

CHANGING STATES

Whenever we change from one emotion to another, we experience physical early warning signs. These signs will vary between individuals and be different for different emotions. It is about stopping and thinking about what is happening physically at the time of that change so that we can then choose whether to follow the same pattern as we always have or do something differently and get a different, hopefully, better outcome.

Change is usually initiated by something that happens in our environment or something that someone says that triggers or gains the attention of an emotion different to the one we were experiencing previously.

This is the general sequence that most of us experience when we have a change of state:

1. Some external change in the environment – action/event or words.
2. The trigger that indicates the change is picked up by our unconscious mind.
3. It then alerts the part that it thinks is the most appropriate to manage the current situation and then physically prepares the body to support that emotion.
4. Identify exactly what the very first physical changes are – e.g. tensing of muscles, butterflies in stomach, pain in the neck etc.
5. It is not until then that we become consciously aware that something is changing.
6. At this time, decide whether to do what you have always done or do something different.
7. If you do what you have always done you will continue to act out that emotion as you always have and get similar results.
8. Alternatively, ask your creative part what other things you can do that will give you a better result. It is best to do this sometime prior to the next actual event happening again. Spend time recalling past experiences when you had this change, play the movie in your mind in slow motion and then stop it at the first sign of the physical change and ask yourself what choices you have. These could include:
 - a) removing yourself physically from the situation
 - b) Taking deep breaths breathing in air of your favourite colour
 - c) Counting backwards from 10 or ?
 - d) Etc.
 - e) Keep playing these changes over in your mind so that they become more automatic or natural and therefore easier to access when you need to.
9. Pretend you have a TV remote control and each choice is a different channel.
10. When you start to experience the change – stage 7 above - select a different channel
11. Enjoy your new outcome – thank yourself for being in control of your emotions.

CREATING EMOTIONAL BALANCE

The following is one way of increasing our emotional balance when one or two parts are controlling us – e.g. anger, anxiety, excitement etc. When one or two parts take control of us, it usually means that our other parts are bludging on us. Draw a comparison with organisations or groups you are or have been involved in where one or two people want to take over and run the show. Maybe there are a minority of others who object or question what they are doing, but the majority usually just sit back and say something like “they are doing a good job, let’s just tag along for the ride” or something similar. The same thing happens with our internal emotional parts and when this happens we need to get them up and working by either asking for volunteers to do more jobs or nominating members to do things.

1. Become aware of how you feel after you have been angry, frightened, anxious, frustrated etc. Sometimes it is a feeling of relief, but quite often it is a feeling of exhaustion, tiredness, worn out etc.
2. When you consider this, it probably stands to reason that you feel that way because the one part that has been controlling you has been doing all the work for whatever time it has been controlling you and eventually needs a rest.
3. At the end of the anger period or anxiety attack or whatever it was that was controlling you for the immediate past time, thank that part for getting you safely to where you are now.
4. Ask that part if it would like to have a rest now and take a back seat in your life for a while. Explain to it that you don’t want to lose it altogether because there might be another time in the future when it might be able to support you. Remember, all ur parts have a positive and negative side.
5. Just before you let that part go off to rest though, ask it if it can recommend any of your other parts who it considers might be able to play a bigger role in your life.
6. If it recommends a part or parts, follow up with these parts. If it doesn’t, then go ahead yourself and start communicating with your other parts.
7. If it recommends parts go ahead and contact them. Ask them what they can do to give you better outcomes in the future. They may not answer immediately but be ready when they do and thank them for their suggestion.
8. Ask them how you can build a better future where anger, anxiety, depression etc. don’t have to do all the work.
9. If there is no apparent response, ask your creative parts which other parts it thinks should be doing more.
10. When you get the response from your creative part and you will because what is actually happening is that you start thinking (internally communicating) what or how you would like things to be better in the future.
11. Ask the parts that you know have been bludging on you to come up with other better ways to do things that will benefit the whole you, including them. E.g. In the case of your frustration or anger part taking control, it may be a part such as your patient or tolerant part that needs to do more for you. In other words, when you start to feel those first physical signs of frustration or anger, you ask your patience part to slow things down for you or give you more choices so that anger doesn’t feel that it has to control you.
12. When you start to get better outcomes, ensure you thank the parts that have started to play a bigger role in your life to give you those better outcomes. Enjoy.