

Using the Emotional Elevator : Naming our Emotional State

One element of emotional intelligence that enables us to gain deeper discernment and insight about our state, including our mood, is to build our physiological consciousness – not just our physical but also the ability to recognize our emotional pot-holes, and connect with our true internal state. Moving past distraction and dis-ownership.

The naming of our state – is a key skill in mastery. There are hundreds of distinctions that can be made – matters of intensity and/or nuance. So, the challenge is to become more discerning in our language. This, along with the ability to connect fully through our physical – enables us to consciously shift from negative energetic states to positive. With choice.

The idea is to increase freedom in the mind, and body through noticing and choosing our point of focus. Often on our breath or on the sound of naming what we are experiencing rather than pushing it away.

The first step is always awareness – and the key is to understand the ‘Elevator’ of emotional conditions – along with their names.

