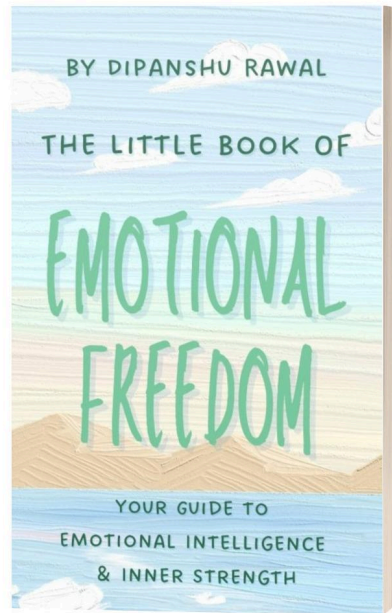


The Little Book of Emotional Freedom

Your Guide to Emotional Intelligence & Inner Strength



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On the day of my wedding

It was 9 December, 2022.

When I saw my wife walking down the aisle, I started crying. Not even a few tears, rather a lot of them. In front of 200 people, yikes!

I felt so many emotions, all at the same time. And I definitely felt happy. This was day 2 of my “first touch of happiness”.

The first day my happiness was a day prior to my wedding day. We had an intimate “Haldi” ceremony at home. There were about 2 dozen relatives present at my home.

In that ceremony, everyone would put turmeric on me (groom) and offer me blessings. It's like an ancient natural facial, haha.

Being an introvert, and a little touch-phobic, (earlier) I used to think “3 people are too many people on a table”. I have always been quite confident in 1:1 conversations, but groups would make me feel awkward.

A week before the wedding, I was crying in front of my therapist. I remember saying - “I don't know how I will handle 200 people at a wedding. I'm so scared”.

But at the Haldi ceremony... When people started putting turmeric on me, one by one, I felt so blessed and cherished.

The first thought that came to my mind was... “Wow, these people have paused their work and life to be here and celebrate my wedding. Isn't that so cool?” And every touch I received of my body felt so divine, loving, and healing.

That was the first time I felt happy. Yeah.

All of this happened because I had grown my emotional strength. Because I did some deep inner work 6 months prior to that day.

(More on this in Chapter “Happiness-Sadness duality”)

About me

I'm Dipanshu Rawal. I'm a life coach and mentor.



My healing journey began from anxiety and depression during my college time. And I've worked through this with years of coaching, therapy, and healing support.

My approach to coaching is deeply rooted in my authenticity, love, spirituality, & curiosity. I'm trained in multiple modalities like NLP, Reiki energy healing, Habit coaching, Generative trance, etc.

I dare to ask uncomfortable questions to my clients. My clients told me this is the biggest difference they experienced working with me v/s when they worked with a therapist who only coddled them.

I ask uncomfortable questions in a gentle way within a non-judgmental safe space that brings out the best in my clients.

Over the last 5 years, I've helped 100s of my clients with anxiety, overthinking, confidence issues, and so much more.

In this world of AI, I help my clients with their HI (Human Intelligence) by experiencing their true inner emotions.

With this, they get to experience deeper happiness and fulfilment in their life.

Let's begin

At the time of writing this, I've worked with 100s of clients in the last 5 years privately as well as in groups to support them in their emotional wellness, confidence, & healing.

Most people who struggle with emotional wellness have problems like -

- They can't speak up in meetings to their boss, or to their partners or parents, or even to their friends and relatives. So, they struggle with having meaningful conversations.
- They can't say "no". They are too nice. Or they are afraid of what people will say if they say no. And they end up burning themselves out. Or they become someone who doesn't keep their promises.
- They continue to worry too much about their future and uncertainties. Their mind is always thinking about negative "what ifs". Like... "what if xyz goes wrong?"
- Or they continue to self-harm through self-judgements, shame and guilt for their past. Because they feel they can't punish anyone else, so they punish themselves, often subconsciously.
- They try to be too perfect, rather than accepting who they really are. They think being messy is somehow wrong. They want to create an image of perfection whenever people think of them. And it's very frustrating and unachievable.

If you relate with any (or all) of these points... you're reading the right ebook right now.

In this e-book, I'll cover all the different tools, mindset shifts, strategies, everything I've been using with my clients to help them become emotionally healthier and well.

This will be around 20 minutes of total reading, enough for you to clearly get familiar with emotional intelligence and become self-aware around your emotional wellness.

Chapter: Are emotions the villain of your life?

Whenever someone gets in touch with me and they want to become confident, and get rid of their overthinking and anxiety, their first question is...

"Hey, I want to stop feeling my emotions. I think and I feel too much. Can you help me?"

This doesn't sound like you're free from your emotions.

First things first, if you stop thinking and feeling, you wouldn't be human. Thinking and feeling is actually necessary for our "human intelligence".

The issue is, we are never taught to manage our thoughts and emotions.

According to the American Psychological Association, *"Emotions are conscious mental reactions (such as anger or fear) subjectively experienced as strong feelings usually directed toward a specific object and typically accompanied by physiological and behavioural changes in the body."*

In short, our body communicates with us through our emotions.

Are you hungry?

Are you embarrassed?

Are you hurt? Or are you excited?

You'll feel angry, anxious, hurt, nervous, joyful, motivated - all these different emotions in different situations.

The truth is - emotions aren't good or bad. Emotions are simply some messages from your body to your brain and consciousness.

Judging others is usually for self-protection.

Anger is usually a symptom of love & hurt.

Jealousy is a mask for desires.

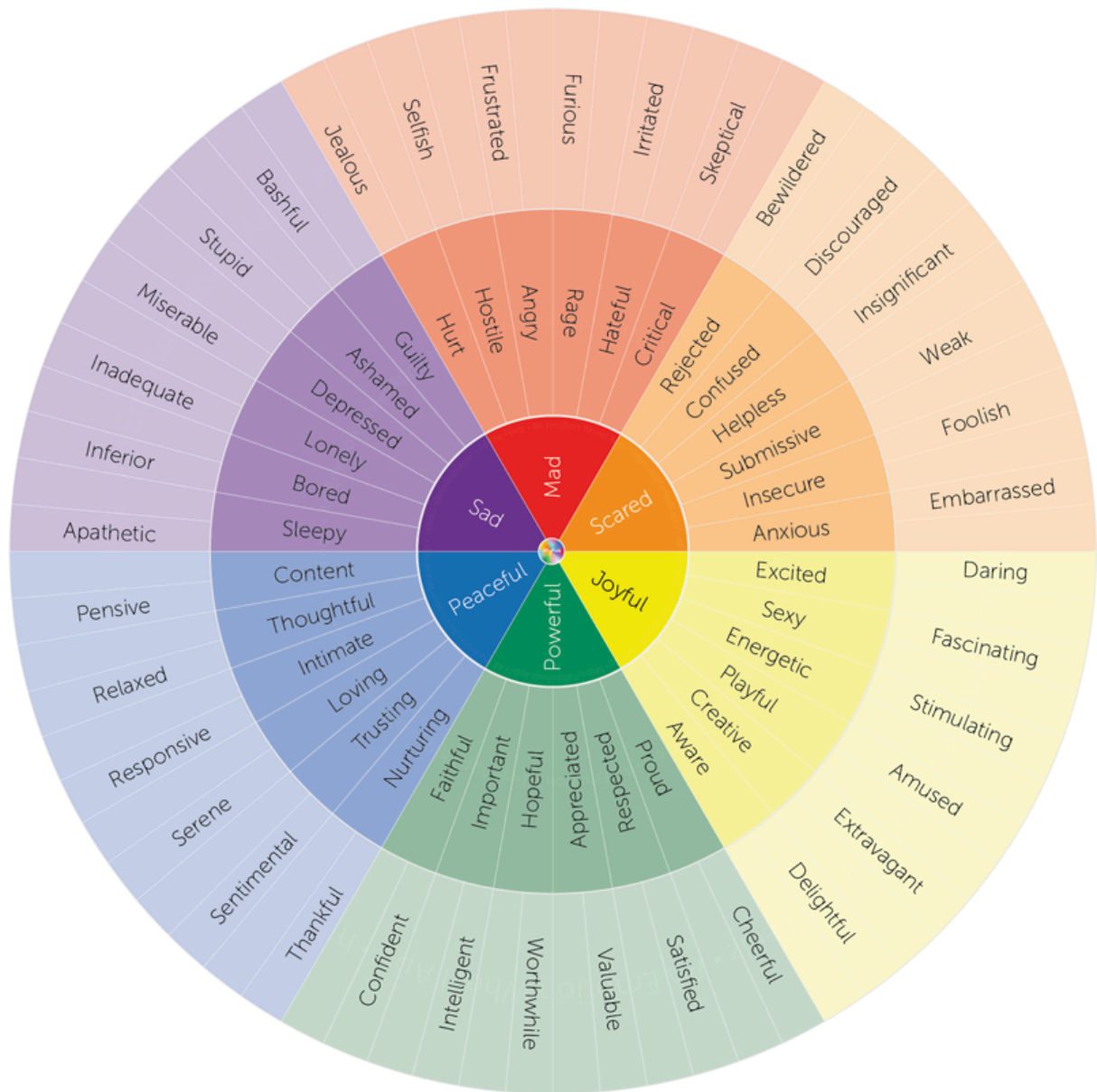
Learning more about different emotions

The words we use create the world we live in.

Understanding first the theoretical terms for different emotions, will help us see the variety of feelings we experience so often.

One of the first activities I do with my clients is to ask them... "What 3 emotions have you been feeling the most in the last few days?"

And then I show them this chart, so they can answer with more options. You can do this exercise for yourself too.



{Chart by Gloria Willcox}

Naming different emotions makes us realise how we already have so much capacity to feel different emotions within the same experience.

And then the second step is to... ***stop identifying with your emotions.***

When we are too much involved in our emotions, we often forget we are not our emotions. We feel our emotions.

I invite my clients to notice the language they use to express themselves.

“I’m angry” v/s “I feel angry”

These two phrases have very different energies.

The more you connect your identities to how you're feeling, the more difficult it becomes to process your emotions.

Let's start by saying... "I feel..." or "Lately, I've been feeling..."

This is a really small and yet super significant start on your journey for deeper Human intelligence and emotional wellness.

Chapter: “Just enough” & nervous system crash

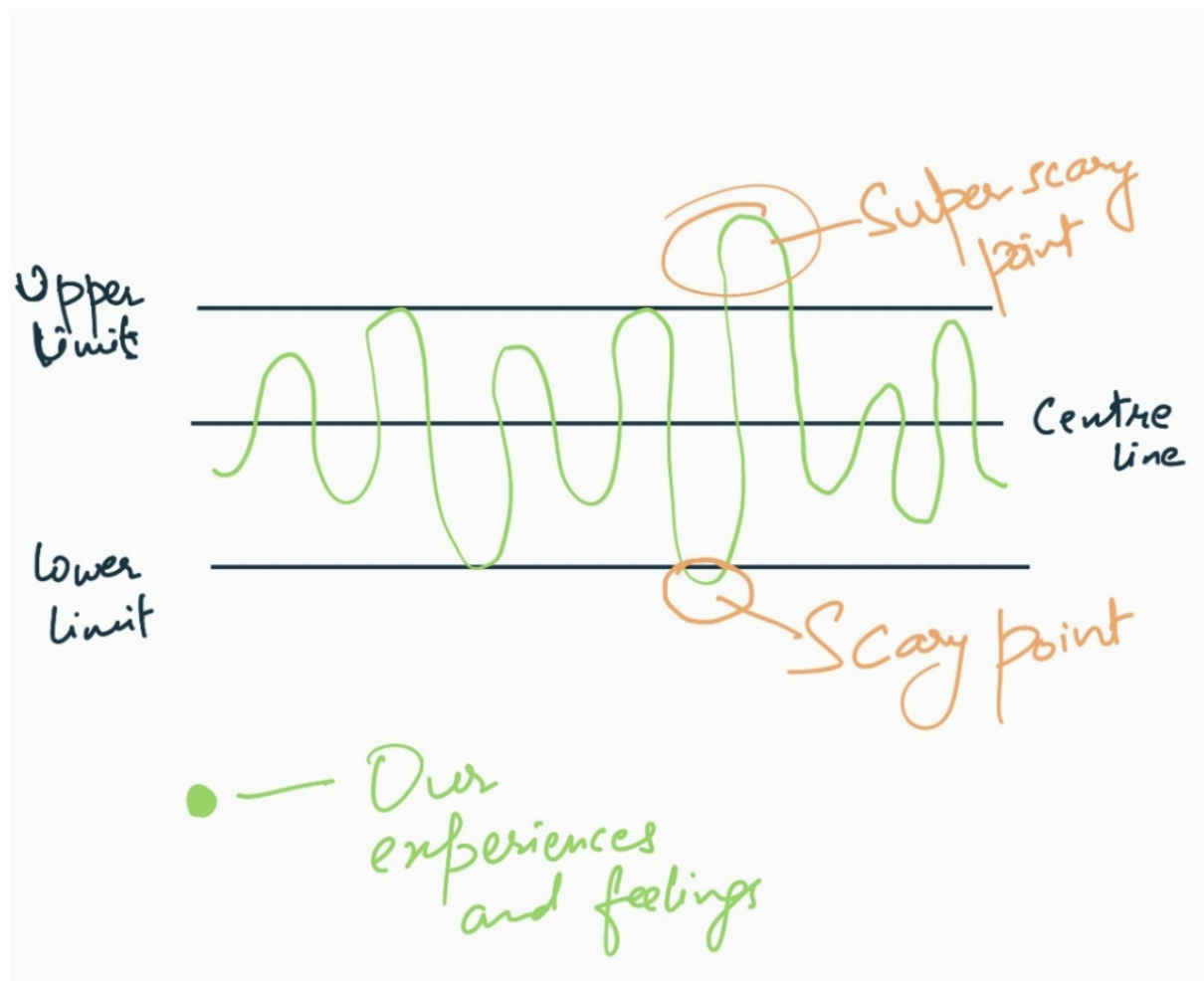
If you look at a new-born baby, you'll see they don't feel many emotions. The baby only smiles or cries. Period.

When we grow up, we start developing more capacity to feel different emotions.

Side note - There's an animated movie based on this from Disney called “Inside Out”. My wife made me watch it, and my god! It's so good. 10/10 recommended. Especially if you have kids, watch this with your kids.

Back to the point, at any given moment, our nervous system has certain limits and boundaries within which we feel safe to feel emotions.

Check out this pictorial representation I've drawn to elaborate this -



Anytime we experience something beyond our current capacity, we experience a “super scary point”.

At that point, our nervous system goes into a “crash” state. We go into a fight, flight, freeze mode, and our body experiences a neuromuscular lock.

That's why most people who win the lottery, aren't able to sustain the new money - because their nervous system isn't familiar with that new money.

That's why many of us reject new dating partners who love us too much too soon.

It's natural to feel weird making big decisions too, as those decisions may fall out of our current limits.

What happens in a crash state?

My mentor, Christina Berkley taught us this concept in her deep coaching mastery program.

CRASH stands for -

Contracted
Reactive
Analysis Paralysis
Separated
Hostile / Hurting

Whenever we experience a “super scary” point, our nervous system goes into one or multiple of these states.

Do you know someone who is too defensive and they are always ready to throw blame on someone else in any situation?

Or someone who's super reactive, snappy, and gets very angry very quickly?

Or someone who struggles a lot with making even day-to-day decisions like what to eat, what to wear?

Or someone who becomes very silent and shut when someone argues with them?

Yeah, those people are living in a crash state.
It's too much for their nervous system.

So how do you get out of these CRASH states?

First we need to understand certain events would be a little out of your current capacity, while other events maybe too much out of your current capacity.

Eg - When you're fighting with your boyfriend for the first time v/s fighting with him for the 100th time.

The first fight might bring up more emotions if the topic is the same for the 100th fight.

A very intense event could be when someone close to you dies.

People act weird when their close ones die. Of course, death is the ultimate loss. It's a very big event to experience and witness.

Most people use drinking as an escape, while some choose food to distract themselves. Some people choose socially acceptable escapes like travelling or gymming.

I know social media has labelled some of these escapes as "bad", but they aren't necessarily bad.

These escapes help your nervous system to not enter crash states, or to get out of them.

Also, if you only choose to keep escaping, even subconsciously, you wouldn't grow your emotional strength.

For growing your emotional strength & becoming free, you need to understand your "just enough" levels.

Practise “just enough”

Our emotional strength is very similar to our physical strength.

We can actually become emotionally strong(er) if we don't run away every time we are in an uncomfortable situation.

We all have different outlets of releasing pressure whenever we are in a tough spot.

We talked earlier about how some people eat food, some would quickly cry or sleep, some would go to gym or walk, and some people consume alcohol and drugs.

All these different tools help us release stress from the body.

Of course some of these are healthier and/or more acceptable in society than others.

For us to become emotionally strong, we need to allow our body to feel the stress and discomfort, sometimes.

The stress could be anything like a fight with your partner, or feeling helpless in office politics, or a family member pushing your boundaries, etc.

Too little stress - you wouldn't grow.

Too much stress - your body goes numb or becomes reactive.

This is why we need to learn what is "just enough" for us.

Just enough outside our current capacity.

Just enough stress and discomfort.

Your real strength is your ability to "lean in" into a situation, not in escaping or detaching.

The next time you experience some event beyond your current nervous system capacity, see if you can hold yourself and be present with your thoughts, feelings, and senses.

Maybe only for a little while, not for the whole day.

This habit of holding yourself and being present - this is what will make you emotionally stronger.

And of course, afterwards, go and have some fun.

Watch a good movie or eat something delicious, whatever works for you.

Chapter: Happiness - Sadness duality

I distinctly remember in June 2022 when I started working with a new therapist, an interesting topic came up, specifically about my helplessness.

When I first started working on personal development in 2015-16, I learnt that we could change our thoughts, whenever we please.

As someone going through a tough time, lacking proper guidance, I learnt that I can be happy and peaceful whenever I want.

And I started escaping my negative emotions through disconnection and faking my peace.

When this new therapist asked me about my “need to be positive”, it was because I hated feeling helpless. I was escaping from those natural negative emotions. Yikes!

Guess what we did when we worked together for the next 6 months?

Slowly and gently, I started “leaning in” to my helplessness, my anger, my sadness, all those negative emotions.

It was damn uncomfortable. I couldn’t get up from my bed for a lot of days during that time.

With all that deep inner work for 6 months, when I had my wedding in December 2022, I had so many openings in my emotional capacity.

Because I allowed myself to feel all that sadness... I grew my capacity to feel happiness too.

That’s the reason I could actually feel happy for the first time, a day before my wedding.

Now by working on this with so many clients too, I learned... In order to feel happiness, we need to allow ourselves to feel the sadness first.

Through feeling your sadness, you grow your capacity to feel happiness.

Some people who don’t want to feel sad, and who are very disconnected with the world through their habits like drinking or over-working, they don’t get to experience real happiness either.

In fact, the depth of your happiness is directly proportional to the depth of sadness you allow yourself to feel.

Let that register. Read this sentence again...

“The depth of your happiness is directly proportional to the depth of sadness you allow yourself to feel.”

Likewise, the intensity of your inner strength & power is directly proportional to the intensity of helplessness you allow yourself to experience.

Here's how I support my clients through this particular duality >>>

Whenever I'm having a coaching session with a client, and they are mentioning some painful moment from their past, I sense a lot of emotions coming up.

During that time, people who don't know how to hold space for themselves would usually make a joke or start a different topic.

Some would even use some positive affirmations to bring themselves back to "feeling good". (Just like I used to do earlier)

It's as if our conscious brain doesn't want us to tap into the painful parts present in our subconscious.

As their coach, I invite my clients to gently come back to the painful incident they were narrating. So we stay present with that narration, story, memory, etc.

It's (very) uncomfortable, and that's why I'm present holding space with them, for them.

And when we feel like it's enough for the day, we release the pressure and discuss something light and fun.

This exercise in itself is like the gym for your emotional strength.

The more regularly and dedicatedly you practise this, the more your emotional strength will grow.

Chapter: The Love-Hurt Duality

I have had so many clients and friends who are in their late 20s telling me they like someone but they are afraid to get hurt.

Here's a reality about relationships.

In order to form a real connection with someone, like your romantic partner or maybe a friend, you need to be ready to get hurt.

I think of it as the moment I said yes to dating my wife, I gave her a key to my heart.

Now she has a direct entrance to my heart, and she can hurt me whenever she wants, and vice versa.

That's also how I was able to become vulnerable in this relationship and connect deeply with her.

If you want to connect with another human being, you can't do it without being open to getting hurt, first.

Otherwise, what ends up happening is, you may be superficially connected to the other person, but that's not what deep connections and real relationships are.

This is kind of like the happiness-sadness duality I mentioned earlier.

Your intensity and ability of receiving love from others is directly proportional to the intensity with which you can get hurt by them.

My 5-Step Coaching Framework

Now that I've mentioned my framework for emotional freedom, inner strength & human intelligence, here's the 5-step framework I use with my coaching clients for their holistic growth and healing...

Step 1: Assessment

We start with a deep assessment of how the current reality looks like for you. We assess 8 different areas of your life like physical fitness, mental and emotional fitness, finances and career, family relations, romantic relationship, friendships, etc.

Step 2: Vision

We talk about creating a 15-20 year vision. Not just a 5-year vision. You can achieve any goal you desire, if you intentionally work on it and give yourself enough time.

Step 3: Values

Values are like the foundations of creating a strong infrastructure. We use different assessment tests and tools to figure out the values you wish to bring in your new reality and life.

Step 4: Habits

Any goals and desires you carry can be broken down into daily habits. As a certified habit coach, I make sure my clients have healthier habits in terms of their physical and mental fitness, as well as world-class habits for a great career and deeper relationships.

Step 5: Accountability

The new habits and reality take time to be created. The transition from your current habits to newer habits is a tricky time. That's why I meet my coaching clients 2-3 times a month, and we keep in touch through WhatsApp/email in-between sessions too.

P.S.

You can check more about my coaching program and how to work with me on my website here: <https://dipanshurawal.com>

The Next Step // My gift for you

As an extension of this ebook, here's my gift for you.

I've created this 6-min YouTube video on "5 Activities you can do today to grow your emotional wellness"

I'd invite you to watch this video and mention what you've learnt in the comments below.

I'm certain you'll find the video super valuable.

Link to video = <https://youtu.be/mfzoTbbd12E>

How was this ebook for you?

What are you taking away from this ebook? What's something you want to practise or try out?

Please share your review, feedback, and what you learnt, with me on Instagram or LinkedIn.

Here are the links -

<https://www.instagram.com/dipanshu.rawal/>

<https://www.linkedin.com/in/dipanshu-rawal/>

Here's what my clients have mentioned...

"Before working with Dipanshu, I struggled with overthinking and a perfectionist attitude that heightened my anxiety. However, after a year of working together, I've experienced a profound shift. I now approach life with a calmer, more balanced mindset, moving away from being a controlling perfectionist."

The best part of working with Dipanshu is his exceptional patience and his ability to deeply empathise with people, pinpointing the underlying causes of their challenges.

I highly recommend working with Dipanshu; you'll find that, within moments of your first session, you'll begin to unpack your concerns and feel ready to tackle them with his guidance."

~ Digvijay {Apple / UC San Diego / BITS Pilani}

"Dipanshu helped me overcome a lot of mental blocks, many I didn't even know I had. He also taught me different ways of seeing and relating to issues in my life. I don't feel so helpless anymore."

My anxiety levels are generally lower than they were when we started. I'm incredibly grateful to Dipanshu for helping me the way he did. It helped me start 2024 on a less anxious note.

The investment was worth it.

I'd definitely recommend Dipanshu to anyone looking for help in their life. He's a great life coach!"

~ Navin {B2B SaaS Copywriter}

Every time I get off the call with Dipanshu, I have more clarity towards my goals. He is great at simplifying things which we often overcomplicate in our heads.

His vast experience + calm presence are enough to make you feel like you can do it too.

~ Ragav {Engineer / Coach}

Your turn now...

I'm looking forward to your message/email about what you're taking away from this ebook.

Sending you lots of love...

Your coach,
Dipanshu Rawal.