



HEAD COACH

small steps, big changes

Talkin' bout

THE FEELS

A COURSE EMBRACING OUR EMOTIONS;  
TO FEEL THEM ALL,  
TO EXPRESS THEM TO OTHERS AND  
STILL SUCCEED AT LIFE!

Prue Sulicich  
Life Coach

# Welcome

Thanks for joining me on this exploration of emotions. I appreciate it is not always a topic everyone wants to talk about, however if you become aware of your emotions, they will no longer rule your life and instead, they can serve you to be the best version of yourself.

## Contents:

- What are Emotions?
- How do emotions feel in your body?
- The importance of understanding emotions.
- How to process an emotion.
- Why all your life's results are from an emotion.
- Expand your emotional vocabulary.

## Added bonuses:

Because I absolutely love it you've taken the plunge to better your life, I am giving you some great freebies to make it even easier to dive in to the work on YOU.

- FREE 45 minute private coaching session on any topic
- Access to my Head Coach family Facebook page

Please don't miss this opportunity to be coached and follow along on my private social media group to keep you strong. Follow the links in the email I sent you when you signed up!

# What are emotions?

As you heard in my training, emotions are simply:

## A VIBRATION IN YOUR BODY

Remember, we are designed to feel all the feelings. No emotion will ever kill you.

Our body was made to feel them all so it could keep us safe. This is what our brain does.

**FEELINGS**  
=  
**EMOTIONS**

Since our brain was designed all those years ago, it still has the same old programming it had when we needed to stay safe and not get eaten by bears and all those other predators. But, our world has changed and we still physically react to attacks, whether it be a physical or emotional one. Let's be honest; most of our feelings these days comes from emotional triggers, like what someone said or how they said it

Understanding and feeling ALL your emotions, will give you greater success. You will start to win in every part of life; work, family, relationships and especially self. It is an absolute game changer!

“

Being uncomfortable is the currency of success, so if you want to succeed in life, the work starts here.

-Brooke casillo

”

## The life cycle of an emotion

**CIRCUMSTANCE**



**THOUGHT**



**FEELING**

Feelings are always from a thought.

The circumstance is neutral;

You have a thought;

You get a feeling.

# How do emotions feel in the body

An emotion as we have learnt is a vibration in your body. Let me give you some examples of how this might show up;

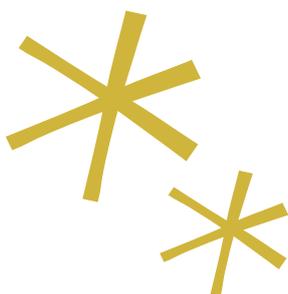
- Sweaty palms or other body part
- Racing heart
- Urge to run
- Blushed neck or face
- Butterflies in your stomach
- Heavy chest
- Electricity in your body
- Nauseousness
- Dry mouth
- Shaking voice or hands

This is a small list! There are endless examples of the physical aspects of emotions.

What I do want to remind you is;

**We are designed to feel all emotions. They do not have the power to kill you or even stop you from doing the thing!**

Now you might be thinking that during a panic attack, this statement does not feel true. You really do feel you may die...when experiencing this, ground yourself by saying over and over, "this is just a feeling, I can handle them all."



It is important to feel all these emotions, they are designed to keep us safe.

Thank your brain for doing its job and keep pushing on!







# The importance of understanding emotions

Life is a choice my friends. Contrary to popular belief, we choose how to live our lives; whether it be subconsciously or consciously. Emotions play a major role in this process.

If life is not going how you want it to or you are finding a lot of negative results in life, time to look at how your emotions are playing a part.

Do you fly off the handle easily? Rely on others to control how you feel or simply judge yourself for having any feeling?

To understand your emotions, and I mean all of them, the "good", "bad" or "ugly" is to take back the power!

No-one can make you feel anything! You have complete control, it is only how you think about a circumstance which gives you the feeling!

To know how you feel, to put a name to it and understand where it shows up physically, will allow you to start processing emotion.

Imagine how it could change your life if you could describe how you actually feel to your loved ones, work colleagues or just yourself. My guess is, is you would have deeper, stronger connections which are honest and aligned with your values.

Plus, by understanding your emotions, you can stop judging them and understand it is all part of the human experience.

The sooner you stop resisting, the sooner you can process the emotion and have it leave your body.



# How to process an emotion?

This is where it gets interesting.

Processing an emotion will take some time to understand, however like most things, practice makes it easier.

So do it often, and start with less heavy emotions first.

Remember the bee sting analogy if you get stuck!

## Step 1.

Find a safe, quiet space you can practice this process without interruption.

## Step 2

Turn off or put away all distractions; phone, T.V, food, drink.

## Step 3

Find an emotion you would like to process. Remember, start with less heavy ones and work your way up.

Put a name to it; embarrassed, disillusioned, mad, lonely, let down.

## Step 4.

Sit with the emotion. How does it feel in your body.

Take mental notes.

Ask yourself, what thought is behind the emotion?

## Step 5.

Allow it. This is when it might feel uncomfortable and you might want to distract yourself to feel better. DON'T! Sit there, feel it.

Allow it to be processed by allowing it to come in through the top of your head and leave through the tip of your toes.

## Step 6.

Evaluate what you just did.

High five yourself and pat yourself on the back.



# Tips to help

Firstly, I want to make sure you are doing the last step? We all too often, brush past our achievements. This is a big deal! If you do this and make it a habit to process all your emotions, you will be in the 10% of the population that can!! That is awesome. Most people have no control and let their emotions rule their lives; not you my friend! You are going to be a functional feeler, that can feel and allow all the feels, while still living the life of your dreams.

Go you!

## **Here are some tips to keep you going;**

- Remember an emotion is physically felt in your body for only 90 seconds. It comes, peaks and dissipates in a minute and a half!! Anyone can do that!
- Allow the emotion instead of compounding them; they will be easier to process.
- We were designed to feel ALL EMOTIONS. They cannot kill or harm us!
- Emotions are aroused from a thought. Not a circumstance. All circumstances are neutral.
- Thoughts can be changed and chosen!
- Processing an emotion may feel uncomfortable; it is meant to. It's our brains way of trying to keep us safe.
- There is no good or bad emotion. Just an emotion!
- Judging or shaming emotions is just resisting them.
- You've got this! We are human and it is part of the human experience!





# Bonus exercise

Exercise 2.

This is a review of your life as a whole. I believe there are 11 areas in life which can be evaluated.

This is what I would like you to do. We want to find where you are suffering the most. This will highlight what to work on, which emotions and thoughts to be curious with.

Evaluate each category by circling the number that best describes how you feel about each part of your life and explain why. 1 = Terrible, 10 = Awesome

## FAMILY

1 2 3 4 5 6 7 8 9 10

WHY:

## FRIENDS

1 2 3 4 5 6 7 8 9 10

WHY:

## SPIRITUALITY

1 2 3 4 5 6 7 8 9 10

WHY:

## COMMUNITY

1 2 3 4 5 6 7 8 9 10

WHY:



## SELF

1 2 3 4 5 6 7 8 9 10

WHY:

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## BODY

1 2 3 4 5 6 7 8 9 10

WHY:

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## LOVE & RELATIONSHIPS

1 2 3 4 5 6 7 8 9 10

WHY:

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## CAREER/WORK

1 2 3 4 5 6 7 8 9 10

WHY:

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## MONEY

1 2 3 4 5 6 7 8 9 10

WHY:

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## YOUR HOME

1 2 3 4 5 6 7 8 9 10

WHY:

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## FUN & ADVENTURE

1 2 3 4 5 6 7 8 9 10

WHY:

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From here, you get to choose where you would like to start. What area needs to be worked on to improve your life and stop unnecessary suffering? ONLY ONE AT A TIME! Go all in!

# Emotions and Action

I want to talk a little about how every action you take, or don't take comes from an emotion.

I went over this a little in the training.

I want to show you a model I use from Brooke Casillo, an amazing Life Coach from The Life Coach School. It looks like this;

## The Model:

**C- Circumstance**

**T- Thoughts**

**F- Feelings**

**A- Action**

**R- Result**

This extends on from the life cycle of a feeling I touched on earlier. After having a feeling, you can be urged to take or not take an action. This can be many actions or just one. From that action it will give you your result! Are you with me?

This is remarkably important to learn. The circumstance did not make you do or not do something. You chose to do it because of a feeling you had!

Which is great news, as this means, if the action resulted in a negative result, you can choose not to do it. Or do something else which will result positively!

*All action comes from a feeling*

This is another tool you can use; interrupting the action before it even happens.

It will happen in stages, and again, the more you open your mind to the possibility and get really curious, the greater results.

### **Here are the steps of evaluating and interrupting:**

1. Firstly, you will be unaware and only see the action after the fact. You will have a negative result. Evaluate from there.
2. Secondly, you will see it while it is in progress. You won't be able to stop it but your brain is aware.
3. Thirdly, you will see it happening and you will choose not to take the action the feeling is driving you to do.
4. Lastly, you will be able to examine the thought behind the feeling and choose not to take any action; or better still, choose action which will end in a positive result.

This is where I am urging you to take me up on my free coaching session.  
We can go deeper into this and I can help you understand the model.



# Emotional vocabulary

So this is why you turned up for this course, to expand your vocabulary to be able to articulate your feelings to yourself and others..

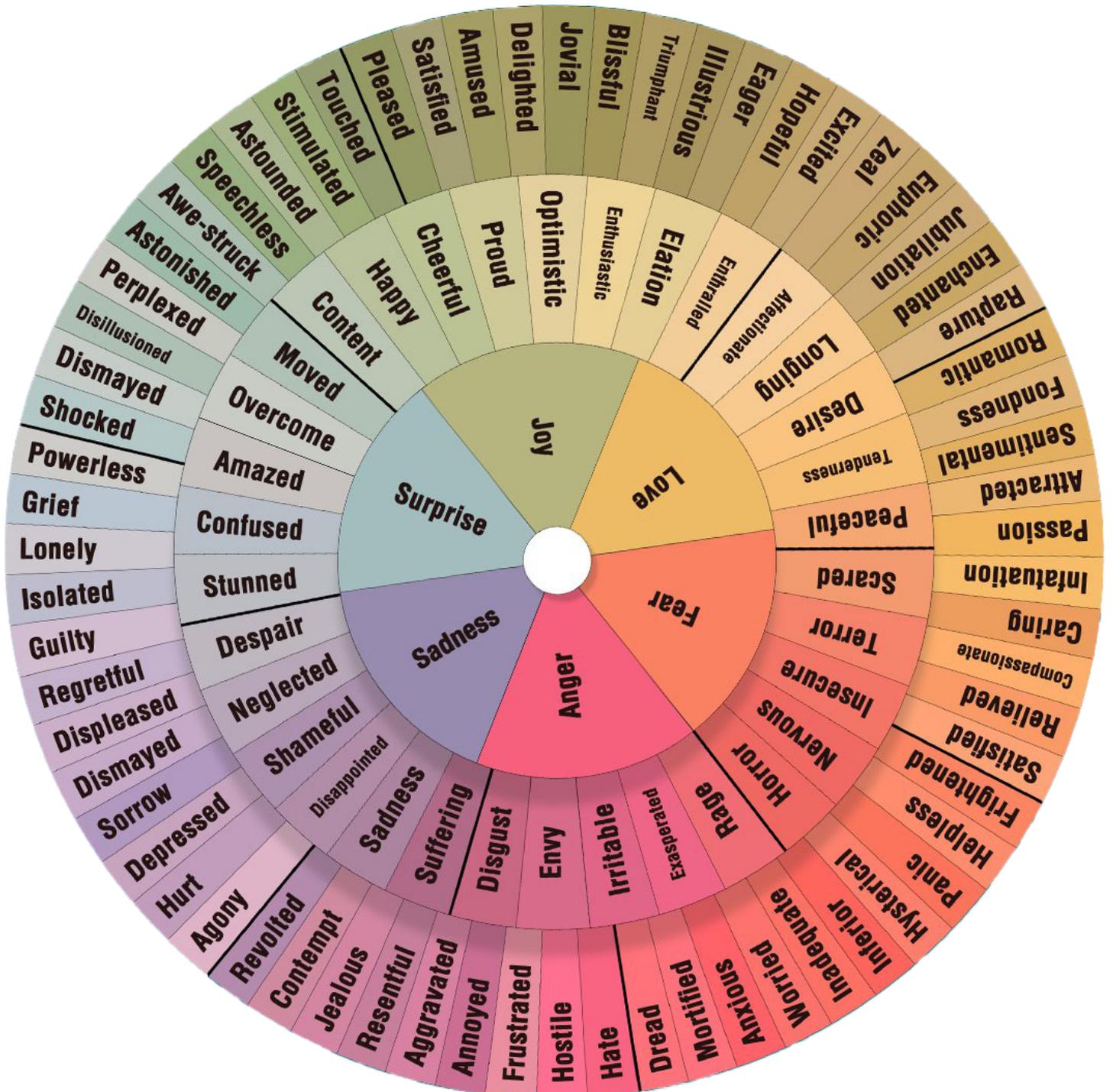
Connection  
Understanding  
Choice

To understand and articulate emotions is the first step to being an emotional adult. Again, if you follow through on this and do the work, you will be in only 10% of the population. Then it will be your mission to teach it to others!

*Putting a name to a feeling is the first step to understanding how you really feel.*

On the following pages you will find the fantastic tool, the Emotions Wheel. Also, you will find a detailed list of other emotions, some not on the wheel to continue to expand and understand the world of emotions.

# The emotions wheel



Thanks to Mel Robbins for this great resource.

# Exercise

We have discovered there are core feelings. In this exercise, I want you to write down your definition of these core feelings. Complete below.

**Love**

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**Joy**

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**Surprise**

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**Sadness**

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**Anger**

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**Fear**

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# Hints and tips

All emotions have a name. To be able to process it, you need to know what you are feeling, name it and understand how it sits in your body.

Using a "blanket" emotion to cover how you feel is not productive.

Grief feels very different to disappointed, as an example.

Many emotions are a compound of two or more core emotions. For example;

Guilt= joy + fear

Delight= Joy + surprise

Despair= fear + sadness

Pride= anger + joy

Disappointment= surprise +sadness

At the end of this workbook, I have listed in alphabetical order, a heap of emotions. I have left space at the end of this workbook for you to research and find the meaning of each feeling.

I was going to do this for you, however I feel doing it yourself is such a better learning experience.

Get out the dictionary and go to work!

You may be surprised you don't know a lot of them, that's OK. This is where your knowledge begins.

**This is the exercise for day three's training!**  
**Nice and simple!**

# WELL DONE

You did it! You completed this course and are willing to be uncomfortable and put in the work in the name of growth!  
I commend you!

Remember, the work does not end here.

Continue to do the following;

- Expand your emotional vocabulary
- Put names to all your feelings
- Understand where emotions show up physically in your body
- Process ALL emotion
- Do not resist any emotion or compound it
- Thank your brain for doing its job and be aware of all emotions.
- Teach someone you love to do the same

*Take me up on my bonus offer!*

- **FREE 45 minute coaching session on any topic**
- **Join my Head Coach family Facebook page**

[www.head-coach.com.au](http://www.head-coach.com.au)

- absorbed
- abusive
- accepting
- accommodating
- accomplished
- adaptable
- adversarial
- aggressive
- agreeable
- alert
- altruistic
- analytical
- angry
- annoyed
- antagonistic
- anxious
- approved of
- arrogant
- ashamed
- authentic
- balanced
- beautiful
- belligerent
- bereft
- bitter
- bored
- brave
- broken down
- bullied
- calm
- chaotic
- cheerful
- cold
- commanding
- compassionate
- competitive
- complaining
- conceited
- condemned
- confident
- conflicted
- confused
- conservative
- content
- controlled
- controlling
- cooperative
- courageous
- cowardly
- creative
- critical
- cruel
- curious
- defeated
- deluded
- demanding
- dependent
- depressed
- desperate
- destitute
- destructive
- detached
- dignified
- disconnected
- discouraged
- disgusted
- dominated
- dominating
- eccentric
- ecstatic
- egocentric
- egotistical
- empathic
- empowered
- envious
- erratic
- excited
- expressive
- extroverted
- fair
- faithful
- fearful
- frightened
- frustrated
- glad
- good
- grateful
- greedy
- grieving
- guilty
- happy
- harmonizing
- hatred
- helpful
- helpless
- hesitant
- hopeless
- idealistic
- ignorant
- impatient
- important
- impoverished
- impulsive
- indifferent
- individualistic
- inert
- insecure
- insensitive
- inspired
- in service
- interested
- intolerant
- introspective
- invulnerable
- irresponsible
- irritated
- isolated
- jealous
- joyful
- judged
- judgmental
- lazy
- likable
- lively
- lonely
- lost
- loved
- loving
- mad
- manipulated
- manipulative
- mediating
- miserable
- mistrusting
- moody
- moral
- negative
- noble
- obsessed
- open
- panicked
- paranoid
- passionate
- passive
- peaceful
- perfectionist
- pitiful
- pleased
- poor
- possessive
- powerful
- practical
- preoccupied
- preoccupied
- procrastinating
- proud
- punished
- punishing
- purposeful
- rage
- reactionary
- reclusive
- rejected
- rejoicing
- repressed
- resentful
- resigned
- resistant
- responsible
- ridiculous
- righteous
- ruthless
- sad
- sadistic
- secretive
- selfish
- self-accepting
- self-condemning
- self-defeating
- self-destructive
- self-hatred
- self-obsessed
- self-pity
- self-sabotaging
- sensitive
- serene
- shamed
- shut-down
- shy
- sorry
- stable
- stimulated
- stricken
- strung-out
- stubborn
- superior
- tantrums
- timid
- tolerant
- unconcerned
- understanding
- unforgiving
- unhappy
- unresponsive
- untrusting
- vain
- vengeance
- vicious
- victimized
- violent
- visionary
- well-meaning
- wise
- withdrawn
- worthy

