

# Restructuring Your Feelings

Monday Motivation

6-21-21

When you're experiencing a situation that triggers an unpleasant emotion that you do not want, rather than addressing the **CONTENT** of your thoughts and emotions, we can focus on the **STRUCTURE**. Most people are not aware that there is a structure to an emotion or feeling. The structure isn't the same thing as the physiological response, although sometimes that's part of it. The structure is more like energy or symbolic images that the mind creates that represent the emotional experience to you. These structures are unique to you and you probably did not know you had them. Do the following activity to see for yourself.

Read this series of questions. Simply answer them to yourself immediately after reading the questions. Don't think much about it, go with your initial response. The pace of the questions helps your unconscious mind answer.

*Think of situation that triggers an emotional response that you tend to have regularly that is unpleasant.*

Feel the feeling now.

Where does it start in your body and where does it go to?

What color is it?

Is it transparent or opaque?

Does its size change as it moves from one area to the other or as time goes by?

What shape is it?

Does it go anywhere else?

Weird question: Which way does it spin? If you only notice one piece of it spinning, step further back in your mind and see if you can see the rest of it spinning.

Now that you have an image of the structure of your emotion, put yourself in the situation again. A strong one.

This time, spin it in the opposite way and change it to a color that you like better.

Check again—do you still feel it?

If so, do it again and spin it faster.

What does this new feeling feel like?

Is there any problem taking this new feeling with you into the future? (If certain circumstances needed for protection, can have old response).

Try putting yourself in the situation again.

Anything?