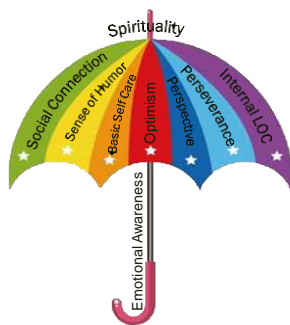


MORE ACCESS TO NOW

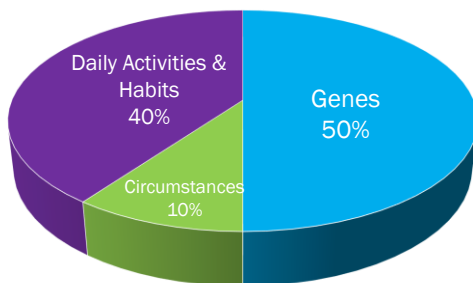
WHY FEELING BAD IS SO GOOD



Emotional Resilience: Our ability
to weather the storm



Resilience Make-Up



5/31/2016 © Effortless Momentum

3

FEELING WORDS

MAD 😡	annoyed, irritated, crabby, cranky, grumpy, grouchy, bugged	mean, ticked off, mad, angry, frustrated, impatient, fed-up, smoldering	hot, burning, infuriated, destructive, violent, enraged, furious, bitter, explosive
SAD 😞	lousy, blue, gloomy, sad, unhappy, bummed, leary	ruined, disappointed, hurt, lost, sorry, lonely, down, discouraged, withdrawn	empty, hopeless, awful, miserable, crushed, helpless, depressed, heartbroken, unloved
GLAD 😄	content, calm, comfortable, cozy, safe, relaxed, relief, satisfied, interest, light-hearted	peaceful, delighted, happy, great, thankful, wonderful, grateful, proud, playful, tickled, loved/loving	strong, jolly, silly, unstoppable joyful, excited, blissful, empowered, alive, sparky, ecstatic, terrific, jubilant
BAD 😞	sorry, regretful, responsible, weird, small	guilty, jealous, self-conscious, remorseful, inadequate	embarrassed, ashamed, disgust, self-disgust, humiliated, mortified, contempt
SCARED 😨	uncomfortable, startled, uneasy, tense, worried, concerned	anxious, timid, scared, afraid, frightened, fearful, trembly, shaken, disturbed, dread	alarmed, threatened, unsafe, panicky, terrified, horrified, petrified

4/23/2016

© Effortless Momentum, Feelings Chart

5/31/2016

© Effortless Momentum

4

Why Feeling Bad is So Good

- Guilt & Shame Defined
- Causes of Guilt & Shame
- Costs of Too Much Guilt & Shame
- Value of Guilt & Shame
- “What Do I Want” Exercise

5/31/2016

© Effortless Momentum

5

Guilt.....



- Means “I did something wrong”
- Leads to possible changes
- Leads to healing
- Is a passing emotion

5/31/2016

© Effortless Momentum

6

Toxic Shame....



- Means “I am bad or wrong”
- Leads to NO positive change
- Leads to disconnection from others
- Is an internalized emotion

5/31/2016 © Effortless Momentum

7

Causes of Guilt & Shame

Guilt

- Not living up to your own values/standards
- Mistakes

Toxic Shame

- Messages from childhood
 - *Direct*
 - *You decided*

5/31/2016 © Effortless Momentum

8

Cost of Too Much Guilt & Shame

Guilt

- Low self-worth
- Lack of integrity
- Loss of self-respect
- Self-punishment
- Sucks joy out of life

Shame

- Inward
 - *Keeping secrets*
 - *No voice*
 - *Not knowing wants*
 - *Devalue compliment*
- Outward
 - *Focus on negative*
 - *Rigid rules*
 - *Shoulds*

5/31/2016 © Effortless Momentum

9

Value of Guilt & Shame

Necessary Guilt

- Helps you grow
- Helps you right a wrong
- Builds confidence/self-worth
- Promotes intimacy

Healthy Shame

- Teaches us manners

Unnecessary Guilt Toxic Shame

- Letting it go



5/31/2016

© Effortless Momentum

10

“What do I want” Exercise

1. What do I really want: _____
2. What do I really, really want: _____
3. What do I really, really, really want: _____
4. What do I really, really, really, really want: _____

5/31/2016

© Effortless Momentum

11