

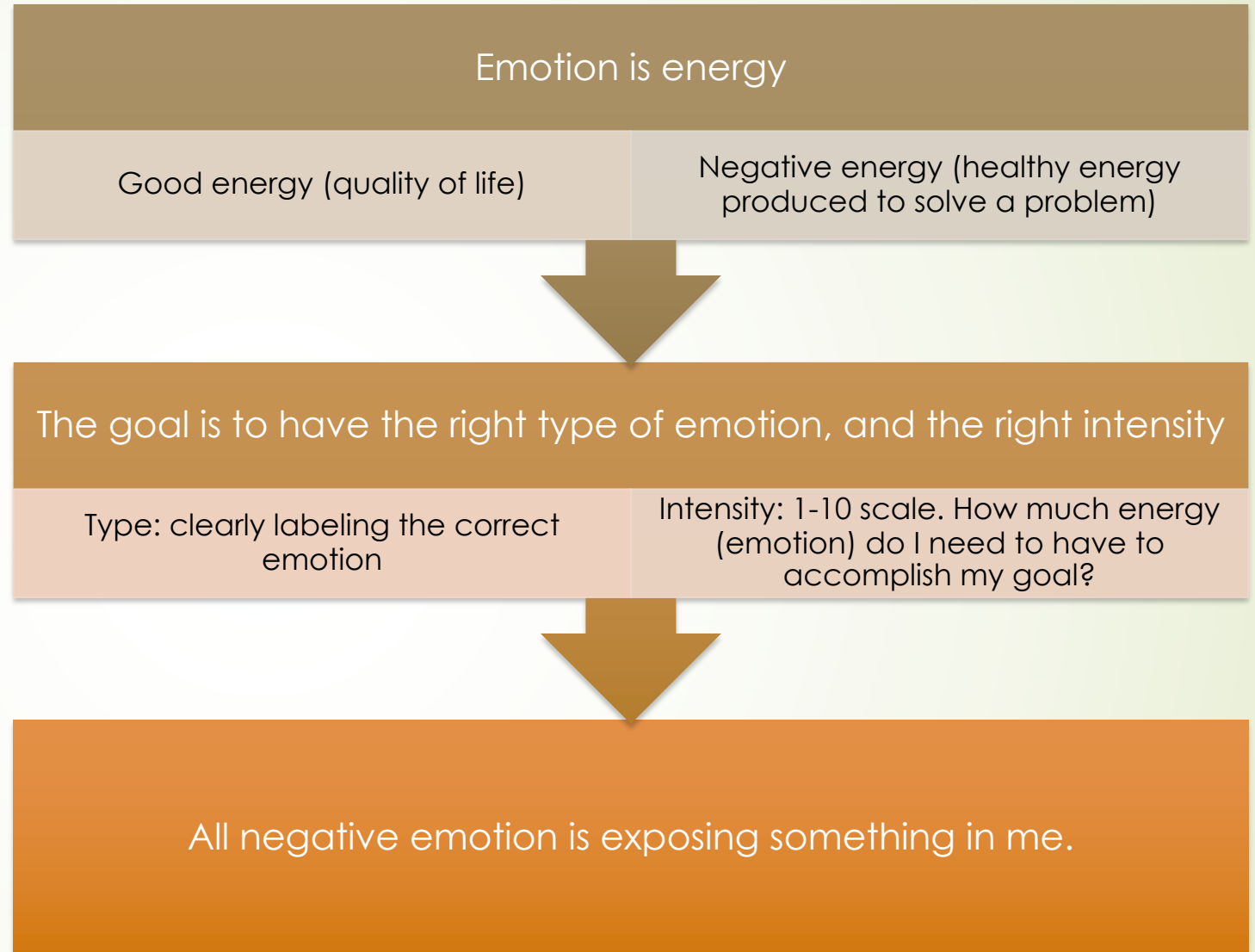


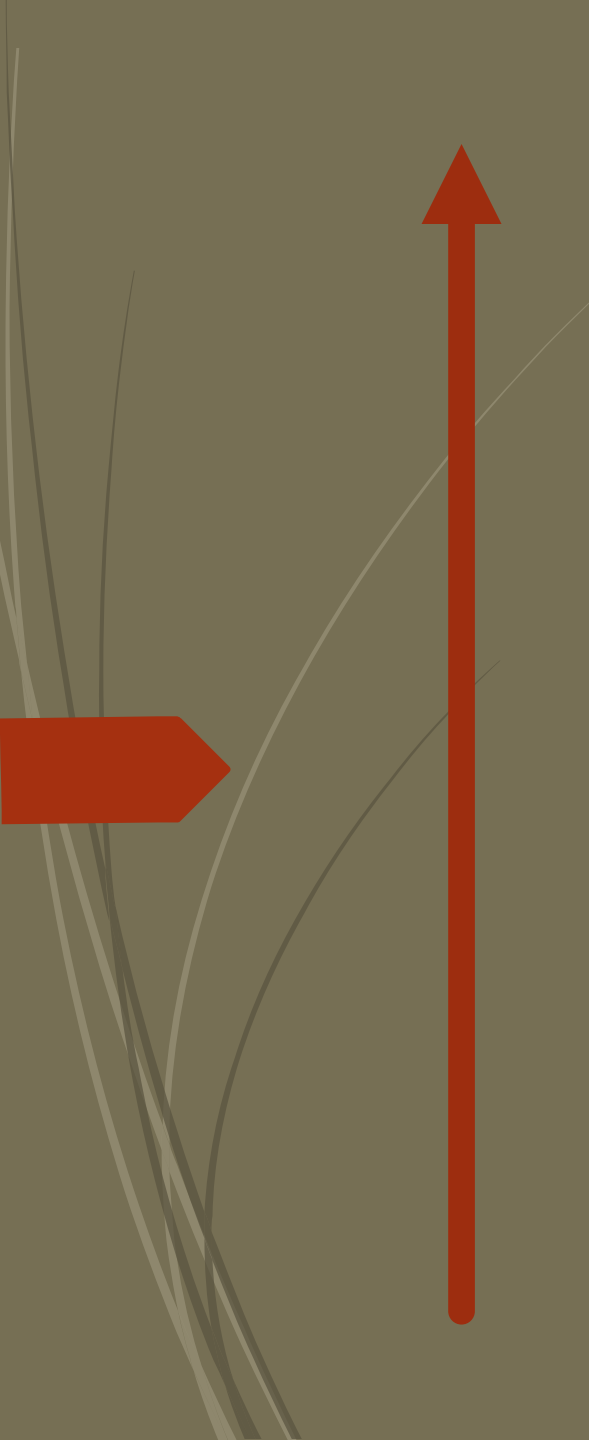
Emotional Management

Insecurity through Depression




Three Key Frames



- 
- Depression: you are still very angry, but you have lost hope that anything will change and you have lost grace toward yourself
 - Anger: using a high amount of negative emotion to force the situation to change or to change the trajectory of the situation to have a different outcome.

 - Worry: something is coming in our direction that we don't want to happen, but the **probability is so low** that it is actually a lie.
 - Fear: Something is coming in our direction that we don't want to happen, and the **probability is high enough** of it coming true that we need to develop a strategy to respond to it.
 - Anxiety/Stress: Anxiety is trying to control what we can't control. Stress is the same kind of energy, but we have direct control over it.
 - Insecurity: Something we don't like about ourselves, **but we don't want it pointed out or exposed.**



Insecurity: what is being exposed in me?

- It's true, and I'm not ready to own it.
- It's not true, but I believe it to be true.
- Someone is criticizing you to others, and you are threatened by the impact they will have on other's opinions of you.

"The issue isn't that they disrespected you, the issue is you agree with them, otherwise you wouldn't even care."



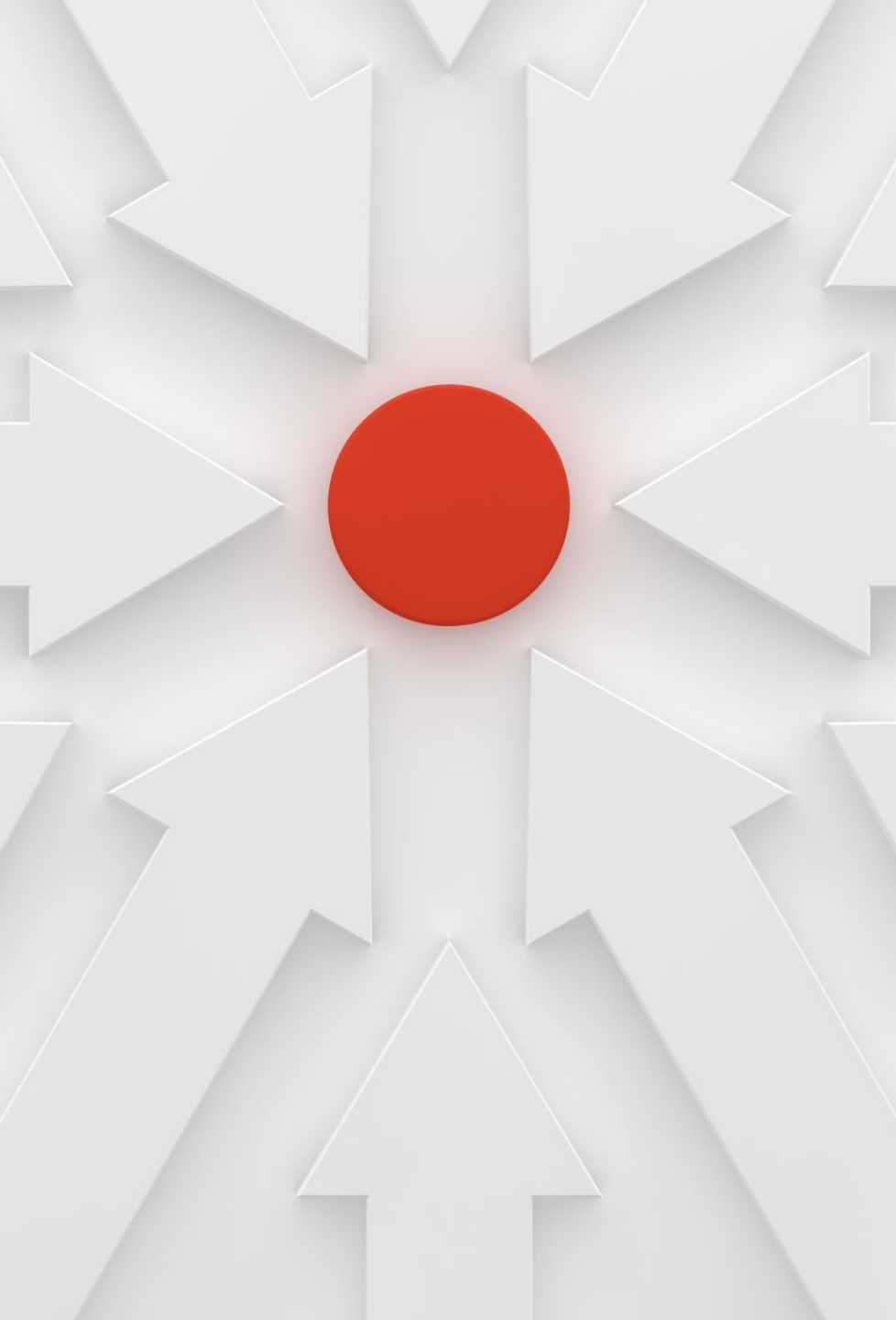
Anxiety/Stress

No Control

- ▶ Anxiety: What am I trying to control what I can't control?
- ▶ Key issue: TRUST

Control

- ▶ Quit throwing anxiety under the bus, burn your energy doing what you need to do.
- ▶ 90% of of the Control column is effectively responding to the No Control column.



Fear

- Something is coming in our direction that we don't want to happen, and the **probability is high enough** of it coming true that we need to develop a strategy to respond to it. Is it a project? A test? Something financial?



Worry

- Something is coming in our direction that we don't want to happen, but the **probability is so low** that it is actually a lie. There is a saying: "80% of what we worry about will never come true." Fear would be the 20% of things that could very possibly come true, worry would be the 80% that we have lied to ourselves about and whipped ourselves up into a frenzy. **Key question: What am I worrying about? Delete the lies! You are burning emotional resources on something that is a lie and it's filling up your emotional resource tank.**

Using a high amount of negative emotion to force the situation to change or to change the trajectory of the situation to have a different outcome.

What goal of yours is being blocked?
What's the REAL goal?

Drag the processing below the dotted line.

All anger is a result of fear. What are you afraid of? What's the threat?

What's the worst that can happen if what you are afraid of comes true? (NOT your emotional response, but the actual, realized consequence of what you are afraid of coming true)

Anger

- ▶ You're still very angry, but you have lost hope that anything is going to change, and have lost grace towards yourself

Depression



Identity, Value/Worth

What is your identity? Facts about yourself



You (subjectively) assign a value and a worth to those facts



Where do we learn the “formula” for value/worth?

Pursuit: Did/do I feel pursued . . .

- By my parents?
- By my peers?
- By my partner/spouse?

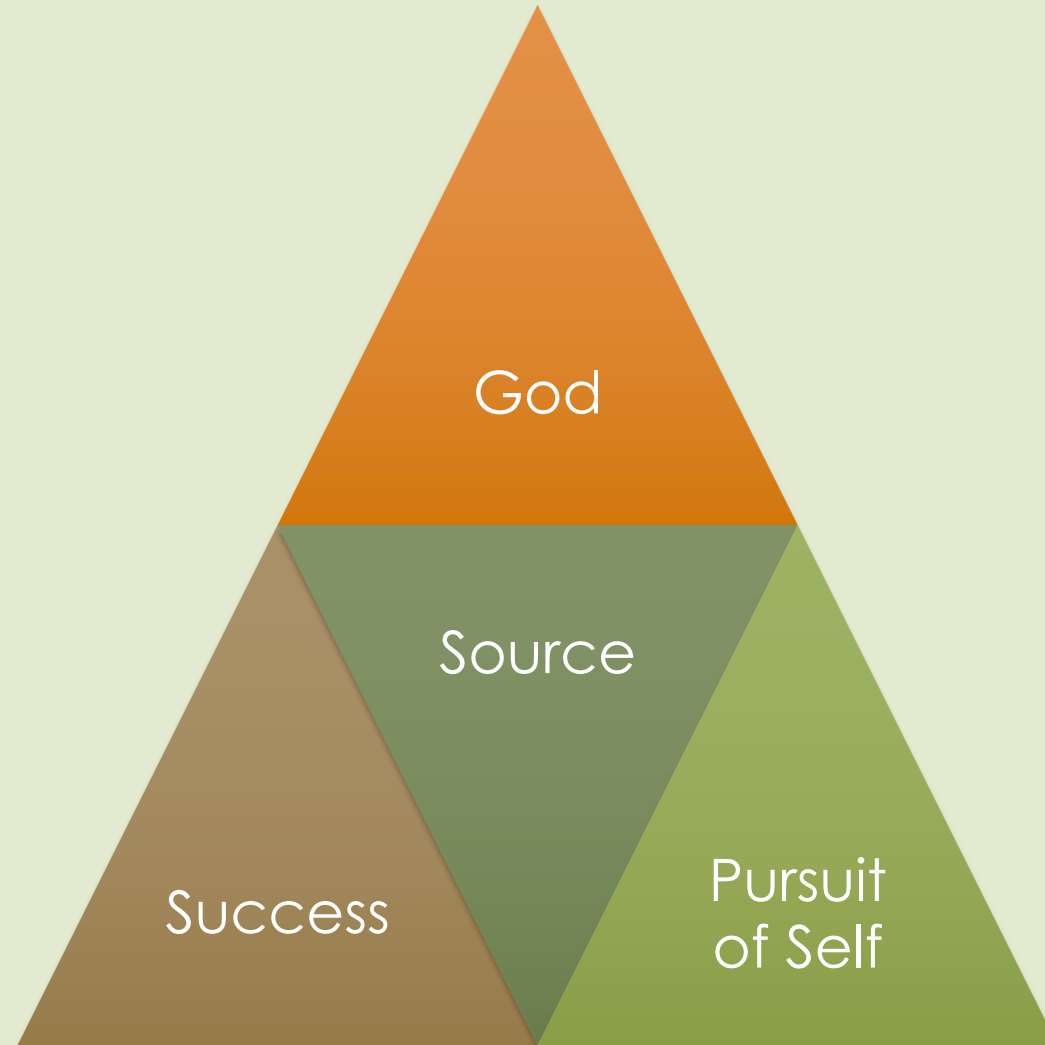
- At some point, every person needs to remove all humans from the formula of Identity, Value/Worth

- Emotional NEEDS vs. Emotional WANTS
- The impact changes from devastating to disappointing. State that proactively.



Changing the Source

All of my emotional needs and my identity,
value/worth is in:



Source: Annihilating Insecurity

God: First Love & Fiance: When He answers the questions:

- Who am I?
- Who is He?
- Who are we? (How does He define our relationship?)

Success: the achievement, or being on the trajectory to achieve, personal and professional goals.

Pursuit of Self: When I am at my best in each role, do I genuinely like that person? What about being defined by my failures?

- Because I can't stand it when I fail proves it's not "me"
- Failures then, are not devastating, just disappointing.