and we are typically quite aware of the thoughts that lead to it. In this kind of emotional reaction there is a more extended appraisal; where our thoughts play a key role in determining what emotions will be roused. Once we make that appraisal such as "I am getting a ticket or the dealer is cheating me", a fitting emotional response follows. We have all been there.

The rational mind does not decide what emotions we should have. Because of this, at the moment the emotion hits the rational mind, it is already in the "what's done is done" state. What the rational mind

can ordinarily control is the course of the reactions. Understand the difference? The rational mind kind of “deals with” the emotional mind. With discipline and thought, the outcomes can be positive and mature.

Another factor in managing the emotions is to stop living in the past. This can be difficult to do since we are a product of our experiences. What I mean by this is better shown by example. Living in the past means some event or person “triggers” something that feels similar to an emotionally charged memory from the past.

Almost instantly, the emotional mind kicks in and “remembers” all the feelings that went along with the remembered event. An example would be a wedding you may have attended when you were in high school or college age. You saw the love (or the deer in the headlights look) between two young souls and instantly remember your feelings when witnessing it. If positive, you hope your wedding could produce a similar feeling. If negative, maybe you postponed yours awhile.

I will take this one step further and comment on some of my analysis/entertainment of watching some of my friends date...or maybe better said, try to. One of my girlfriends goes into every date expecting it to end badly...and it usually does. She’s a pretty girl. She’s smart and has a good job, so after about 25 of these not so good dates you would think that maybe the problem is....her... Duh.

She was hurt very badly by an old boyfriend so her emotional mind kicked in on date number two and tried to find everything wrong with the guy instead of trying to find what might be right. Now, finally, after some coaching, she is dating a great guy from the East Coast and he calls her, well,...on her crap. And he does it in a loving way.

She says dating him feels like when she was dating her late husband. And, they were teenagers. See the timeline connection? What I am trying to say one has a hand in making their own reality, yet when you are an emotionally minded person; your “perception” of a new person only makes sense when you can

fit it in your emotional war chest. And, that war chest includes both positive and negative emotional experiences.

Sometimes and sadly so, emotional minded folks cannot see a potential mate for who they truly are or on a more sophisticated level, who they can be with a grounded, analytical, positive mate. Many potentially great matches die on the vine because one or both of the parties quickly refer back to their previous experiences before seeing the whole picture.

Yet another case in point, a friend of mine was meeting a woman for the first time and she was running a late. He was absolutely frantic. His former wife had “punished” him by making him wait on her and when she finally arrived, she was never in a good mood. So, as this new person was running late, it set off a trigger in him that put him into a negative tizzy with high anxiety. When he called me, I promptly told him to take a walk around the block and begin the experience again for what it was – a chance to meet someone new who wasn’t a brat. They are set to be married this June.

The Moral of this story -Don’t let your past be your present and for goodness sake, don’t let someone from your past control your future. That relationship ended for a reason and that season is over. Move on.

Another factor in the working of the emotional mind is responding in a state/specific situation. This means whatever feeling is on top at any given defined situation becomes the memory. Remember feeling what it was like to sink the game winning shot? Remember when you first fell in love? Or when you learned a friend had cancer? These types of state specific emotions can be intense and result in heightened and in-depth long term memories. To me, these require a more specific discipline to process and unless causing severe issues in life are better left alone.

And let’s not confuse state/specific situation emotional reaction to state dependent learning. State dependent learning is when you learn a specific skill in an emotional or altered state and cannot seem to recall that skill under normal conditions. Like the time I learned to knit with my friend Nancy after, uh, a

“couple” of glasses of wine, but that’s a whole “nother” story. Just suffice it to say that friends shouldn’t let friends knit drunk. I have a hammock; I mean afghan to prove it.

Lots of wonderful things happening at Natural Healing Express! And the Silver Fox café is the place to be! Come try some healthy gourmet food – delicious and fast! We are now open Tuesday, Thursday and Friday 6:30am – 2:00pm, Wednesday 6:30am-7:00pm and Saturdays 8:00am- 1:00pm.

Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: [skscham@aol.com](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

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