

# EMOTIONAL RESCUE FOR WOMEN WITH RELATIONSHIP CHALLENGES



**An introduction to the techniques and teachings, that  
will help you cope with challenging relationships.  
Especially for women who are  
experiencing emotional distress and anxiety.**

## EMOTIONAL RESCUE FOR WOMEN WITH RELATIONSHIP CHALLENGES

Thank you for downloading this e-book, it will not fix all your problems as each of us is an individual and every issue is different. If you are experiencing physical assault, please ask for help from the authorities.

What this book will do is give you insights into how you may be able to resolve the emotional pain that some relationships are giving you.

We have wisdom, or so we are told, aging brings on feelings that we never had before.

Well, I am not sure, as in my life I have seen very young people, children, who are wise beyond their years and aged adults who are, quite frankly dim!

So, it's not the years that make us wise, it is the knowing, the awareness, the inner spirit, or soul, which shows us the path on which to tread. We ignore it at our peril.

You may have reached an age when you have regrets, choices that didn't turn out as you expected, relationships that never quite worked, finances that never grew.....so many things we can regret but regret does very little to increase our happiness, does it?

The rivers of life, like water under a bridge, are the passing years, we cannot ever get them back.

I was born in 1944 and all my three children are in the fifties, and my great-grandchildren are approaching school age. In my early life as was an accountant, then a business consultant, and entrepreneur and now I coach and mentor people...oh yes and I write books, and articles and act as treasurer and publicity manager for my local Townswomen's Guild.

Being married twice, kissed many frogs, and now in a loving relationship with my partner, gives me an understanding of relationships and the anguish they can cause.

I was divorced from my first husband and that was difficult and painful, my family separated and fragmented. With my second husband, after nearly twenty years of a wonderful relationship, I then had several years of deep grief, as the love of my life became ill with Alzheimer's and subsequently passed away.

I empathise with those going through the anguish of a failed relationship, or still in the grief and the pain of loss.

I am explaining this now, so if you don't know me well, at least you will understand where my experience and wisdom come from.

**We are all sisters, awakening women, and finding our wisdom - now onward into the book.**

Are you a maiden, mother, or crone?

That question is rhetorical, it matters not at what stage you are in life, it matters that you care about your future and how you can live it.

Each age of womanhood is marked by the archetypes of maiden, mother, and crone, which denote the time and the use we have in this life.



Nowadays, maidens would equate to young women, maybe in education or at work. Mother would be as now, but most women also have employment outside the home. And then of course crone, the age I am fortunate to have reached. It is a shame that the reference to crone has become an insult in recent generations when it signifies the wisdom of age and was revered in past times and still is in many cultures.

As you read this, you will no doubt be contemplating the crone years, maybe still a mother, as once we have children we retain that title, but no longer a maiden.

I am now considered to be an old woman, though I like to think I have reached the age of wisdom rather than counting the years.

Embrace the Crone....you have no other choice!

**NOW TO WORK:** Please get a notebook or paper and a pencil. The notes you take as you go through this work will help you through the rest of your life.

## **KEYS TO A HEALTHY AND HAPPY LIFE -**

**This applies at all ages but especially in our later life.**

- We all need our minds to be clear of anxiety and worry
- We all need to feel well, fit and healthy
- We all need love in our lives and the ability to understand the value of compassion and practice it as much as we can

We all need to know that we are part of an amazing world and in this e-book, I will teach you how to achieve this and find happiness.

First, we need to find out where we are now and where we want to be in the future. This may seem trivial, but we have to know who we are...in-depth, our strengths and our weaknesses.

Do you have goals? Is your heart set on a cruise or a trip to the Far East....?

Do you consider yourself to be clever? Are you always afraid of something?

Do you want more out of life than your contemporaries

## Activity 1

Where are you right now? Please note down the answers to the following questions....Yes or No is fine

1. Am I happy with my life at the moment?
2. I am content with my partner/spouse and our lifestyle?
3. Would I like something better as I head into retirement/later life?
4. Am I happy with myself, the way I look and appear to others?
5. Do I regret doing anything in my life?
6. Am I OK with the way my children/family are dealing with their lives?
7. Have I made mistakes in my life so far?
8. Have I missed out on things my peers have done or achieved?
9. Am I just frustrated with life in general?
10. Do I still have the will to make changes in my life?

*My answers are quick and easy I have 9 YES's and only number 9 is a NO....I am not frustrated with life as I have so much more to do..*

How many YES's do you have?

**Think about how these answers guide your thoughts and actions.**

**What can do to make your life better?**

**When we understand our motivations, we can do something to create what we really want, not what life has dropped on us.**

**We can change when we choose to, but for many, it is only when circumstances allow.....**

## Emotional health – this is the fundamental part of understanding yourself

*One isn't necessarily born with courage, but one is born with potential. Without courage, we cannot practice any other virtue with consistency. We can't be kind, true, merciful, generous, or honest.*

[Maya Angelou](#)

If you have done any sort of self-evaluation, you will know that self-awareness is the key:

Self-awareness is one of the key components of emotional intelligence (EI).

Daniel Goleman, the guru of emotional intelligence, identified self-awareness as being made up of emotional awareness, accurate self-assessment, and self-confidence. In other words, it is all about knowing your emotions, your personal strengths, and weaknesses, and having a strong sense of your own worth.

People who lack self-awareness find living a truly happy and productive life difficult. This is not easy to overcome, as many societies and cultures encourage us to ignore our feelings and emotions – 'Keep Calm and Carry On'.

Examples of this include people who stay in jobs that they find unfulfilling or make them unhappy, or in relationships in which they are not comfortable.

We all have emotions but there are subtle differences between men's and women's emotions, though this is not the place to go into such detail. This e-book is for women!

- We feel pain, emotional pain
- We feel grief, emotional grief
- But most of all we feel love

### What are emotions?

They are feelings of anger, pain, grief, and remorse. They are also feelings of happiness, gratitude, and joy.

I know which ones I prefer, though of course over a lifetime we will experience them all

Love is the right of everyone, we all have the ability to give, share and experience this most empowering emotion but so many times it is squashed down in favour of conflict, worry, work, domination and authority.

Love is not sex, that is attraction and need. Love is giving oneself in service to another without subjugation. We are still US even when in a relationship, never lose sight of SELF.

We feel our emotions in the solar plexus, and it hurts. Grief and fear are the most painful, but when we feel joy and happiness there is no pain, just a feeling of euphoria.

When we are emotionally grown up and mature, we deal with life and death as it comes. We hope that death only comes first for us, when we lose our parents, and then only to old age, and that is often tempered by the birth of a child into the family. We have the maturity to see that death is balanced by birth and is inevitable.

Emotional immaturity shows up, not as tears as one may expect but in anger or fear, sometimes both. The years one has lived have little to do with this state of being, we only learn and build coping mechanisms by trial and error.

In which case we have to be engaged in our emotions, question why and stop them from overwhelming us. We live life through our emotions not because of them.

**The importance of awareness cannot be stressed more strongly: when we are aware that emotions trigger us to feel something or do something, then take note. This is the point at which we can change that feeling.**

## **Our relationship with our mother or primary carer**

As women our biggest emotional pull is love:

As young adults, we move from our mother as the prime giver of love, to wanting our own man and children (this is of course a generalisation).

The love and the relationship we have with our mother can also be a cause of concern for many. The questions are phrased in the present but please consider your past thoughts where you can.

### **Activity 2**

Please note down the answers to the following questions:

1. Do (did) you love your mother? If you never knew your natural mother, how do feel about your primary caregiver?
2. Do (did) you love her unconditionally?
3. Do (did) you love her but only sometimes?
4. Do (did)you still have a good relationship with her, even if more distant?
5. If your mother has passed on, do you miss her?
6. Do you think this person influenced the way you have lived and brought up your own family (if that applies)?
7. Do you blame her for your problems in life?
8. Do your memories of her when you were young give you emotional pain?
9. Did you have a happy childhood?
10. Are you aware that your mother was treated badly but you were unable to help?

I have more yes's than no's.....how about you?

How you answer those questions says a lot about you will deal with, or have dealt with, life as you are now.

**Think about how these answers guide your thoughts and actions.**

**What can do to make your life better?**

So how can we change our feelings about love

Emotions to consequences....

The thought is .....I love my mother

The emotion is ..... love

The action is..... to demonstrate that love

The consequences are..... that Mum loves you too

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So – what if that is not your feelings about your mother? Or you don't think your mother ever loved you?

As an exercise, let's say you have anger about your primary caregiver.

When you think of the person your **thoughts** create the **emotion** of anger

Therefore, your **action** is resentment, frustration even bitterness

The **consequences** are that you will build up antagonism and irritation in your body

- Check your thoughts before they become actions
- Check your actions be thinking of the consequences

Just as love expands you – hate will contract you

Just as love makes you lovable, anger gives you aggravation

Negative emotions create stress in your body, and I am sure you are aware, that stress kills.

This is the end of this part of the e-book so it would be beneficial to recap and see which thought is uppermost in your mind most of the time.

## Appendix A. THE 'THOUGHTS TO CONSEQUENCES CHART

If you can please download this chart as it can be useful for many things as you go through your life.

Find a recurring thought.... For instance, are you constantly thinking about being ill? Your emotion may be worry, your reaction could be to seek the doctor's advice, the consequences you then have a label, so you KNOW YOU ARE ILL. Changing the link to I am well, now and I choose to stay well, breaks that chain reaction.

Whatever it is, work through the 'Thoughts to Consequences' chart and see if you can change the outcome.....

Re-read your answers to the question about your mother (primary caregiver), what can you change?

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When we are busy, time rushes by. So, however much money we have we cannot buy more time. Are you living or existing, are you coping or are you failing?

Here are some emotions that will be, or have already, come your way since you turned fifty!

Anxiety, depression, sadness, fear, grief, and loneliness. There are more!

You may be feeling angry, unsatisfied, and frustrated with your life, what you have not done and what is now beyond you.

Well let's get this straight, you are not dead, so you have time to make something you want to do or happen, occur in your time.

One issue that pops up is how your relationships will have changed and now you have completed this far into the book, you will see what I mean. You **can** change your feelings about your relationships.

You are no longer a child, a student (though of course, you could be), but maybe still a worker, employee or self-employed. You may still have the same long-term partner that you started with or a relatively new one.

In short, your life has changed, and you are getting older...by the minute 😊

But you can now learn how to manage your life better and have more fulfilling relationships and therefore happier life.

So from the 'Thought to consequences' diagram you can see that every thought has a consequence and by stopping that thought from growing into the monster of REACTION, we can make it into a more positive thought.



## Activity 4

**In this section, I would like you to consider an emotional issue that you have uppermost in your mind right now...**

- Do you have an issue with .....
- Your partner
- Your friends
- Your family
- Your work
- Something else?

Now, we need to measure our distress so we know that it has changed.....

Think deeply about the issue and let the emotion settle in your mind and body.

Whatever it is, note this down and give the emotional pain a number from 1 to 10....1 being not much and 10 is very strong.

It's better to have a strong emotion to work with if you have one!

So in your notebook, you will have My Issue Is About.....and I feel at least 8

Now take a deep breath and decide how much energy this is taking out of you, and how much would you like to change it. All this stress is just not worth the worry.....

As you breathe tap on your collarbone (see picture), this is part of the EFT (Emotional Freedom Techniques) system and works very well to help your body remove emotional pain.

You can change your thoughts, change your emotion, and LET IT GO!

Now go back to the issues and see if the intensity of the emotion has gone down....you may need to repeat the exercise a couple of times but with practice, you can get the emotional intensity down to around 3.

Another good technique is to write our issue on a separate piece of paper, think about it for a while and then tear the paper into small pieces.....saying at the same time..."I choose to let this worry go...."I love myself completely" and do just that...!



## Activity 5

### MORE ABOUT HOW TO CHANGE THE EMOTIONS AROUND YOUR RELATIONSHIPS

Whether you wish to work on your 'mother' relationship or that of your 'partner', the work is the same to some degree.

This involves your imagination and visualisation.

This paragraph explains the Gestalt Empty Chair Technique which I have USED successfully for many years with clients, face to face, but see below for how you do this yourself.

Please read this through and if you feel that is too painful or difficult only read it understand the process and we will do it together when you book your sessions with me.

*A key method used in Gestalt therapy is the Empty Chair Technique. This simple approach is designed to allow you to work through interpersonal or internal conflict. It helps you see the situation from a different perspective and gain insight into your feelings and behaviours.*

*Here's what it looks like:*

*You sit facing an empty chair. In the chair, you picture a person with whom you are experiencing conflict. Or, you may picture a part of yourself. Then, you speak to the empty chair. You explain your feelings, thoughts, and understanding of the situation.*

*Now things really get interesting. After you've shared your side of things, you move to the other chair. Then, you respond to what you just said, from that person's perspective, taking on their role. You may move back and forth between the chairs several times to continue the dialogue.*

*Meanwhile, the therapist explores this communication with questions and insights as the situation unfolds.*

Doing this yourself has to be done in a safe place and on your own. In this private place, you can see your mother/partner on the chair.

- Talk to that person as if they can hear and see you, make their presence as real as you can.
- Tell them how you feel, what hurt and anguish they have caused you, how you blame them for...
- Take a short rest and breathe deeply for a while – a glass of water will help
- Change chairs.....
- Now, hear that person talk to you, with their feelings, pain and worries.
- See that person's viewpoint....walk in their shoes.....

This should now have highlighted some issues that you had not contemplated before, so give this some time to settle in your mind and leave the book for a few hours or a day.

You may like to note down some of the issues that you have found most painful, give them an intensity number, and do **Activity 4 again**.

**There is nothing you can do that is wrong, you only do your best and that is enough, you are enough and you are loved...hold onto that thought.**

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## THINK YOURSELF HAPPY

Now you have learned a few ways to control your thoughts, feelings, reactions, and consequences I have one more for you.....

Did you know that you can create a happier life every day, just by your thoughts?

Well, try this....if you don't like what you are doing, try seeing it as an adventure, make every moment count, be the best at every job and task that you can possibly be.

Think yourself into a happy state of mind, when you feel low, change your thoughts and be mindful of what you are thinking..... your thoughts create your reality.

Within a very short space of time, this thinking will deliver rewards, you will start to enjoy (if not love) your job or task because the satisfaction of doing it well will have created a positive thought pattern.

Positive thoughts create A HIGH VIBRATION....and until you get this, just believe right now that it is possible.

Everything vibrates and the higher your vibration the happier you become; having low vibration does not mean you are slow; it means that your emotional life is stagnant. So, think happy thoughts to increase your vibration and sad ones to decrease it.

### **If you believe you can or believe you can't...you are right!**

When you have a belief that confirms your position in society, or you have an allegiance to a religion say, you are part of a community of people who are like-minded. That does not make them right or better than another group of people. But a community is like a family and can be a nurturing and happy place to be.

There is no right...

Using a positive thought...I can, I am able to do this, I am strong, I am capable, I am happy, will always be better than stress incurring negativity.

### **You are the only one controlling your thoughts.**

## APPENDIX B

**As you will see from the Energy Vortex, this diagram depicts the level of vibration you can achieve, just by thinking.**

**Get out of bed every day and decide how you want to feel....yes you can do this!**

Your Souls Journey and the way to understanding why you are here and what is still to be done.

There is more to life than you may realise and if you were not aware of how your thoughts affect your life, this e-book has given you that knowledge....so much more to learn.

In this section I will talk about your soul, this is not mentioned much in everyday life but for many who are on the spiritual path, or journey or whatever you want to call it, the soul's journey is paramount.

This is the spiritual aspect of your life; it is life, just as your emotions and body are your life.

Becoming aware of how you are, who you are, and what you are, are the first steps to self-knowledge, which leads to self-confidence and self-love.

**In the context of this book, it is another tool but one that comforts and sustains you.**

**Finding your Souls Purpose – the following is my belief, and that of many others, but if not yours, then that is just fine.**

I have spent many years reading and studying ancient and modern thought, religious and spiritual beliefs, and customs. I love them all!

They all have a common grounding, love. Love of self and love of neighbour.

Religions have been rather taken over by people, so remember that Christ was not a Christian he was a Jew, Buddha was not a Buddhist and Mohamed was not a Muslim. They were prophets or founders and then man took over. Most religions are good for the soul, but it's a lovely journey learning which one you like best... or none!

The purpose of your soul is not of matter, but of thought and mind, it is not seen or touched by the human hand, it is ethereal. You, like everyone were born to fill out a life of many purposes, we have roles that change continually from the minute we are born until we pass on.

Though we all have a purpose in life, we have differences and each of us is perfect at the time and unique. There are no wrong choices, for the soul is eternal and we may have many attempts to discover its real mission here, with many lives, lived and still to come.

Everything is a vibration, everything is energy; there is nothing on this earth that did not come from this earth, we are no different from the flora and fauna and other beings. Souls that have ascended have been through all of this angst and searching and have retained a divine spark that makes them angelic.... yes, we do have angels that care for us.

We are always guided by the highest creative intelligence in the Universe, so when we listen carefully, take note, and do the action, we simply cannot fail. We have individual ways of creating happiness and that state of bliss that we crave. We are here to celebrate this life and test out the most creative and amazing ways to reach the Divine life within us, not just to exist until we pass on, there is more to life than temporary gratification.

By finding your soul purpose you become aligned to your higher self, your creativity, it will expand your heart and mind and open you to experience the being that you truly are. You are able to manifest anything you want and draw it towards you when you find the right vibration. I use the words 'higher self' which can be interpreted as God, Universal Energy or whatever you feel comfortable with as before.

The ability to manifest what you require, not just want, is the most wonderful experience you can achieve. The Law of Attraction tells us that we get what we think about, but there is more to that as I am sure you will know. We have to be in the right vibration, we have to know that our request is right for everyone it may affect, we have to know that, once asked for, to know it will happen and let the thought go. It is all about the KNOWING!

Finding your soul purpose is not magic but it is magical and taken in small steps you will realise that you can live out your dreams.

I will an in the process of writing a book covering this with much more detail and practical steps to achieve understanding soon.

Return to THE VORTEX

Please keep this download and print it if you can.... This is a reminder that every day you have the choice to be happy or not, do things that make you happy, and seek joy in everything.

And despite all the issues you are facing, remember that everything will pass.

## **Activity 6**

RETURN TO YOUR NOTES ON MOTHER AND PARTNER IN PART 1

Now see how you feel about the questions and answers you noted, have they changed?

Do you feel different, do you know why and how you need to change your reactions?

In some cases, you may have no choice in how you have to live, but you still choose your REACTION and your emotions.

**You are not a victim, you may be scared but you never need to be a victim.....**

## **PUTTING IT ALL TOGETHER**

Our intention for a happy, less emotionally triggered life can be mapped out in three simple steps.

- Keep our minds free from stress
- Keep our bodies in good condition
- Keep our spirits high

Your body: our eating and exercise habits all contribute to a healthy mind, we need the body to function well, the opposite is not a great idea!

Remember the work is not easy but it can be done, it only takes small changes to see results so start now.

- Consider your thoughts, they create emotions, good and bad.
- Make up your mind to think positively and reduce negativity.
- Look at what you are eating and drinking
- Find out about whole foods and the benefit they bring.
- Take a walk rather than a drive.
- Look at the sky, and the trees, listen to the birds
- Ditch that phone for at least some part of the day,
- Add to your notebook anything that makes you happy
- Draw pictures and take photographs of nature
- Spend time with small children, they know how to have fun.
- Check out the moon cycles, and be aware
- Awareness is a fundamental part of personal growth.

**Remember that you will die, but not just yet, so make the most of what you have, gratitude is a high vibration and will make you happy**

**Please take a little time to review your original thoughts on how you are now.**

1. Am I happy with my life at the moment?
2. I am content with my partner/spouse and our lifestyle?
3. Would I like something better as I head into retirement/later life?
4. Am I happy with myself, the way I look and appear to others?
5. Do I regret doing anything in my life?
6. Am I OK with the way my children/family are dealing with their lives?
7. Have I made mistakes in my life so far?
8. Have I missed out on things my peers have done or achieved?
9. Am I just frustrated with life in general?
10. Do I still have the will to make changes in my life?

**What has or will change now you know how?**

**Do you feel happier knowing that you have the ability and power to make those changes?**

There is much to learn, I have been learning now for nearly 50 years since I first thought deeply about this subject; mind, body and spirit, thoughts, emotions and their connections to me and my life and those I teach.

Emotional health is only one subject but with many parts and many roads to get there.

**Take this life with gratitude, give back with compassion and most of all love what you are, a blessed and amazing creation with the potential to make this a better world for all.....**

**Mentoring you through the bad times, through changes and retirement, through illness, through relationships and trauma, through stress and grief.**

**I am here for you, that is my passion and calling.**

**Thank you for reading this, the benefits you have gained will be with you forever and it is the stepping-stone to deeper work with me. This is only the start of your new life of freedom from emotional pain, we will continue to build your expertise in our 1-2-1 sessions.**

**There are many ways to work with me, learn from me, and book a 1-2-1 session for personal help and support. Contact me for a preliminary FREE chat to see what we can do together <https://www.dianeholliday.co.uk/contact-eft-expert>**

Join my email list <https://www.dianeholliday.co.uk/home>

Join my Facebook group The Age of Wisdom <https://www.facebook.com/groups/493874002051250>

There will be more pieces of interest, articles, and postings for ongoing learning both on Facebook and books and e-books.

**Diane K Holliday**

**Fresh Thinking at Fifty and Beyond**

Emotional and physical well-being for later life

**Emotional Healing for Women's Relationship Challenges**

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## APPENDIX A- THOUGHTS TO CONSEQUENCES CHARTS

**We, the women of the world are wiser than we may think, but training our minds to understand this is imperative...**

The following is an illustration or a scenario or possible, thought-action, etc....

You know what it's like, you have this **thought** " That woman/man just doesn't like me"

Your **emotions** kick in, "That upsets me, makes me feel hurt"

A **reaction** to that could be, "So what, I don't like her/him much either" or " This is making me distressed and anxious"

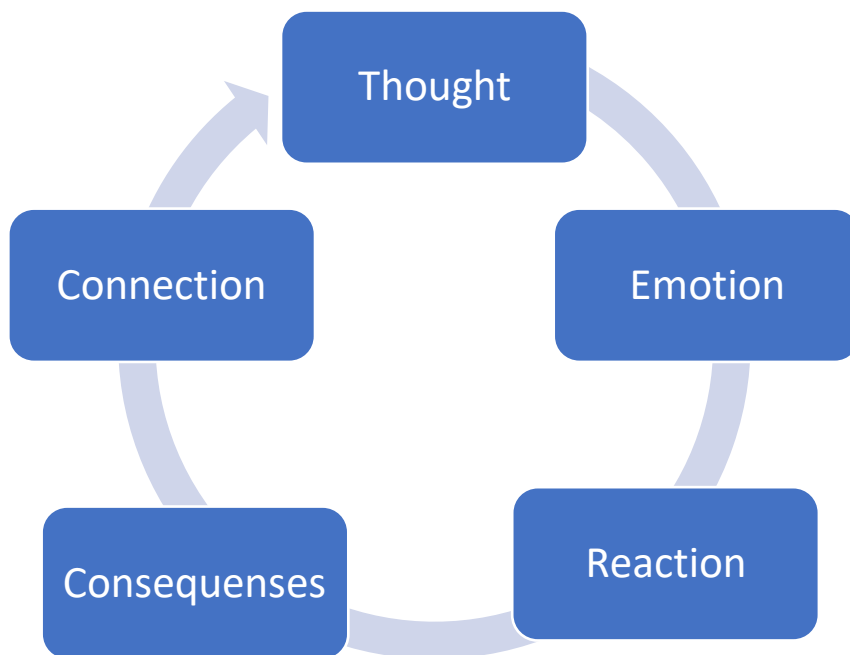
The **consequences** of those **thoughts** may result in you not seeing that person ever again, or at least keeping clear of her/him.

Then you may make the **connections** that you are not good enough, you don't fit in and the next **thought** takes you even further down and depressed.

But, when we learn to manage our emotions we can think differently and much more positively.

**Review that thought:** That person doesn't like me....we can't like everyone, so I move on to find people who do like me.

The only difference here is that you have broken the pattern of negative thought and changed the consequences.



Managing our thoughts is quite easy when you know that you need to consider and examine them. Our problem is that we usually are in so much of a rush we don't have time to think before we speak or react.

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Think of your current problem, the one you are bothered about right now.....see the consequences now!

Choose how you want it to be, your thought is creating your emotion, so you then take action and have the consequences....but when you see the possible consequences first, you can change your mind and therefore your emotion.

Going back to the illustration, that person is suggesting they do not like you (in some shape or form) you are being bullied for instance.

Now see what the end results will be when you take a particular course of action...

A: you are distressed and never see them again because that is your choice

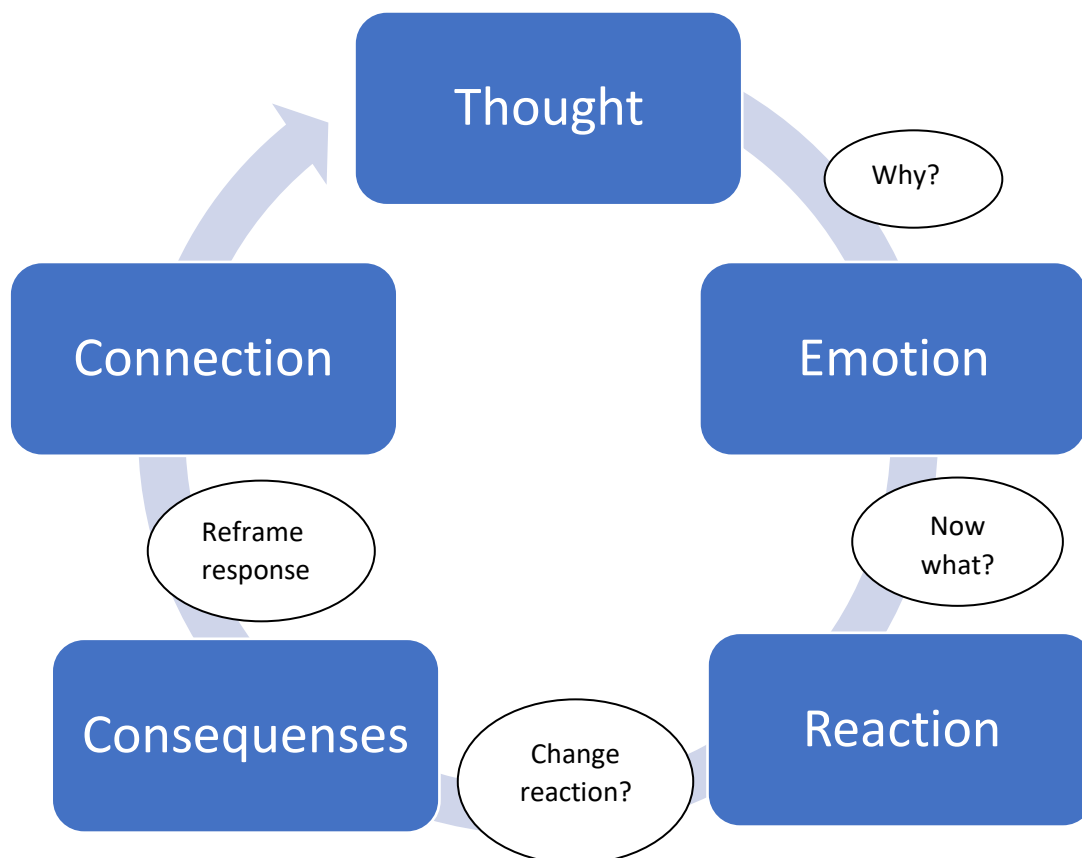
B: you confront the person with all your charm and friendship on offer, and you are rebuffed or welcomed. The outcome is not yours to decide.

A: you confront the person with anger and distrust. That person will now dislike you even more!

So, in this case, B: is your best option, you are then not the one making the choice. You have given options and it is the other person's responsibility to do what they think is right.

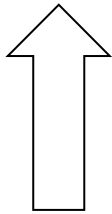
How are you doing with your current thought, emotions, and reaction?

It is worth taking the time to learn how to do this, keep that picture in your mind and remember that personal development never stops, in fact, we need refreshers courses as we get older!



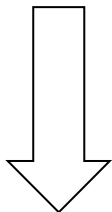
## APPENDIX B - The Energy Vortex

This is my way of teaching how our emotional energy works, it may not be scientific but as an allegory, it works just fine. It is, therefore, interesting, and important to understand the difference between the 'anger' energy and the 'love' energy. We have two distinct types of energy, one is negative (for instance anger) and the other is positive (for instance love). The truth is, the more of one type you have the more you get. This is great for positive energy but not so if you are attracting negative energy.



- **Bliss**
- **Love of Self**
- **Joy**
- **Acceptance**
- **Gratitude**
- **Forgiveness**
- **Kindness**
- **Detachment**
- **Happiness**

-----Plateau -----



- **Unhappiness**
- **Fear**
- **Anxiety**
- **Anger/Blame**
- **Frustration**
- **Guilt**
- **Depression**
- **Thoughts of death**
- **Loss of Self**

In learning about energy, we need to understand about negative energy and how it sucks; it drags you down and it takes away the joy in life. It needs to be managed and hopefully turned into positive energy, which will pull you upwards towards a happy life.

A vortex is a powerful creation of energy and as you can see from the vortex diagram above, it would be better to stay in the positive and upward spiral to gain happiness, rather than being sucked down into negative thinking.

Knowing how to climb out of negativity forever, is a constant and ongoing part of personal development. The mastery of your emotions as a goal, is to be well on the path to gaining insights.

You change your mind this way; say for instance you are sad, think sad thoughts just to check this out and allow yourself to sink into the emotion.... now decide that you are really grateful for what you have, take a minute and check your emotions again. You will have noticed the change in the way your thoughts make you feel. We FEEL our emotions in our bodies.

One of the techniques you can practise is how to stop reacting incorrectly to an external prompt. We can stop the 'knee jerk' reaction and take a purposeful breath, and then make a considered response. When you 'get' this you will understand that behaviour is learned and will become a habit. So, to change your habit you need to be mindful, aware, and then choose to be the person you want to be, not the one who you were in the past.

Next time someone bumps into the back of your car, for instance, resist the urge to drop into anger; take a breath and realise that what is done, is done and you now have the opportunity to make this into something you can cope with, with good grace.

Feel care for the driver of the other car, they will be stressed and upset, so why make it worse by being angry with them?

You are the owner of your thoughts, you are the master of your thoughts, your thoughts create your words, and your words create.... havoc or love, whichever way, it will become your life.

You can create what you want most in life by thinking it. Truly, your thoughts create your reality.

Start every day with gratitude, as you step out of bed think only how lucky you are to have another day to be who you wish to become.

I am here to help you find that person, the one you want to be....contact me to find out more.

<https://www.dianeholliday.co.uk/contact-eft-expert>

I WISH YOU CALM, I WISH YOU PEACE, I WISH YOU LOVE