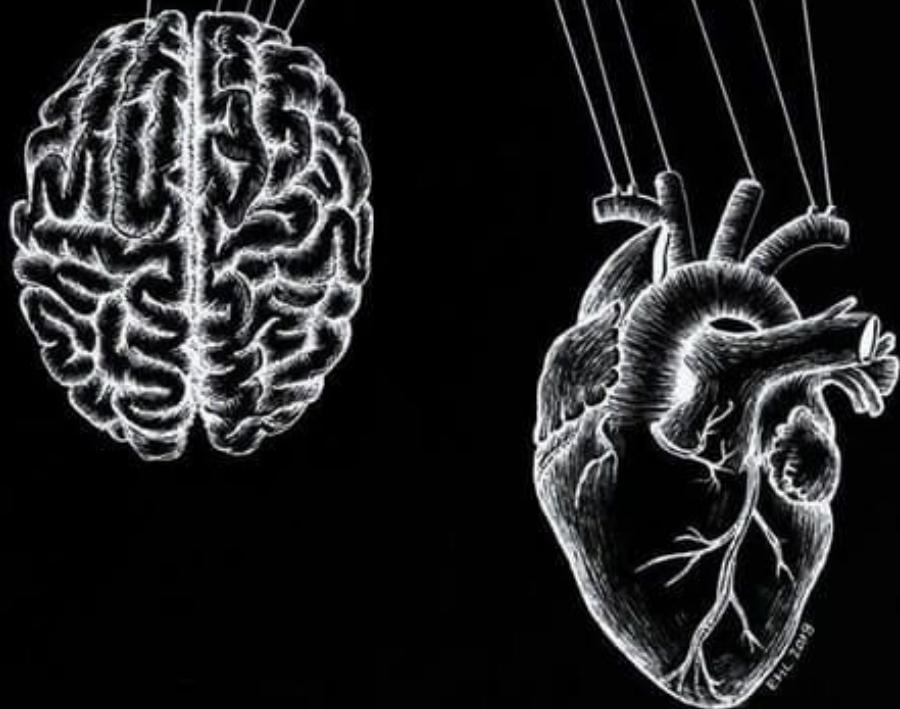


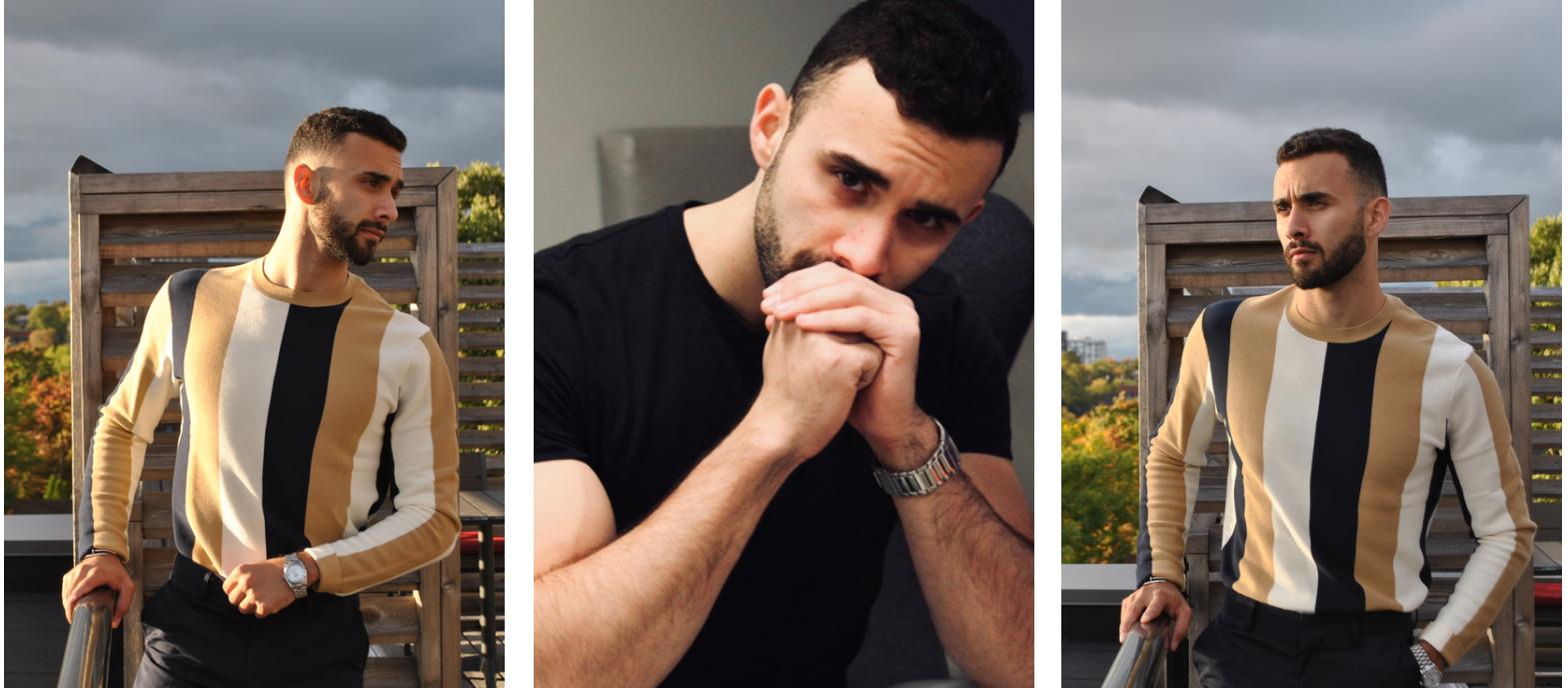
The Evolution & Control Of Human Emotions

EMOTIONAL INTELLIGENCE

The Truth Behind Why EQ + IQ = Success



BY THE AWARD-WINNING SPEAKER
NOAH MERRIBY



A Word From The Author Of The Book The Best-Selling Author Noah Merriby

To Your Success

WISHING YOU ALL A BLESSED AND BLISSFUL JOURNEY
TOWARDS SUCCESS

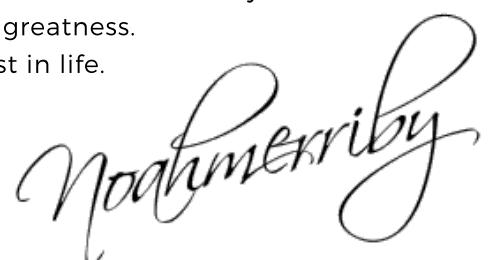
**For those who already know who I am,
there is no need to read this paragraph.**

For those of you who don't know who I am, my name is **Noah Merriby**, I am a Best-Selling Author, Mentor, and Passionate Instructor who taught more than 100,000 students. Author of many Highest Rated And Bestselling Courses. Expert in Productivity, Personal Development, Psychology, Marketing And Behaviorism. I am an Internationally Recognized Awards Winning Speaker with more than 10 Awards in Public Speaking.

I wrote this book to help you in your journey towards success. After months of research, I came up with this immersive guide to help you as you go through the course and make sure you get the best out of it.

I believe that if you want to be the best, you need to learn from the best, and here I am, a vessel for you, for your success, for your incredible journey. I believe each and every person has greatness within. Now its your time to show your greatness.
Wishing all the best in life.

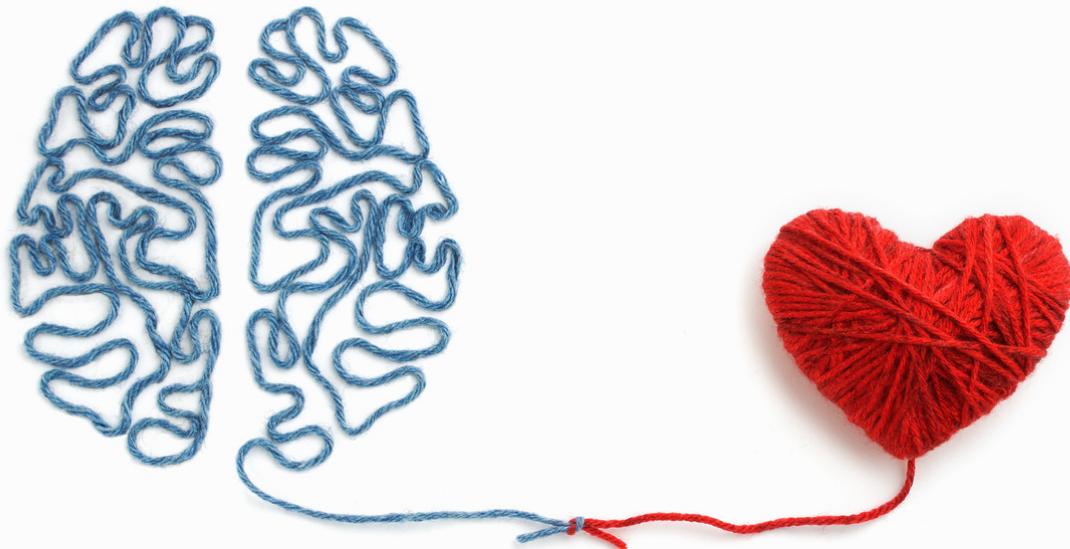
Yours truly,



AN INTRODUCTION TO

EMOTIONAL INTELLIGENCE & RESILIENCY

THE FOUNDATIONAL PILLARS OF INNER
SUCCESS



In The Introduction

Understanding
Emotional Intelligence

The Foundational
Pillars Of EQ & IQ

It all happened again. It's like I'm stuck in a loop of identical experiences & outcomes all spread around the time-line of my life. An initial reflection got me thinking, that emotional intelligence, in specific cases, defies its very intelligent nature.

I remember looking for resources online to try & understand emotional intelligence.

The more I got to learn it, the more I started questioning it. Some initial thoughts made sense. Having a proactive organizational culture for example, instead of a reactive culture, has showed significant increases in start-up companies' growth. Learning how to control the sense of catastrophization, emotional imbalance & for god sake... Mood swings as well!

On the other hand, there's something that was still not clicking. If it was that easy to control our emotional chemistry using conscious psychology then why can't we just do it?

EMOTIONS



The Opponent Process Theory

A Simple Yet Powerful Therapy Method

The main reason behind that is.. Our conscious brain processes information at around 120 bits of information a second. So on an average basis, this is our processing capacity. However, research have found, that our processing capacity, as limited as it seems, can go up to 11,000,000 bits of information a second. Ben Stewart gave a metaphor for us to really see the difference saying: “Just imagine the difference between winning 120\$ and winning 11 million dollars, that’s the difference we’re talking about.”

There's a major shift in perception that helped me understand the cycle of emotional balance. A question that was startling my mind is: “How can we sustain this state of emotional euphoria or wellness...?”

The answer was plain & simple:

- We can not maintain an emotional high, balance is to be established. There's a deep metaphysical reason behind why there are ups and downs.

Psychiatry followed along with a model of proof. This model was first proposed in 1878 by Ewald Hering, a German physiologist, and later expanded by Richard Solomon, a 20th-century psychologist.

It is known as **the opponent theory of emotions**. But more on that later.

UNDERSTANDING EMOTIONS

Feelings Lead To Actions & Actions Lead To Results



EMOTIONAL INTELLIGENCE

As Defined By The Oxford Dictionary

Emotional intelligence, the capacity to be aware of one's emotions and the capacity to use those emotions judiciously and emphatically in relationships as defined in the Oxford Dictionary, and you see, for years I was fascinated by emotional intelligence and I learned the systems inside and out.

And when you do that, when you start diving deeply into a certain topic, you can start looking at it from a different perspective.

And what I got to notice in this shifting paradigm is that emotional intelligence can sometimes easily turn into emotional absurdity.

Let me explain to understand the emotional intelligence we need to understand emotions, to begin to see if we learn to be intelligent regarding a topic that we don't understand.

That's where intelligence turns into absurdity because if you can't understand what you're dealing with, regardless of your level of intelligence there, you're going to have a hard time dealing with it.

So it's like you're trying to build the rockets without really understanding the fundamentals of physics, gravity, and pressure.

So you can build a rocket and you can learn the skills to build it.

And that's what's going to end up happening.

THERE ARE SOME PROBLEMS WITH

EMOTIONAL INTELLIGENCE

That Makes It Challenging To Apply

UNDERSTANDING THE PROBLEMS

WHY EMOTIONAL INTELLIGENCE CAN BE FLAWED

And you see, that's the first problem with emotional intelligence.

We learn how to notice and control motions without actually understanding why those emotions are surfacing in the first place.

To understand human emotions properly, we need to go back to the evolutionary essence of our stress mechanisms, and our journey begins in the African savannas.

You see a cheetah lurking down those grasslands, ready to pounce at the antelopes. Now, as soon as you turn and notice the cheetah.

You will start running for your life without even thinking about it and split second, your brain would notice the danger and in a split second, you decide whether to fight or flee.

And, in front of an apex predator, it wouldn't be a good idea to try and fight your way out of it. And that's why you flee. And the same thing goes for the antelopes.

DID YOU KNOW:

RESEARCH FOUND THAT EMOTIONAL QUOTIENT (EQ) IS EVEN MORE IMPORTANT FOR SUCCESS THAN YOUR INTELLIGENCE QUOTIENT (IQ)



THE EXPERIMENT

ANALYZING THE RESULTS & FINDINGS

As soon as one of them has a stressful reaction because they noticed the apex predator, it's going to set the herd up and running for their lives.

The reason being is because this is an instinctive evolutionary mechanism that we have within, which is the stress mechanism.

When we're in a dangerous situation, we need to know instantly what to do, whether we're in a situation where we can fight our way to ensure survival or the opponent is up in the hierarchy dominance or food chain that you need to get on running.

And in this example, what triggered the stress reaction or the fight or flight reaction is the cheater being there right.

And is being in a state where it was ready to pounce on you or the antelopes. So there is an external trigger that stimulated this response.



Keep in mind, that if you want to use your brain's capacity to its fullest, you need to make sure that your subconscious brain is working with you, not against you.

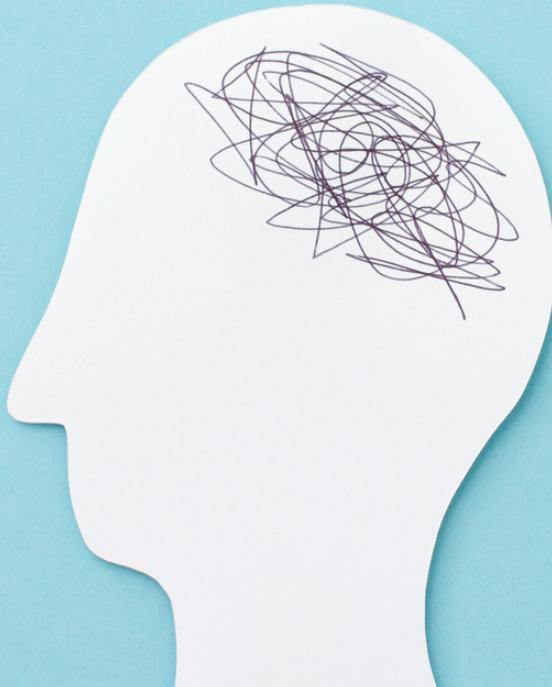
Right now, when you look at it another way, you take one single envelope and you put this guy in a big field by themselves with no predators whatsoever around them.

And one day as you're serving the antelope, you noticed that it got up and it started running drastically in distress and it kept doing that over and over again. Or you're going to see that the antelope is having a stressful reaction of some sort. But it's not justifiable since the first animals have a consciousness so they can't use thought to trigger emotion.

The only times they can trigger those kinds of emotions, those stress mechanisms, is when there's something external that they perceive through their senses and then they react accordingly.

ANALYTICAL EXPERIMENT

What If We Changed The Presented Conditions?



AN UNJUSTIFIABLE RESPONSE

Understanding Our Sense Of Consciousness

But then in the case of an envelope running around like crazy in distress without actually there being anything around that would cause this stressful reaction, the antelope would probably be sent out for cognitive evaluation because something is not right there. Right.

And you see, here's where it gets really interesting.

Human beings are the only living species that we know of as far as we know of, that can use thought alone to trigger a stressful reaction.

And this says a lot. See, our species was blessed with the gift of consciousness, which, as far as we know, again, animals,

bull hobbits and this consciousness, this voice of wisdom in your head, I can even observe thoughts of disability as much as it's a gift. It can also be a curse. You see, you're aware of yourself, you're aware of others, and you're aware of the never-ending internal dialogue. Not every one of us has yet.

HERE'S WHAT YOU SHOULD KNOW:

Only Human Beings Possess The Gift & Curse Of Consciousness & Conscious Experience



This gift that we have, this consciousness that allows us to use thoughts to interpret situations as much as it's a blessing, it's a curse because everything can be completely fine and then you can create a stress reaction in your mind that thought alone and before you know it, your world is falling apart and all hell is breaking loose.

The main reason is that stress or this trigger of cortisol in your system decreases your cognitive performance.

A Blessing & A Curse

But you did so on a subconscious level.

This blessing, as I said, comes with a curse.

It is a blessing to be able to control our psychology and physiology through conscious experience. However, the fast-paced social digital revolution is turning it into a curse.

Well, how?

Let's look at some data:

- Around 75 to 90 percent of doctor visits in the United States are in some way related to stress.
- There are thirteen point five million days in Europe are lost yearly due to stress complaints about thirty-three percent.
- People report feeling extreme stress, 77 percent of people would experience stress that would damage their physical health.
- 73 percent of people would experience stress that would damage their mental health.

And you see this says a lot because these are the same people that you know and that I know that are going through stress management classes or emotional intelligence programs.

Stress is one of the biggest mental health issues that humanity is facing

And in that case, with people suffering from chronic stress, even if we give them the tools for stress reduction, there's still a missing piece of the puzzle. See, those tools will require cognitive consistency and usage, which in case someone suffering from chronic stress, is a pretty challenging task. You see, the concept of intelligence and stress charge situations is reactive, it's subjective, and it's emotions based.



THE EMOTIONAL INTELLIGENCE MASTERCLASS



IQ

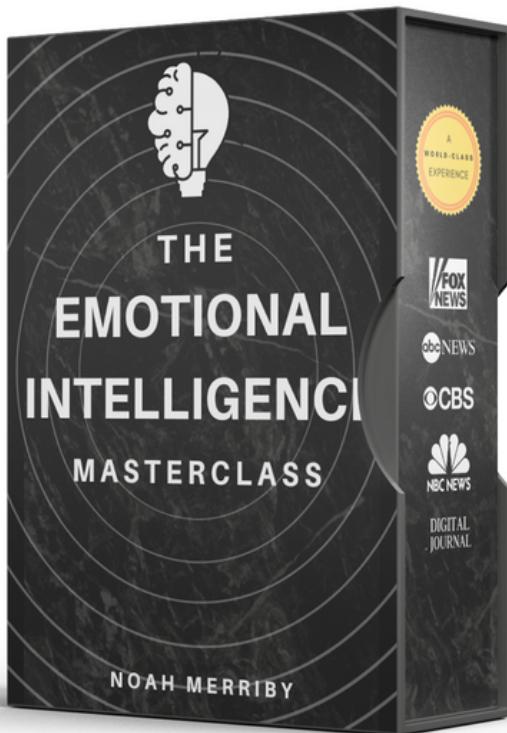
Achieve proper emotional intelligence to build healthy neural structures and networks

EQ

Manage and control your mental health problems and your unwanted personality traits

SUCCESS

Understand and apply emotional intelligence principles in your daily life to ensure effective self regulation and control



A LIFE-TIME OPPORTUNITY

Our journey will start by understanding the basics of human emotions, on a physiological & psychological level.

By the end of it, you will experience a shift of perspective on emotional experiences as you develop & harness the power of emotional intelligence & maturity.

Join us on this journey of self identification and healing, join us on the journey where everything that is going on in your life, and in your mind will now make sense,

Check out the first few lectures available with free access to get a taste of the experience!

[LEARN MORE](#)

INTELLIGENCE PER DEFINITION

$$I\ Q \ + \ E\ Q \ = \ S\ U\ C\ C\ E\ S\ S$$

Emotions & Intelligence

Even the smartest people in the world, when they lack emotional intelligence can fall victim to the inner hindering mechanisms.



DEFINING INTELLIGENCE

Ok, Let's Take A Step Back..

Let's look at the definition of the word intelligence in the Oxford Dictionary. It is the ability to acquire and apply knowledge and skills.

Let's take an example.

Have you ever been in a situation or maybe you've seen it in a movie, someone who is experiencing a tremendous amount of stress right there going through the worst day of their lives. Someone is chasing them and.

Get to their door and they have several keys and they need to figure out which key is right

A very basic skill if you put somebody who is calm, who is not in a stressful situation, they'll be easily able to fall through the keys, try them until they find the right one or someone who's in and a lot of distress. You'll see them shaking, trembling, not being able to do basic skills and basic mobility.

The reason being is that, again, stress inhibits cognitive performance and declines the way we can process information.

Now, let's add to that the fact that we as human beings have the ability to trigger stress through thoughts alone.

What happens when you're in a stressful situation is that you get stuck in a vicious cycle. Because stressful thoughts lead to more stress and more stress leads to more stressful thoughts, which leads to more stress, and we get trapped into this vicious cycle of stress and we just can't find a way out because there are so many little problems that are making us anxious, agitated micro and macro emotions. We'll talk about those in a second.

But there is a big thing here is that. When we are stressed, to begin with, and we try to use emotional intelligence skills, keep in mind emotional intelligence skills can be phenomenal. But if you don't understand emotions, one, if you don't understand the TFAR system again, which we're going to talk about in a second, there's a lot that you're missing out on.

There's there is a shift in perspective that you need to acquire.

And for you to do that, you need to understand certain things for you to have this different perspective and experience, this shift in paradigm.



When we are stressed, to begin with, and we try to use emotional intelligence skills, keep in mind emotional intelligence skills can be phenomenal.

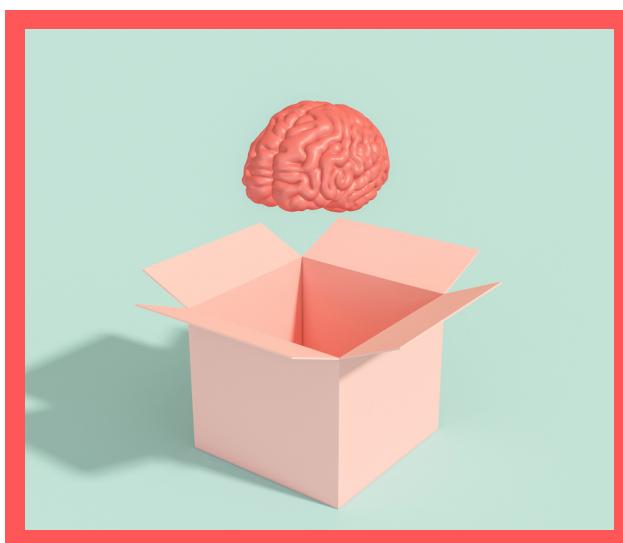
So to understand our stress mechanisms better, we're looking at this ability to trigger stressful reactions through thoughts alone. And yes, it is powerful, yet flawed.

Well, why has it ever happened to you where you felt a certain way?

You felt stressed, you felt angry, you felt anxious, and you tried so hard to think yourself into a different state. You tried finding common ground between stress and uncertainty. You tried not to repeat the same mistakes and fears or same insecurities.

Yet our conscious ability to control physiological reactions, it's not always the best because our conscious ability to control physiological reactivity, as powerful as it is when put into the context of the social digital revolution we are experiencing and becomes frail and misapprehended.

You see, just like any living creature, we are born with an emotional response system that is primarily working towards ensuring survival and thriving for procreation survival mechanisms. We all have allowed us to get to where we are today.



OUR CONSCIOUSNESS ABILITY

It Is What Makes You Who You Are

A GREAT RESPONSIBILITY

LET'S TAKE ANOTHER EXAMPLE

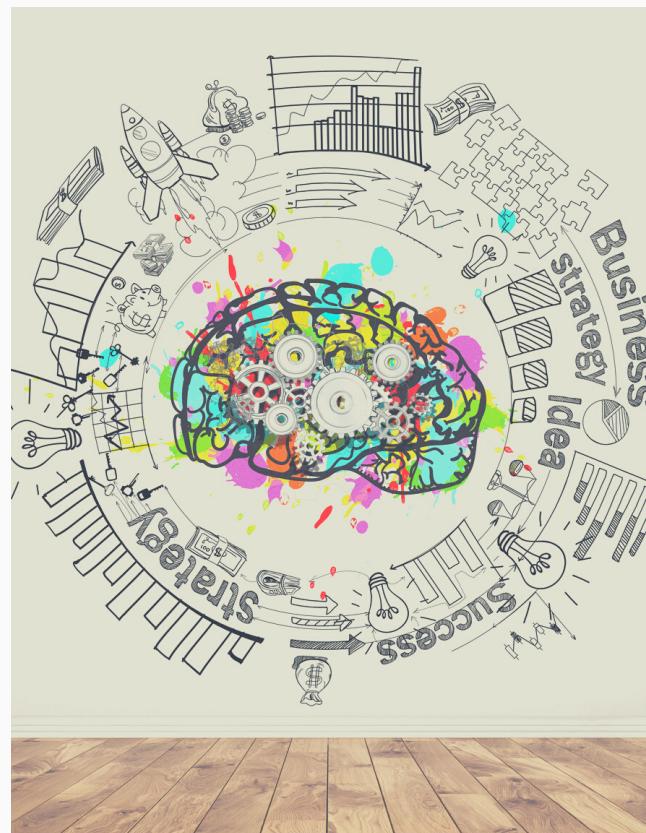
However, with great power comes great responsibility because we start questioning the way we feel. We start questioning why we feel the way we do sometimes. Sometimes we don't like it. Sometimes we hate it. Sometimes we don't mind it. The problem is, again, that we're directing our conscious focus into dissecting the felt emotions.

.Now, let's take another example here. Have you ever been in a situation where you wanted to explain your emotions or express your emotions to somebody, only to realize that I was one of the most dreadful tasks you've ever been through? You see, explaining emotions through thoughts and linguistic perception is not easy.

The reason being is that we can't always find the right words and the right metaphors to convey the image or to convey the message of how we truly feel, what ends up happening. People misunderstand us. We have a hard time expressing our emotions and eventually, we start avoiding expressing emotions, because every time we do, we end up in this awkward or uncomfortable situation. And as human beings, we evolved to try to avoid pain and embrace pleasure and discomfort can be linked to pain.

KEEP IN MIND

That With Great Power, Comes Great Responsibility.
Consciousness Brings The Responsibility Of Inner Contemplation & Growth



USING THE ANCHORING METHOD EFFECTIVELY

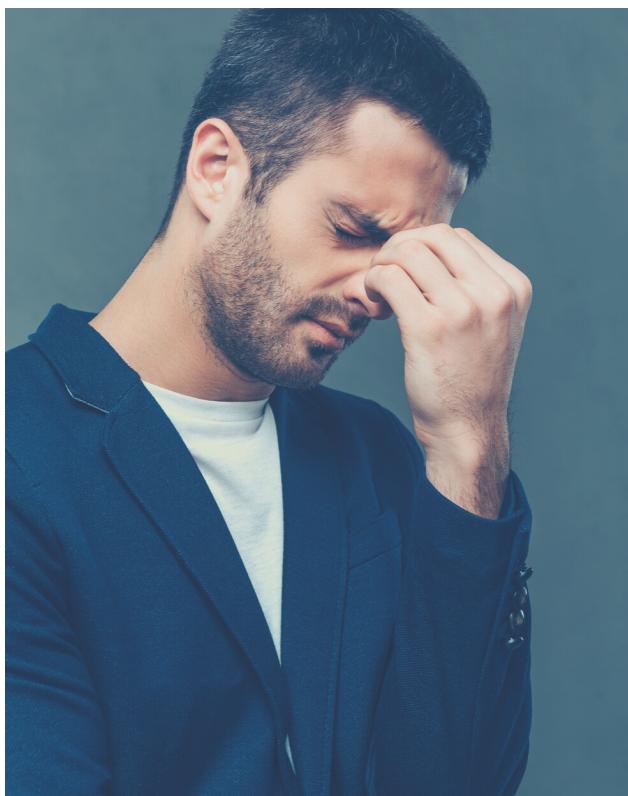
And in that, you see a natural tendency for human beings not to want to express emotions when they don't have the full capacity to understand those emotions and then expressed because emotions are a lot more personal than we think.

Emotions are belief labels placed on events, experiences, and social constructs that we experienced throughout our lives, and all that to say it is very difficult to express our emotions consciously.

We are not the best at translating how we feel into an objective physiological answer.

And when we ourselves question emotion and we can't control it, then what happens while we get confused?

We get stressed and we act in disobedience towards our intention..



The discomfort of feeling an unwanted emotion would trigger the stress mechanism or system, and that would stimulate the primary need for survival

The discomfort of feeling an unwanted emotion would trigger the stress mechanism or system, and that would stimulate the primary need for survival.

Then the secondary need for avoiding pain and seeking pleasure.
You see, the fight or flight reaction can be dissected into a single reaction that can be triggered based on the survival needs of one of two entities.

The first entity is physical. It's your body. When you are in a situation where the probability of you suffering physical damage is high, your body's natural reaction would be to trigger stress mechanisms in your system. Now the other entity is not physical. What do I mean by that?

This will get a bit philosophical but bear with me.

A MEDITATIVE PROCESS

INNER REFLECTION & OBSERVATION

If you try a simple meditative process where you shut your eyes and focus on your thoughts passing by, you will notice something phenomenal. You can observe your own thoughts passing by. I'm going to say that again. You can observe your own thoughts passing by and you can try it. If you pause, close your eyes and just try to reflect on your thoughts. You will notice that there is an entity able to observe the thoughts and you get to decide whether to analyze and react or just lay back and observe.

The thoughts go by. And this says a lot. What is controlling or what is this? What is this part inside of us that can observe thoughts? What's consciousness? And we spoke about this before. Human beings are the only species that possess consciousness, and that gives us the ability to observe our thoughts from a third perspective, per se. To understand the difference with ego survival, it's pretty simple.



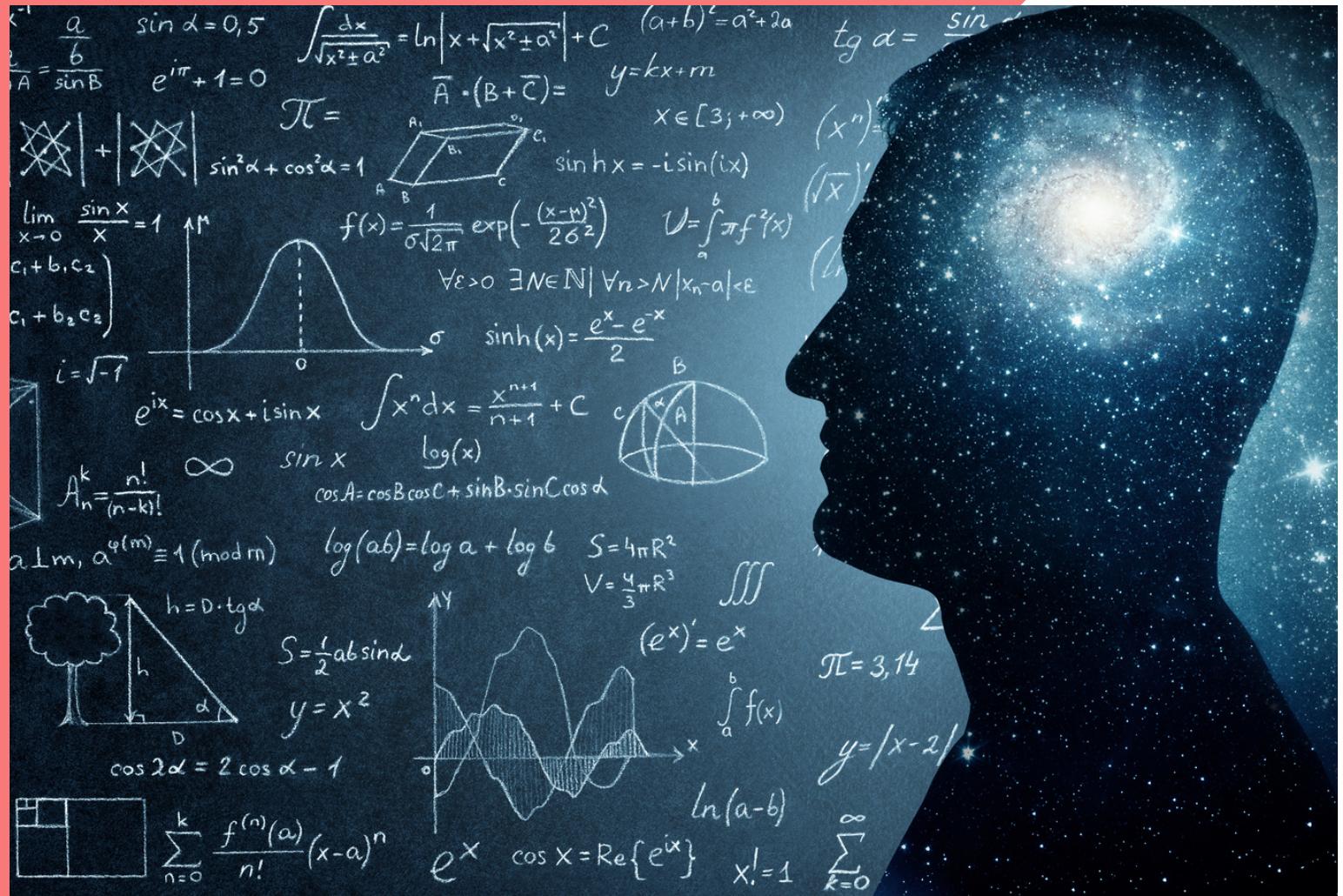
But in the case of emotions, we're talking about something a little bit deeper, something that is developed through consciousness and not through consciousness alone. You see, when you're not observing those thoughts, the thoughts or you or a construct of you, the ego.

However, the fact that you can observe your thoughts means that you are not your thoughts.
Right?

We can trigger a stress reaction in situations where the survival of our ego is necessary. That's why arguments can escalate negatively, and most often than not, it leaves a bad residue. And a typical example, where a guy is walking down the street and sees a beautiful girl, they think about talking to her or not obviously talking to her, there's no physical harm that can happen. She's not like it's not like she's going to take out a gun and shoot the guy in the head. But it's more internal. The guy hesitates.

The reason the guy hesitates is because of the stress mechanisms playing their cortisol triggers in your system and you being in a situation where you don't actually know what to do. Should I go talk to her or should I not? And does my hair look good? Do I look good? What am I going to say?

And all those ideas start popping in your head. Then they create little micro stress reactions and before you know it, you decide to either approach her and talk to her or just run the other way.



YOU ARE NOT YOUR FEELINGS

THE ILLUSION OF EGO CONTROL & MANIPULATION

Now, whatever you do, if you went and spoke to the girl, you decided to fight this internal response. And if you decided to flee, you decided to flee from what exactly?

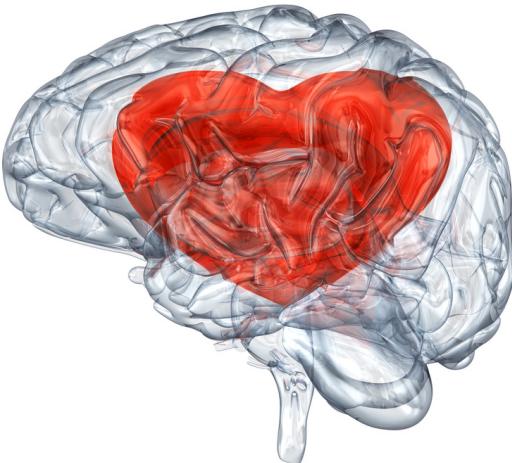
See, those stress mechanisms were trying to protect the internal side of you.

I suffered damage through the situation because if you go talk to a person and you get rejected or you get humiliated in some sort, there's no physical damage that took place.

But your ego takes a hit. And so your ego starts using your consciousness to build those mental blocks and put you within your

comfort zone so that when you're in such a situation that you're not used to your body and your mind, they trigger the fight or flight reaction and tell you to flee because you don't want to be put in a situation where you can risk your ego being jeopardized or the identity of who you are being taken away from you in one way or another.

Now, again, the ego. It's not you. It is the illusion that we build on a psychological level to understand who we are as people. Or more on that later.



MEDITATIVE PROCESS & EXERCISE

THE OBSERVATION & CONCLUSION OF SEPARATION

Now, I want you to try the exact same meditative exercise or the little twist. Now, when I tell you what the exercises are going to be, I want you to pause this video and take a minute to try it.

While in the same meditative state of observing thoughts, I want you to ask the inner observer, who are you now?

Don't think about it. The answer should be the first one that pops your head as soon as you ask a question. Ready.

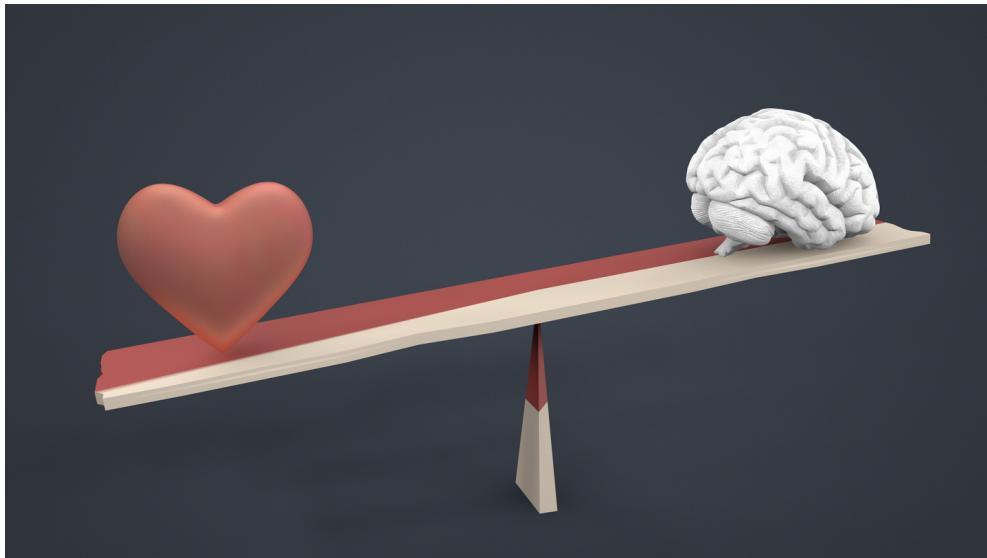
See, the majority of people reported very similar answers whenever they asked the Observer. Who are you? The first gut reaction was, Well, I'm you, obviously, but again, it is not you. Your thoughts are not you. Your consciousness, maybe.

And the reason I say that is because you can use your consciousness to observe thoughts, but you can not use thought to observe consciousness in any way. You can't even use thought to understand consciousness.

As far as now, nobody even knows where consciousness really originates in the brain or where does it come from or as far as we know, since there is an entity that can observe the thoughts and we know that the thoughts are not you, since there is an observer that can notice thoughts, we know that thoughts are in. You regained consciousness we don't know yet.

PSYCHOLOGY MODELS

The System Of Affirmations & Questioning



THE POWER OF
Questioning Emotions

MAJOR SELF-HELP MODELS

Affirmation Models & Self Questioning Models

A major model of self-help that became increasingly famous and often used is the model of personal affirmations. Yet again, this model comes with a big flaw.

If you do not put the right emotional coherence and intensity while using the affirmations, the psychological impact of this model declines as a result.

The other model that psychologists are more inclined to recommend is the questioning model. Now, why are they recommending this model?

Instead of trying to consciously control the undesired inner monologue and linguistically projecting the antonym? How about we question the monologue, to begin with?

You see questioning emotions when you feel a certain way, if you pause and ask yourself, I really supposed to be feeling this way. And yeah, sometimes it is OK to be feeling the way we are.





THE POWER OF INTUITION & GUT FEELINGS

We Act Based On Emotions, Not Thoughts

But sometimes you are getting a message, you're getting an internal message that there is something wrong and using a system where you just put emotion aside and decide to do something else, yes, it can work well in the long run, something is going to happen and those emotions are going to resurface

Again. And let me tell you, if it's negative emotions, it's obviously not going to be something you want.
Right. But for us to be able to use this power of questioning, we need to understand the TFAR system where thoughts, equals feelings, equals actions, equals results.

Now, the true beauty about it is that you can actually apply it to emotional intelligence or to emotional awareness, and you will gain that different perspective that you need.

When you say thoughts, equals feelings, equals actions, equals results, you are looking at the sequence that we go through from thought or trigger to emotion or feeling action and the results. And you see, whenever we think about the emotion we get caught up in, the reason being is because we act based on how we feel, not what we're really supposed to do or how we're supposed to act. We act based on feeling and intention.

We trust our intuition more than we trust logic sometimes.

Sometimes you have a deal in front of you and you're like, oh my God, this is amazing...
But your intuition says there's something going on here and you start thinking maybe this is a bit too good to be true.

So there's this automatic response system that's trying to protect us.



*The TFAR System
Thoughts=Feelings=Actions=Results*

THE EMOTIONAL INTELLIGENCE MASTERCLASS



IQ

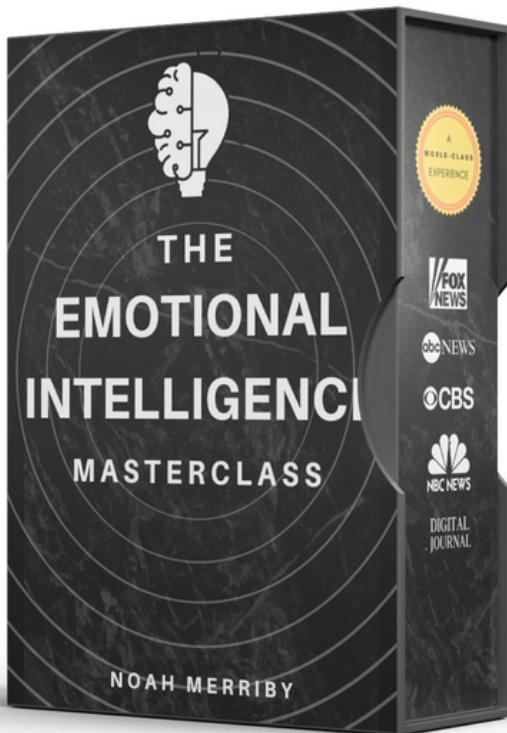
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FEELINGS & EMOTIONS

How Our Emotions Can Jeopradize Growth



EMOTIONAL REGULATION

When Feelings & Emotions Hinder Your Performance

When we involve thoughts with emotions, emotions are always going to win because emotions are the result of thoughts or triggers. Look at it this way. Thoughts or triggers, lead to feelings. Those feelings lead us towards certain actions, and those actions will then manifest a result. This model of behavior outlines some elements that often escape the scope of solutions or in this case, potential problems. Every now and then, when we set a goal, we won't get to a day where we don't really feel like putting in the work we need to in order to achieve the goal. And you can really see it clearly with New Year's resolutions.

Somebody sets a new resolution and then January 14th and by then the majority of people who've already set a new resolution would acquit, would have put aside reason being you don't really feel like it anymore.

It's not that it doesn't make sense for them. It's been making sense for years. And they've been sending the same plan for years because it means something, but they're just not able to steer their emotions the way they should go where they're trying to go. But you see, the problem is not with just the emotion itself.
When you mix intellect and emotions, emotions are going to win.
When you try to justify or question logically the way you're feeling, you can't explain it.
It's just a feeling.

WHEN WE HAVE A BAD DAY

Character Building Days

The problem is that once we're having a bad day, we try to talk ourselves into a better state, and you see as soon as the conversation started, you lost because you acknowledge the emotion, which obviously you shared.

But when you acknowledge it, saying, I know I'm tired, but I should be going to the gym, there's a difference between something you need to do and something you want to do. So when you when you're talking to this tired version of yourself and you're saying we should be working

and you're trying to tyrannize yourself for feeling those emotions and that never works, it will always backfire and it's not sustainable.

You need to negotiate yourself. Don't tyrannized yourself, negotiate with yourself.

There's a reason you're feeling the way you are. What's the reason?

What's the trigger?

What's the thought that led to those feelings?

And that's where the TAFR system starts. And in the case where you skip a workout because you were tired, if you actually do skip the workout, guess what's going to end up happening. You're going to end up feeling more tired of skipping the workout, not just physically but mentally. As a matter of fact, you're going to be feeling may be weaker physically. You're going to be sore and a lot.

Thoughts Lead To Feelings. Feelings Leads
To Actions, And Actions Lead To Results



ON WHAT LEVEL

ARE YOU USUALLY OPERATING?

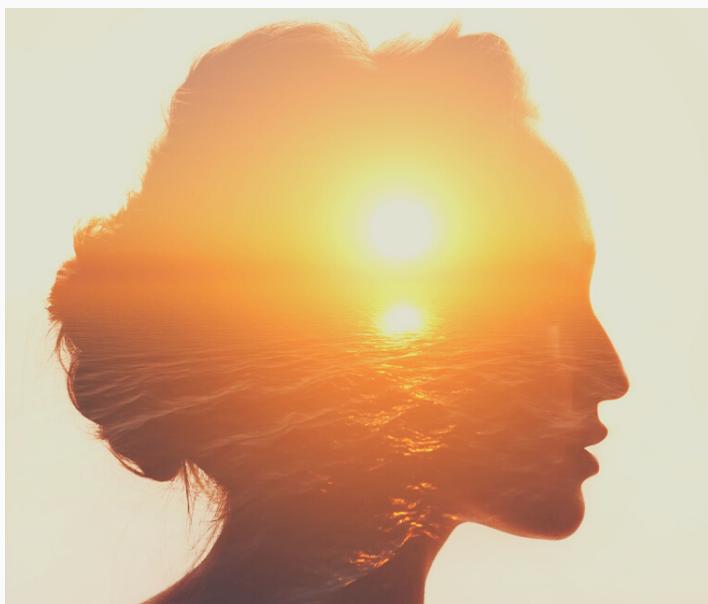
But mentally, you're going to be like, well, you know, every single year I set the same goal that this happens and you start beating yourself up, you start blaming yourself on the mistakes and you start trying to justify how you are making this happen, which is by itself bad, or you try to blame it on others.

Only if I knew how to cook or only if my partner knew how to cook for me.

Problem is, it doesn't matter what the excuse is.

It's part of the process because, again, emotions and feelings, it's a chemical reaction happening within we project labels and we put linguistic labels on certain emotions so we can understand what we're feeling and express our emotions better.

But in fact, there's a huge difference between who you are and what you're feeling because even though certain thoughts or triggers lead to certain feelings, which should lead to certain actions, you have the ability to act differently despite a certain way you're feeling.



And, well, thank God for our willpower and our sense of discipline. Right in the middle of the prefrontal cortex, there is the element that's responsible for our willpower generation.

And, well, thank God for our willpower and our sense of discipline. Right in the middle of the prefrontal cortex, there is the element that's responsible for our willpower.

And there's a lot of controversy about willpower itself, whether it's whether it works like a battery. And the more you use it, the more the batteries.

Right. And then you need to sleep for it to chargeback.

Or there's another source from which you can connect the battery.

That's a bit more internal, maybe using consciousness, maybe using certain thoughts, triggers or visions. You feel that fuel building up in you when you're motivated or inspired. You have more willpower. And there's a thin line there that a lot of people want to understand. The better reason being is because this can happen often.

We feel tired and then we skip our workout or we break our diet or whatever we do.

Right. And it keeps on happening...



The Shift You're Looking For

We Have The Power Of Conscious Control

And then one time we say, OK, despite how I'm feeling, I'm going to go to the gym or I'm not going to skip that meal. And then what happens is that you get a little sense of accomplishment. And if you keep building this up, it will start building into positive macro emotions. And there's a big difference between Macro Emotions and Micro Emotion. And we're going to talk about that and we're ready.

But for now, what's fundamental is to understand the TFA. Our relationship faults and triggers the two emotions and feelings. Emotions and feelings lead to actions and actions lead to results. Now, the reason why the T stands for thoughts as well as triggers is that there is a difference.

In a previous video, we spoke about the difference between how a thought can influence us on a physiological level and how it can also influence us on a psychological level. And there is a difference.

Most often than not, there isn't really a trigger that's taking place, but it's more of a thought that's repetitive. And you see, it's pretty simple.

Emotions Are Energies In Motion

Animals cannot project within their imaginations a possibility where, for example, their partner passes away and then start crying.

Well, you hurt us the most intelligent species you can imagine.

Someone very loves to you dying and you will feel the emotional response within you as if there's actual sorrow. And as previously said, it is a blessing, yet a curse, because thoughts alone can then lead us to feelings of the most.

And then we act based on those motions with not without really being able to justify them logically.

Now, why am I telling you all this? What does it really have to do with emotional intelligence? Well, let me tell you, if there are certain emotions and feelings that we're trying to deal with, if we fixate our conscious awareness and effort on those emotions and feelings, we're just going to end up more lost, more confused because most often than not, it's really hard to understand why we feel a certain way.



So what happens is that you end up putting so much effort into dissecting, understanding, and controlling those emotions. But it's going to always backfire because of the way the emotional system works. There's always balance that needs to take place. And we're going to talk about that in a second.

A balance needs to be established. So regardless of how much effort you put towards the emotions and feelings, it will be a lot more efficient for you to focus on what triggers those feelings and emotions.

So the triggers and thoughts and then what reinforcing behavior are you taking on that's becoming kind of hobbit's a physiological or physical habit that automatically brings up some feelings for you to go do it?

And that's especially the case with addictions.

Take cigarettes or nicotine, for example, your body, your physiology is craving nicotine, and then what ends up happening is that this physiological reaction pushes certain thoughts, feelings, and emotions to get to the exact same result, which is more nicotine



. It's kind of like this substance that's manipulating its way into getting more of in the system.

And at one point, we get to realize that emotions are actually not generated on the conscious level, but on a subconscious level. And our control, our conscious control over our subconscious programming is not the best.

So what ends up happening is that you're working towards something consciously, but then you have some subconscious emotions and feelings that are holding you back. All right.

So picture yourself in a boat, right? And there's an island, which is your goal, your target, and you want to get there. And as soon as you start moving towards the island, your subconscious brain throws some emotion, feelings into your system to try to derail you. Right.

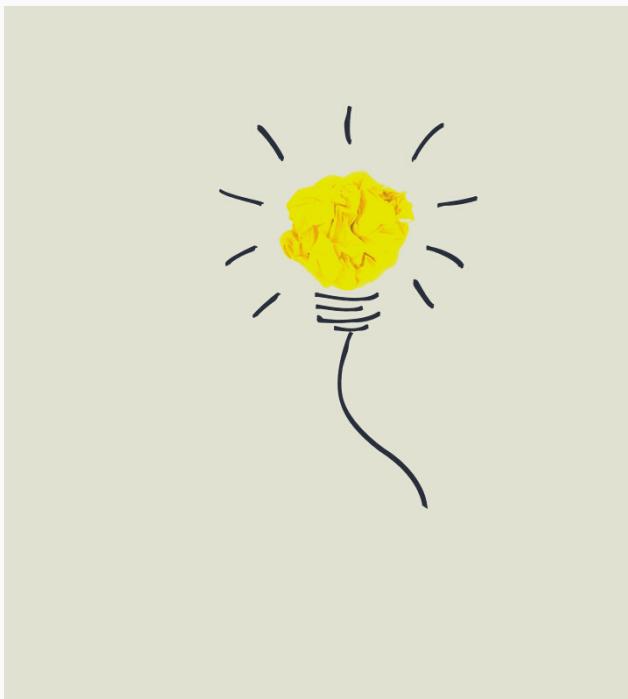
Because it wants to stay comfortable within the survival zone.

THE ANCHOR DROP

THERE IS SOMETHING HOLDING YOU BACK

So what ends up happening is that a big anchor drops and hits the bottom sea. And before you know it, you're stuck. You try to move. You try to keep moving, but you can't really do anything. You can use your conscious ability to move the boat as hard as you can. But as long as the anchor is holding you down there, you will not be able to move.

But if you start directing your conscious focus into dissecting the thoughts and triggers, bringing up certain emotions and feelings you don't want to experience or that you want to limit and control, and then you look at the actions that you do when you feel those negative emotions. So when you feel lonely, for example, and that's an emotion that you've been experiencing often and you want to deal with it, what are some actions that you take?



Is there any specific behavior that you do when you feel or experience this emotion that's addictive or that can develop a physiological dependence or psychological dependence on oil? And when the emotion is in the middle and you have a shift in perspective, you're looking at all the different triggers and thoughts that cause the emotion and then the actions you're taking after experiencing the emotion.

And this way, you can start focusing your conscious control towards the thoughts and triggers first, maybe try to limit them in your life. All that to say is that the only way to understand emotions better, we need to understand what's causing the emotion and how we react when we feel a certain emotion and when we do when we grasp a very good understanding of triggers, thoughts as well as actions.

Our entire perspective on emotional intelligence changes your consciousness gains maturity because you can look at your emotions from a different perspective and understand that your emotions and your feelings are not you. And you can dissociate yourself from the situation and noticed yourself feeling neutral because all you feel is a chemical reaction that was triggered by certain thoughts servants and then reinforced by certain actions. If you want to understand emotional intelligence, better start by understanding the TFR system.

GOAL SETTING

Through The TFAR System

HOW TO SET GOALS EFFECTIVELY

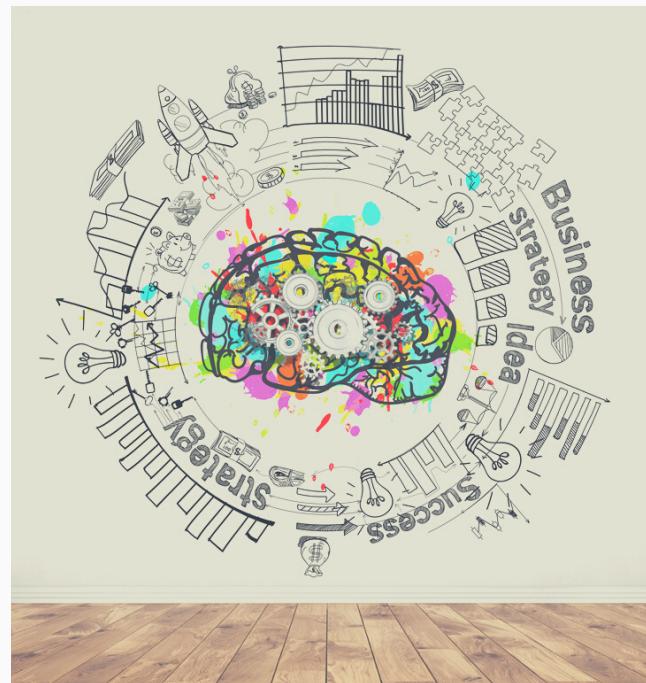
USING THE TFAR SYSTEM

There's a little trick that I often use where I combine emotional intelligence and I combine the TFAR, our system from neurolinguistic programming into a little goal-setting formula, and that's a way where you can set goals and make sure that you monitor your progress on an emotional level, as well as on a physical level of actual growth towards your goal. So you want to look at thoughts, feelings, actions, results. Usually, when we set a goal, we put the desired results and then we ask ourselves, OK, what do I need to do to get what do I need to work on? How can I get from where I am to where I'm trying to go?

You're talking about a shift in paradigm shift and perspective. You see a lot of people who became really successful in life, Tony Robbins. He stands up on stage and he says he built this guy. They didn't just focus on how to make it, but whom they needed to be to get it. And they all have routines and systems that have a certain time where they wake up. They have certain books or information they're trying to acquire.

They have certain habits that they do to trigger certain emotions and feelings and maintain them. And there's a lot, again, that goes into this now not I know what you're thinking, how can I use the TFAR system for emotional intelligence?

We don't really focus on how am I supposed to feel and what am I supposed to be thinking about or learning more on, because it goes against human nature to keep trying to reinforce a new behavior despite some lingering feelings, start trying to derail you and take you on another path. It's not it's not just about what you need to do.



Goal Setting Hack You Can Use

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They have certain habits that they do to trigger certain emotions and feelings and maintain them. And there's a lot, again, that goes into this now not I know what you're thinking, how can I use the TFAR system for emotional intelligence?

When you want to achieve something, you need to focus on the thought process & emotional responses as much as you focus on the action you need to take.

What that means again, is that it's not just about what you need to do to achieve the goal you want to achieve. It's about who you need to be. What thoughts do you need to have more often? What feelings are you missing out on?

Because without proper thought patterns & emotional responses, the action taken will find its way to deviate from the desired result by correlative analogy.

THE EMOTIONAL INTELLIGENCE MASTERCLASS BUNDLE

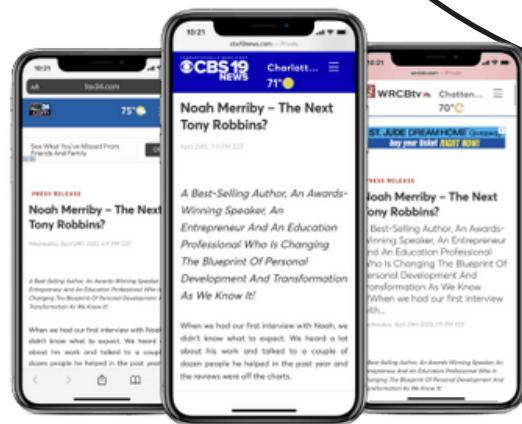
THE JOURNEY

Our journey will start by understanding the basics of human emotions, on a physiological & psychological level.

THE EXPERIENCE

By the end of it, you will experience a shift of perspective on emotional experiences as you develop & harness the power of emotional intelligence & maturity. Join us on this journey of self identification and healing, join us on the journey where everything that is going on in your life, and in your mind will now make sense,

Check out the first few lectures available with free access to get a taste of the experience!



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THE OUTCOME

01

Achieve proper emotional intelligence to build healthy neural structures and networks

02

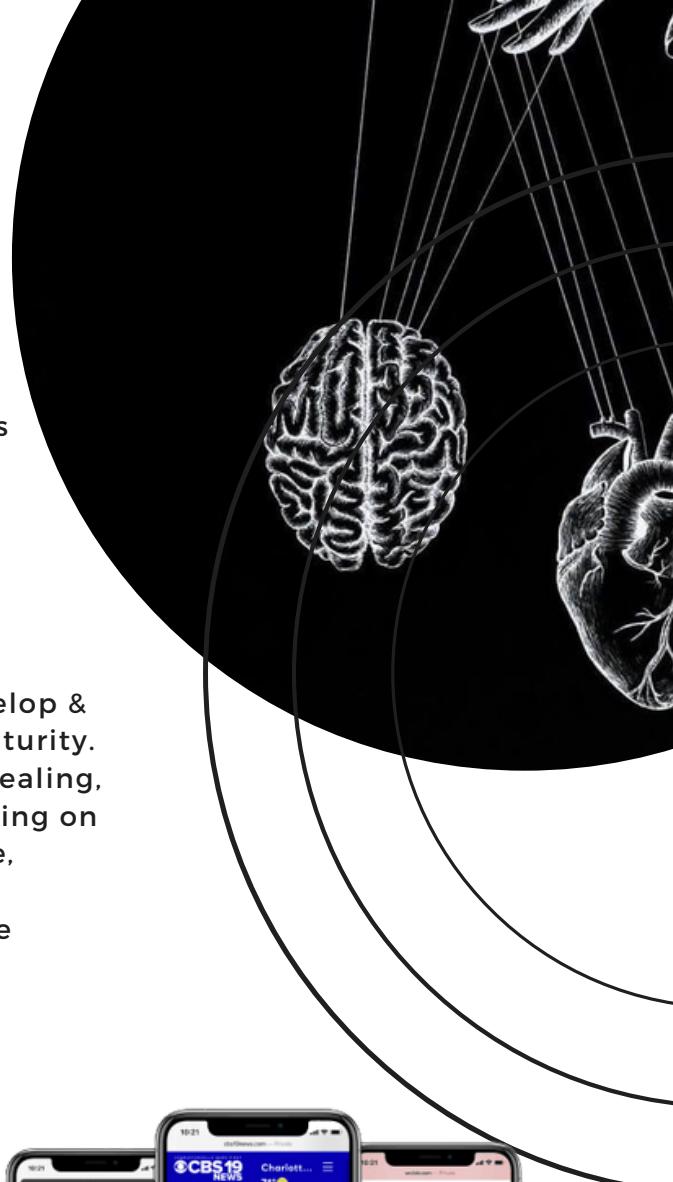
Control and manage your memories and traumatic experiences

03

Learn how your brain works and how you can easily control it

04

Fundamentally understand the link between your thoughts, feelings, emotions and behaviour



EXPLORING THE RESULTS

OF STUDIES ON EMOTIONAL INTELLIGENCE

EMOTIONAL INTELLIGENCE

WHAT THOUGHTS COME TO YOUR HEAD?

One of the biggest breakthroughs I had in my research was linked to emotional intelligence. I have attended seminars, bought courses, and read countless books that unified emotions, and classified them as either positive or negative.

If you feel anger, and you do something that can calm you down, then you compensate for the emotional imbalance and you can start moving towards an emotionally intelligent state of mind. I came to realize, that emotional intelligence, as intelligent as it may seem, is the most ridiculous and stupid concept that you can try to explain to people. See intelligence can't be so openly linked to emotions. We know for a fact that when we make a stupid ass decision, we usually act based on emotions and not logic. When we're logical on the other hand, we can steer ourselves towards a more resourceful outcome in any given situation. That is only if, we have the logical interpretative capacity to deal with the problem in the first place.

BASICALLY:

WHEN WE ADD LOGIC TO EMOTIONS, WE CAN CREATE AN EMOTIONAL EQUATION... NOW, WHAT THE HECK DO I MEAN BY THAT RIGHT?



THE EMOTIONAL EQUATION

EMOTIONAL RESPONSES IN ACTION

Instinctive Emotions

Instinct, desire, love, hate... Are all a product of subconscious conditioning. At the core of this primitive brain is one utmost functionality, which is to ensure our survival.



Unified Emotions

The Levels Of Intensity

Emotions are not unified. They can not, and should not be classified based on the nature of the emotion, but its intensity. The frustration you feel when you spill a cup of coffee can not be compared, in terms of intensity, to the frustration you feel when you lose a friend or a partner. The happiness you feel when you watch a kick-ass movie is nothing compared to the happiness... Heck to the joy you feel when you get your dream job.

That's where it gets interesting...

When you're frustrated about a spilled cup of coffee, and then you open your phone and realize that you got an email saying: "Congratulations! You got the job!" You won't care about the coffee anymore.

On the other hand, if you're frustrated about your love life, you won't even feel like you want to watch a movie in the first place. Your subconscious brain can anticipate the predictable emotional reward. And when the intensity of a negative emotion outweighs that of an anticipated potential positive one, you won't even bother trying. You already know that it's not enough to fill the hole you feel on the inside.

The emotional equation is that which measures the emotions based on intensity, and not nature. When we look at emotions from the lens of intensity, our entire perspective can change. Let's take another example here.

EMOTIONAL RESPONSES

Exploring The Reptile Brain's Response Mechanisms



LET'S TAKE ANOTHER EXAMPLE

Waking Up In The Morning

You wake up in the morning, you get dressed, eat your breakfast, do whatever you usually do in the morning, and then you get in your car to head to work. As you put the keys in the ignition trying to start the car, you hear the car struggling, but it doesn't work.

Well, you're not going to be happy about this unless you're on some sort of super happy drug. The question here isn't whether you're going to feel stressed out or not. The question is, how stressed are you going to feel? At what intensity are you going to experience those negative emotions?

Well, if you woke up and you were feeling a bit sick... You wanted to call in and say you can't make it but decided to suck it up... You won't feel very stressed. After the short wave of disturbing emotions passes by, you might feel a sense of relief that your car didn't work so you can stay home and rest.

Now let's take the same example but put it in a different context. Two days before this incident, your manager says: "If you're late to work one more time, despite the reason, you're fired!" In that scenario, the intensity of stress you'll feel is going to be hell getting loose.

HERE'S WHAT YOU SHOULD KNOW:

The emotional equation is that which measures the emotions based on intensity, and not nature.

USING THE ANCHORING METHOD EFFECTIVELY

Now we know that the part of our brain responsible for our emotional responses is the limbic brain. In other words, the subconscious brain. It is the most primitive part of the human brain. Instinct, desire, love, hate... Are all a product of subconscious conditioning. At the core of this primitive brain is one utmost functionality, which is to ensure our survival.

When we encounter an event that jeopardizes our longevity and that can be perceived as a potential risk to our survival, we instantly get into a state of stress. See if you're crossing the street, and you almost got run over by a car, you don't need to take a step back and logically analyze what happened to then decide that you need to feel stressed.

Even though you weren't hit by a car, you were instantly hit by a rush of cortisol, adrenaline, and norepinephrine. You get pushed into fight or flight mode. Now considering that you have an average level of sanity, you won't try and fight the car, you will try and evade it.

However, your reaction was so quick, that there is no way it derived from the logical part of your brain which by the time it analyzes what's happening and how you should react, you'd be long gone.

Let's put this example in context before we carry on.

You're going to write an exam, and while crossing the street, you almost got hit by a car. Your body enters into a state of stress. Unless you had some sort of coping mechanism to calm yourself down before the big test, you will most likely perform worse than you would if that incident didn't occur to you. Your cognitive reasoning is partially impaired as all your energy is going towards your need to survive.

See now even if you sit down for a second and have a little conversation with yourself, you'll find it pretty challenging to change your body chemistry. Even if you say yourself: "All right listen up pal, we're good, we're not dead, stop stressing out..." Your subconscious brain will tell you to shut up & keep stressing.

It is this kind of primitive reactivity that ensures our longevity, hence it's a crucial function for survival. The problem arises when we use our so-called logical brain to catastrophize non-urgent situations and consciously throw ourselves into a state of stress.



TAKE THIS METAPHOR

A Metaphor To Explore Within A Poem

A SHORT POEM FOR THOUGHT

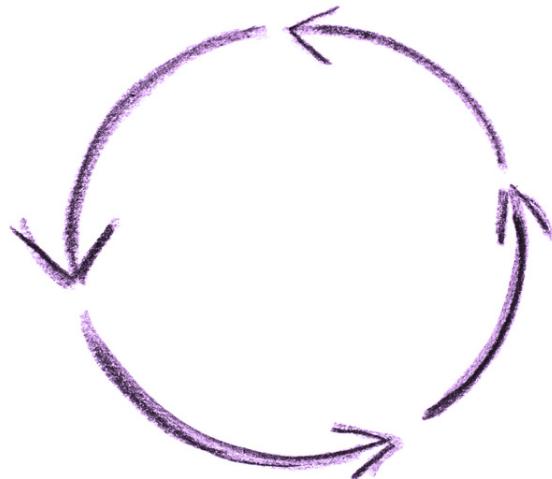
There's a short poem I read once that can perfectly illustrate what I mean.

Lost your pen? No pen. No pen?
No notes. No notes? No study. No study?
Fail. Fail? No diploma. No diploma?
No work. No work? No money. No money?
No food. No food? Skinny. Skinny? Ugly. Ugly?
No love. No love? No marriage. No marriage?
No children. No children? Alone. Alone?
Depression. Depression? Sickness. Sickness? Death.
Lesson: Don't lose your pen, you will die.

No, the lesson is, calm down and go buy a new pen.

KEEP IN MIND

At the core of this primitive brain is one utmost functionality, which is to ensure our survival.



DYNAMICS USE

EMOTIONS & RELATIONSHIPS

Commonly, in relationships, people might change their entire life to satisfy the need of maintaining the relationship with their significant other. The desire for sex expression in a sense of making love and the concept of love itself are the most cognitive stimulating experiences in a person's life. A teacher of mine back in high school can stand as a solid example. Coming from a low-income family household, growing into a personal low-income household, he met a woman that changed his life. After a relationship that lasted for a couple of years, he proposed. She was more than happy to marry him, however, she insisted on getting her father's blessing.

As sad as it was, her father asked, how can you take care of my daughter and potentially her child if you can barely take care of yourself? Long-story-short, today, he is a university professor, a high school teacher, and a lawyer that belongs to upper social classes in terms of household income. The reason behind his success was not a desire to acquire wealth, but a desire to acquire love, a desire to be with his potential significant other.

Nonetheless, as strong as love can be, a question arises. Can love turn into hate? Depending on how severe the emotional trauma is, love can indeed turn into hate. However love doesn't disappear instantly, it gets suppressed behind our emotional behavioral system that once again wants to avoid pain and acquire pleasure.

In extreme, but often recurring experiences, emotionally charged breakups can lead to suicidal thoughts and acts. Reflecting on existentialism, finding no meaning, people might likewise engage in suicidal acts or thoughts.

RELATIONSHIPS & EMOTIONS

THE CORRELATION

Meaning, Emotions & Relationships



IDEA:

A significant other, reciprocally guided by the stimulation of love, can spawn a meaning to exist.

RELATIONSHIPS

WHEN CONNECTED TO MEANING

A denouement direct correlation is obvious. Emotional analogous trauma leading a person to lose his significant other is the equivalent of a person not finding meaning in life, even further inexorable, as the meaning that once filled the void of existentialism is nonexistent anymore. A significant other, reciprocally guided by the stimulation of love, can spawn a meaning to exist.

A paramount principle also arises when it comes to the meaning of life and our existence, do we, as human beings possess the freedom we deserve? During the Age of Enlightenment, Jean-Jacques Rousseau developed the pre-existent Theory of the Social Contract. The theory can be traced back to Socrates, and many other thinkers such as Hobbes and Locke. From a freedom standpoint, the Social Contract Theory predicates implicitly, human beings giving away part of their freedom, to belong to a broader society. But why give up our freedom for society? We as human beings are social animals, we are, by instinct-driven towards society.

Whether a person is extroverted or introverted, society is one piece of the puzzle that makes a person's life complete. However, can society limit or impose a meaning to our existence? And if it wasn't for society, would we even think about the meaning of our existence? Would it matter?



FOLLOWING UP WITH THE PROCESS

When a person is looking for his why he's trying to identify himself as a unique individual serving a purpose in life beyond the personal scope. If society disappears, by default, you become unique. Nonetheless, even without society, a person will at one point think about why he exists, and where he came from, and where he's going.

When people think about how the universe was made, from an atheist standpoint, even though science came a long way, there are still some loopholes from which surfaces question marks. These questions are still to be answered, and the askers don't dwell on the absence of clear answers, as they belong to a society that shares the same problem. It is a question that nobody has the answer to.

On the other side, on a lower scale example, when a person starts developing feelings towards another person, there is always the dilemma of sharing those feelings. The challenge rests within accepting rejection. We do not want to share our feelings concerned by the probability of the other person rejecting us, and thus breaking the hope we had to share intimate feelings with a potential significant other. When we are in the state of not knowing whether the other person feels the same way or not, adding the fact that we can not ask them directly because of instinctive and self-protective mechanisms, we start sinking into feelings of helplessness and hopelessness.



The reason why we dwell on this question way more than the previous universe-related question, keeping in mind that the latter is in principle much more important, is because it is a personal question that we do not share with society as a whole. It is a personal and intimate problem that only we can solve.

Dwelling on the meaning of life can be reflected on from a socially influential stance. The meaning of life is unique for every person, it is not a broad question that society as whole shares, it is not a question to which there is only one right answer. If society disappears, so does the meaning to exist. If life does not exist, and the only form of life remaining in this universe rests in you, then meaningful turns into meaningless. From a philosophical approach, before asking the question of existence, we need to pause for a second and ask ourselves, who are we? If you don't understand who you are, how do you expect to understand why you exist?

The meaning of life is unique for every person, it is not a broad question that society as whole shares,

THE TIPPING POINT

Future Milestone, And Past Experiences

A CHANGE IS COMING

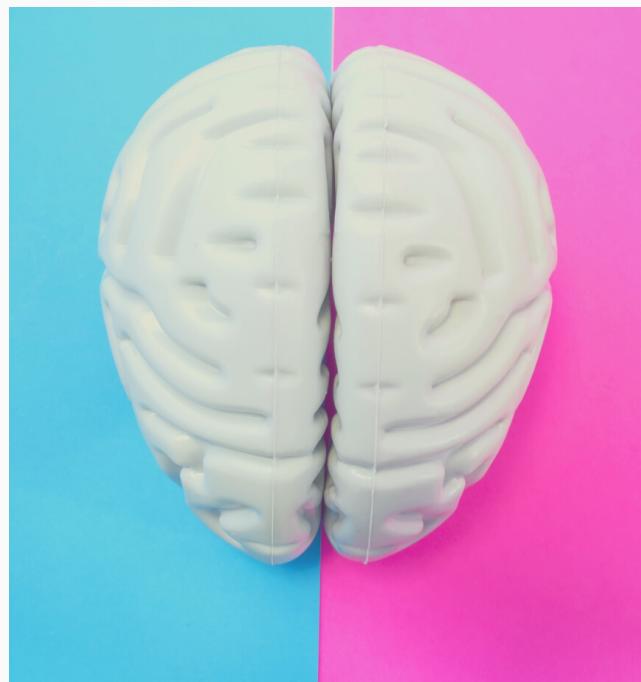
THE POWER OF IMPACTFUL EXPERIENCES

It was a blissful yet heartbreak day when I first sat down to start writing this chapter. For six days I was not able to write a word. It wasn't a writer's block but a broken heart that left me in a turmoil of stress and distress.

I decided to move out of my apartment downtown a while back as I was contemplating a trip to Tibet for a retreat with the monks. By so doing, I changed the dynamic of my relationship. My girlfriend and I used to hang out pretty often. Sometimes, she would sleepover for days back-to-back and we were getting used to each other. As supportive as she was when I decided to move 30-minutes out of town, this support started to dissipate slowly as stress started growing. I felt the stress growing, yet I believed that the sun will shine after the rain. I came to realize, that standing in the pouring rain waiting for the sun to shine was a stupid fucking idea. I often said to people during coaching sessions that it is hard to heal in the same environment where we got broken, and this remains true.

KEEP IN MIND

When you put an end to stress, all that energy is being transmuted into some other form of energy. You can make a conscious decision to move out of the state of stress, into a state of love and creation.



THE BREAK-UP

A LIFE-CHANGING EXPERIENCE

We all have a pre-existent sense of what relationships look like for us. This preconditioned belief is a combination of relationships you idolized and got influenced by... Stories and love movies you've seen... Experiences and decisions... All to create our sense of identity in a relationship. I did not want to discuss this topic at first as it is a very sensitive topic. I couldn't bear the thought of being the reason, you end a relationship with a friend, family member, or loved one. However, I want to be a reason you find peace and serenity in your life. I have been dating the girl I love for almost a year now, but by the time you're reading this, either a miracle saved our relationship, or we're not together anymore.

As I stopped writing yesterday and sat down to contemplate what I wrote, I knew in my head that my girlfriend & I are bound to break up.



It is that state of love where you don't care about that emptiness that you feel inside as you fill it with happiness. The joy of realizing that this breakup, as tough as it can be, brought happiness and love back into my life & hers.

As I started thinking about it, I felt something inside of me, some sort of discomfort, that pushed me to hang on to her even more. I was scared of losing her, I was scared of being hurt, stress was eating me from the inside out. What I am about to tell you is proof that the quantum world does respond to our energy, and it creates a reality that a spitting image of our energy. Two hours after I wrote the first couple paragraphs, my girlfriend asked me for a break. After a long conversation that night, it didn't stop at a break, but a breakup.

We broke up on the same day she first saw me a year before. For weeks, I felt the conversation dying off, dragging along. I felt the stress building up, and the emotions getting stirred. In a moment of conscious detachment and replacement, not only did we feel freedom from stress, but our love grew stronger. When you put an end to stress, all that energy is being transmuted into some other form of energy. You can make a conscious decision to move out of the state of stress, into a state of love and creation.

THE THEORY OF DUALISM

OPPOSITE & CONTRARY FORCES

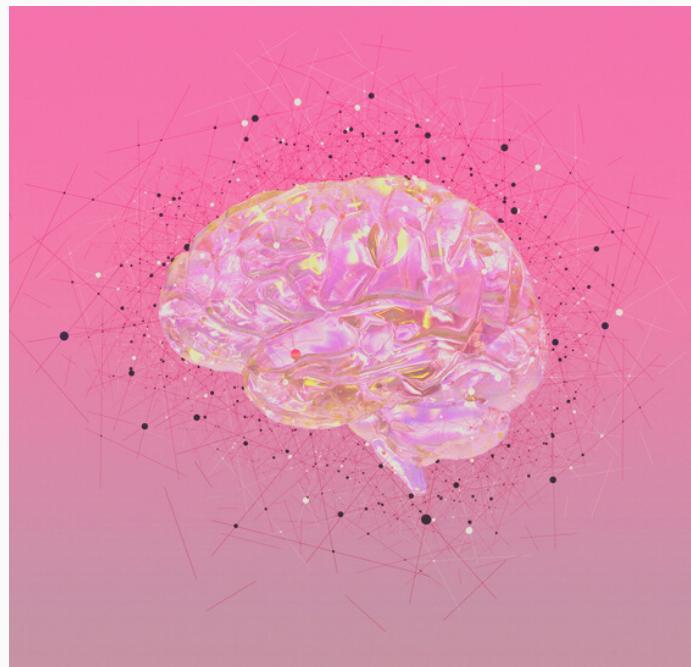
We know for a fact that birds of a feather, usually flock together. The five people we surround ourselves with the most and connect with on emotional and spiritual levels have a tremendous influence on the quality of our lives.

The yin and the yang conceptualized the theory of dualism beautifully. Opposite or contrary forces may be complementary, interconnected, and interdependent. The natural world can not be built on strict order. It is the combination of order and chaos, pain and pleasure, smiles and frowns, days and nights that create a synchronized world.

With relationships, comes responsibility. You don't talk about the person you love behind their back, you don't steal your best friend's lover... With this responsibility comes potential stress. You don't need me to tell you about the stress that accompanies relationships... By now, you've had different relationships in your life, and you know what kind of stress they can cause. I don't want you to think that this is something bad however, it is very normal, even healthy to have a certain level of stress in your relationships. Stress is that feeling in your body that says don't do it when you're about to do something hurtful for a friend or a loved one.

Nevertheless, it is essential to find a healthy balance of stress and distress in your relationships.

When a relationship is overcome by stress, if not matched with a balance of distress can cause a tipping point. This rollercoaster that was once going up is now going down with no brakes.



There is something we need to understand about ourselves if we wish to understand relationships. You need to be conscious of many different factors. In my studies, I found that one of the leading causes of relationship problems is expectations. We expect a relationship to look a certain way. If we go back to the oldest program most of us are familiar with, the first model of relationship you saw was your parent's. I am not going to get into the details of how your relationship with your parents can be affecting as this is something that I'm covering in detail in further chapters. However, we all have personality traits that we look for in our significant other to create some kind of experience. This experience is what you subconsciously perceive as a relationship. Now when something that you didn't expect... Something you're not used to... Something that makes you uncomfortable happens... Your body switches into survival mode.

There is this person in front of you that you love, whether it is your parent or sibling or spouse, and they did something that you never expected. Now it can be one of two options, it is either something that's unexpectedly good, or bad. If it didn't meet your expectations, your body won't like it, you will feel as if something is missing, you will start to stress. Let me give you an example:

THE EMOTIONAL INTELLIGENCE MASTERCLASS BUNDLE

THE JOURNEY

Our journey will start by understanding the basics of human emotions, on a physiological & psychological level.

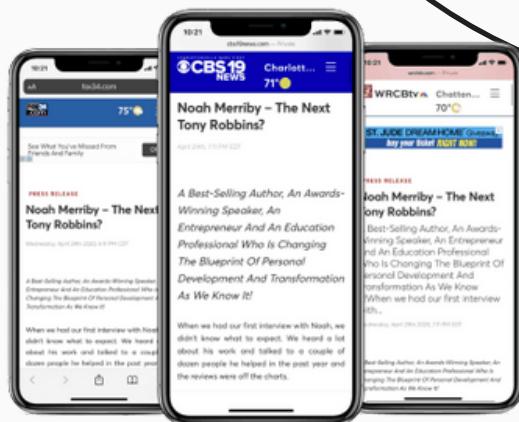
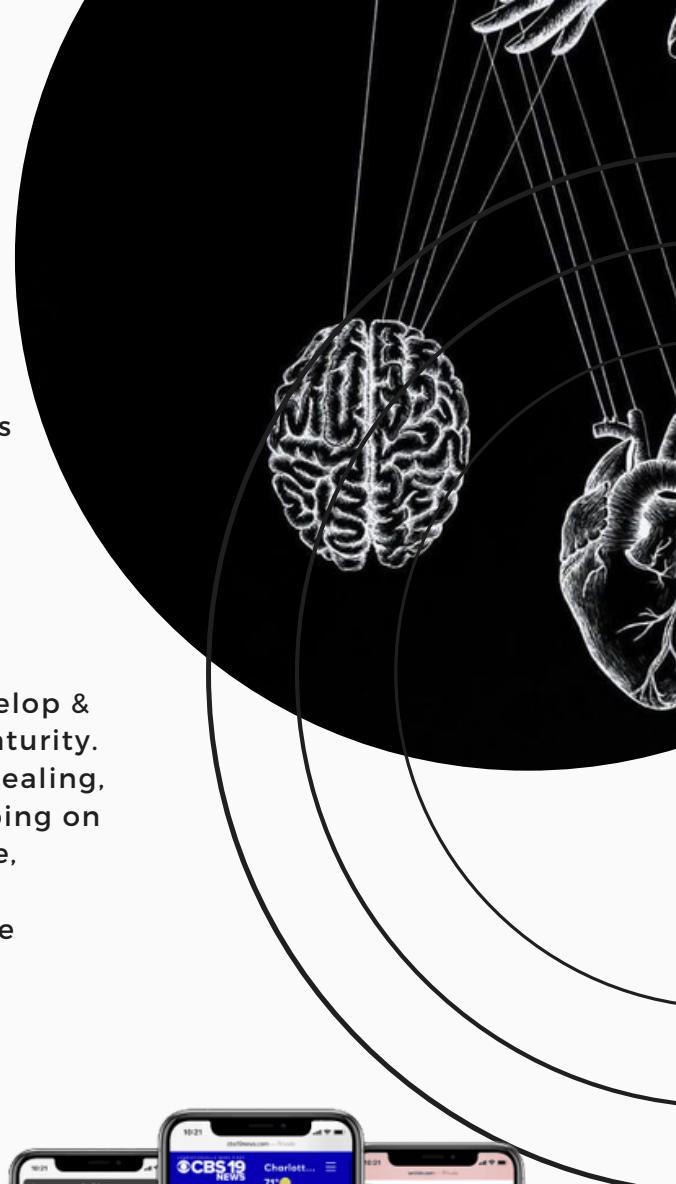
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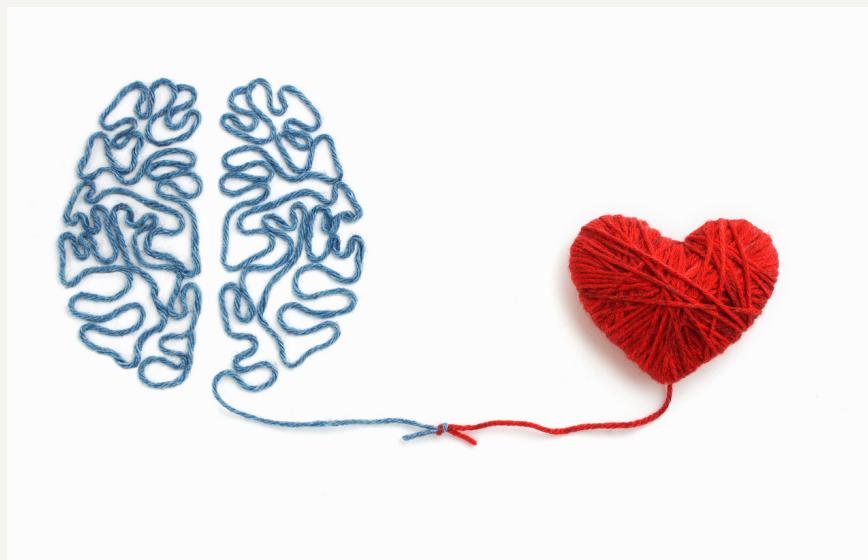
04

Fundamentally understand the link between your thoughts, feelings, emotions and behaviour

AN EXAMPLE TO EXPLORE

EMOTIONAL INTELLIGENCE

Diving Deeper Into Personal Application



NOTE:

His mom and his dad had a fairly healthy relationship. They do not love birds, and they're not in a state of war either. They would fight sometimes when his father would get obsessively jealous.

WHAT IS IT?

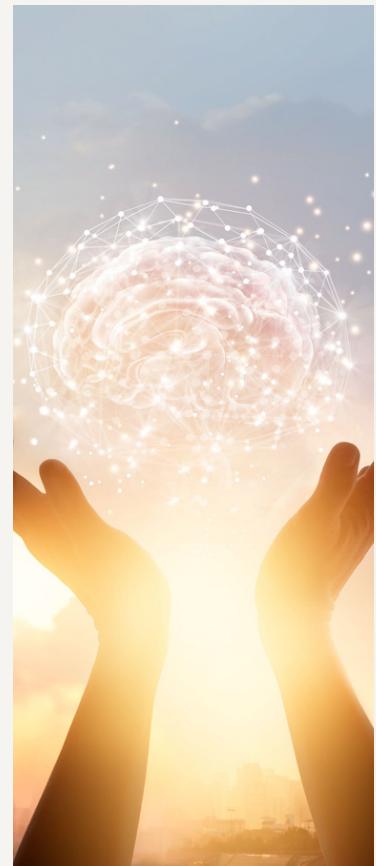
THE PARTS INTEGRATION METHOD

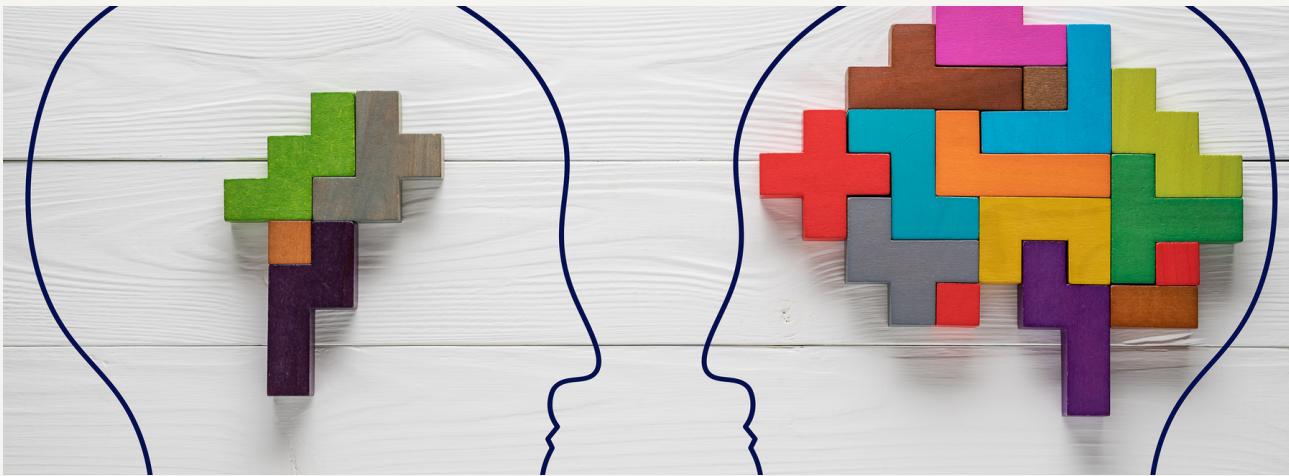
Adam grew up with his mom and dad. His dad was always at work and he barely saw him. When he was around, he would barely pay any attention to Adam. His mom, on the other hand, was always around. She was loving and affectionate. When Adam did something wrong, his mom would say that it's ok and that he didn't know any better. His dad would get mad at him and say I'm disappointed in you Adam.

So as Adam is growing up and his subconscious blueprint is forming, he starts reacting in a way that would make his dad proud. But why?

One simple rule that causes a lot of stress is the following: "Rejection breeds obsession."

He grew up receiving love from his mom but not from his dad. He tried to get that love from his dad but he got rejected so now he unknowingly obsesses about it! So what would a 3-year-old do to receive love from his dad? Well, he's going to start acting in a way that can make that happen. Now that you understand Adam's situation, let's talk about his parents for a little bit.





ADAM'S SITUATION

APPLYING THE PARTS INTEGRATION

Now Adam, as an innocent 3-year-old thought that dad was right. He thought that his mom was up to no good and his dad is trying to protect him.

Now Adam is an adult, and he met Yasmine. Now guess what's going to happen when she messages him saying she's going to a party with some friends? He's going to get jealous! Even worse, he will unknowingly develop those emotions of jealousy. At the core of this disturbance grows stress. Before you know it, Adam would start obsessing about it.

The biggest problem is that he thinks he's being protective, while Yasmine is losing her peace of mind.

As Adam entered a state of unconscious disturbance, this disturbance not only rippled towards Yasmine but also had a stressful influence on the relationship itself. She trying talking to him about it, and Adam said that it's not a big deal, that he trusts her, it's the others he doesn't trust!

Yet Adam was sending her a strong subliminal message. He is trying to convey the image of a caring and protective person. Yasmine perceived it like low self-esteem and felt controlled.

When he is disturbed in mind, in this case, jealousy, he starts reacting to his emotions instead of acting on his rational-emotive analogy.

As a young child, Adam associated being in a relationship with a state of jealousy to protect it. Out of love, his young heart perceived a toxic behavior as a righteous one.

Try to think about someone you know, or even yourself, in a state of jealousy. They are usually stressed out! A jealous person trying to find reassurance of stability can do a better job than the FBI sometimes! Not out of love, but out of survival. And if you tell Adam that he's being a jealous f*CK he will try to defend himself. His ego is trying to protect his character that his body thinks is



CONNECTING THE DOTS PROPERLY



WHAT YOU CAN REFLECT ON

FROM ADAM'S EXAMPLE & STORY

Now if you're like Adam, or know someone like him you need to understand what's happening inside of him. His subconscious blueprints link a successful and lasting relationship to a constant state of jealousy and control. When Yasmine goes out with her friends to the bar, he doesn't even need to think about it, he automatically starts feeling the stress building up. His body releases a lot of different chemicals, Adrenaline, Cortisol, Norepinephrine, stress hormones. In a very short time, his conscious processing is now disrupted and he is acting based on impulses and survival instinct.

He will keep stressing until Yasmine messages him and tells him that she's coming home soon. Now that he felt that sense of security again, he's not feeling jealousy anymore, but it's not over yet. The stress hormones that he released are still there. The emotional influence is still in the body and it doesn't feel good. He wants to compensate for it by doing something that would make a bad feeling go away. His subconscious brain now starts looking for sources of Dopamine, Oxytocin, and Endorphins.

The relationship is bringing him pain, and he needs to compensate that with pleasure. Relationships are one of the most fundamental topics that every person should pay close attention to. Being social animals at heart, we have an innate drive for social interaction.

And I want you to try the following exercise:



THE EXERCISE:

Creating Your List

Write a list of three to five people you hang out with the most and resonate with the most emotionally.

Now write down all the things that make your relationship with them a happy relationship, and write another list of all the things that are stressful in this relationship. If the relationship makes you happier than stressed, this relationship is leading to a state of creation where better foundations can be built. If the relationship is at an equal balance, you need to take conscious effort into tipping the balance towards more happiness than stress. If you don't stress might be an automatic reaction that takes over and ruins the relationship. If the relationship makes you more stressed than happy then there are several things you need to do.

When we stress, we often do so because we are thinking about something we care about, otherwise, we wouldn't stress. But this state of stress can become so addictive, that once it's gone, we feel the emptiness inside. When you feel empty, you need something to create, in the pursuit of basic utility.

1) Assess the level of imbalance. If you can write forty things that make a relationship stressful and barely one or two things that make you happy, then this a red flag.

2) Assess the source of stress. Is it you who is causing the stress? Maybe overreacting to things? Or is it your friend or partner? Maybe it's one of your friends who wants you to be single again and is pressuring all that stress into your consciousness?

3) Do something about it. When a relationship is bringing you more harm than good, I don't care if it's a parent or friend, or a loved one... I don't care if it's been a year, or a decade or a lifetime, sooner or later, you need to do something about it. By identifying the sources of stress, you'd be able to address the problem accordingly.

4) Replace. You need to fill the gap somehow or it can cause you the pain of regret in the future. But if you eliminate the source of stress, and replace it with a source of joy and happiness, your body's automatic reaction will be positive. In other words, you will feel good. If you don't replace it, you might encounter problems.



DIVING DEEPER

Understanding The Psychological Foundations

THE TRUE ESSENCE OF EMOTIONS

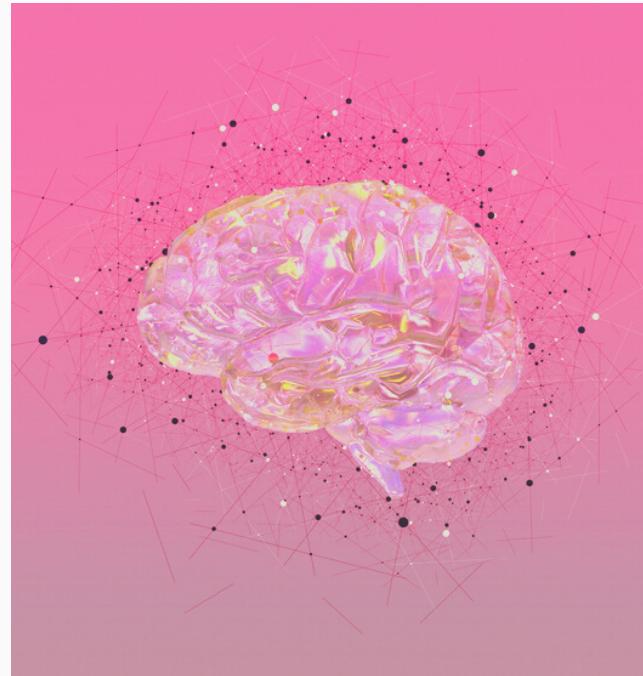
EMOTIONAL EXPERIENCES

We all have emotions that are usually recurrent on a daily basis. Some of those emotions we experience are positive, and others are negative. This emotional charge can have an effect on a physical, mental and spiritual levels. No matter how hard you try, you can not eliminate emotions completely, but that's where Emotional Intelligence steps in. Once you master this skill, you will be able to manage and control your emotional discharge better. When you are angry, you react in a certain way, when you are emotionally intelligent, you will be able to control and manage this reaction. For every action, there is a reaction, and the goal is for you to control this reaction.

Emotional Intelligence is a tool we can use every single day. Whether you're at home, at work, at school.. you can use this tool. Regardless of the location, time and circumstances, there are plenty of exercises you can use to handle the situation properly and effectively. If it means taking a 5 minute break to relief yourself from this emotional discharge, it is always worth it. When do we use emotional intelligence though? How can it help us?

EMOTIONAL INTELLIGENCE CAN HELP YOU IN MANY DIFFERENT AREAS IN YOUR LIFE:

- SOCIAL INTERACTION
- WORK AND PROFESSIONAL CAREER
- SCHOOLING AND EDUCATION
- RELATIONSHIPS AND INTIMACY
- CONFLICT RESOLUTION
- LEADERSHIP AND SUCCESS.. AND MANY MORE



DIFFERENT EXPERIENCED STATES

THE EMOTIONAL STATES

Feelings are usually based on mental associations of external and internal factors leading to a cognitive reaction linked to this mental association. Those feelings are usually linked to belief and conditioning. Feeling happy, feeling blessed, relaxed, grateful... those are all feelings built upon a stimulus. Emotions operate on a more complex level. While feelings last for a short period of time, emotions usually last longer, and they have a more accute influence on us. Here is the interesting part however, emotions and feelings are indeed different, but there is a correlation between them. Feelings lead to emotions. Lingering feelings of excitement and happiness, can lead to an emotional state of joy. Feelings of disappointment, devastation and grief can lead to an emotional state of sadness. I'll give you an example:

You were expecting a job promotion, only to realize after a while, that you will not be getting the promotion. As soon as you heard the news, feelings rush in. You felt disappointed and frustrated. If those feelings last for a while, they will develop into emotions linked to anger or sadness. However, if you got the promotion you were hoping to get, you will feel happy and ecstatic. Those feelings, in the case where they last for a while, can develop into an emotional state of joy.

This is an important ideas. Most people have a hard time saying no, whether its out of awkwardness, or shame, or disappointment, we might end up saying yes to things that make us feel bad. Learn to say no, as there is nothing more important than your mental health.

Emotional Intelligence accounts for 58% of employees performance in their workplace...

First off, the opposition thinking technique. As we said, emotions derive from feelings. If we manage our feelings properly, we can avoid the correlative emotions or control them better. This technique is pretty simple and you can use it anywhere, at any time. You need to be aware of some feelings you are experiencing.

When you feel down, or upset, you need to be aware that there are negative feelings emerging. Once you become aware of the specific emotions you're feeling, you can start using this technique. If you have a hard time determining how you feel, look for a list of feelings, there are more than 5000 words to express feelings, and you need to see which one resonates with your current state. Now that you're specifically aware, shift your thoughts to the complete opposite of your current state. If you are angry, close your eyes and imagine yourself in a happy place, remember happy and soothing positive memories, use affirmations and repeat " I am calm."

For example several times. Whatever you do, don't judge the way you feel. If you hate the fact that you are feeling angry, you will just end up feeling more angry. Try to accept how you feel, and work on imposing opposite thoughts, feelings and actions.

THE RIGHT MINDSET

USING THE SYSTEM FOR BEHAVIOR REGULATION

WHAT ELSE CAN YOU DO?

MORE ON THE COPING MECHANISMS

Taking advantage of useful daily methods:
Try the following three things when you are feeling bad...

Go invest some time in physical exercises, have a cold shower, or practice mindfulness and affirmations.

As an example, as soon as the cold water hits your body, you switch into a fight-or-flight reaction where your mind's primary focus is on the cold water. Well guess what, you are not thinking about those negative emotions anymore, your mental focus has been altered.

Same thing applies to physical exercising. Investing some time in physical exercising, based on scientific research will boost your happiness hormone which is the dopamine, and it can also reduce your stress hormones known as cortisol.

Mindfulness and affirmations can also have similar influences on your physical and mental state.

Another coping mechanism is using self empowerment technique. The goal is for you to feel inspired, motivated, and overall stronger than you felt before. On the right is a piece of self empowerment text that can help you for example:

"IF YOU THINK YOU ARE BEATEN, YOU ARE
IF YOU THINK YOU DARE NOT, YOU DON'T,
IF YOU LIKE TO WIN, BUT YOU THINK YOU
CAN'T

IT IS ALMOST CERTAIN YOU WON'T.
IF YOU THINK YOU'LL LOSE, YOU'RE LOST
FOR OUT OF THE WORLD WE FIND,
SUCCESS BEGINS WITH A FELLOW'S WILL
IT'S ALL IN THE STATE OF MIND.
IF YOU THINK YOU ARE OUTCLASSED, YOU ARE
YOU'VE GOT TO THINK HIGH TO RISE,
YOU'VE GOT TO BE SURE OF YOURSELF
BEFORE
YOU CAN EVER WIN A PRIZE.
LIFE'S BATTLES DON'T ALWAYS GO
TO THE STRONGER OR FASTER MAN,
BUT SOON OR LATE THE MAN WHO WINS
IS THE MAN WHO THINKS HE CAN!"

— WALTER D. WINTLE



TRAINING SYSTEMS

FOR BETTER CONTROL AND STABILITY

- The Bracelet Technique

Human beings tend to avoid pain and embrace pleasure. When you are aware of any negative feelings or emotions, keep a rubber band on your wrist, and as soon as those emotions emerge, snap the bracelet on your wrist while being aware that his pain you felt is linked to the emotions you experienced.

Afterwards, switch into opposite positive thinking and you can even empower the system by rewarding yourself when you think positively.

Using this method for a while can condition your brain and help you in terms of control and stability.



Mindfulness Training:

We are going to be talking about the waterfall technique and the mountain top technique.

When you feel negative feelings or emotions, try the waterfall technique. Close your eyes and imagine yourself walking towards a river while being aware of your current mental state and accepting it. When you reach the waterfall, you go under the cold water, and you feel that this water is washing away the negativity and filling you up with positivity.

As soon as you feel those positive feelings building up, imagine yourself flying up to the sky, reinforcing that positivity and sustaining it by feeling powerful.

The mountain top is similar as well. Imagine yourself at the bottom of a huge mountain while being aware of your current mental state and accepting it. Start climbing the mountain while filling yourself up with positivity, inspiration and motivation. Keep building it up as you climb higher and higher. When you reach the mountain top, reinforce those feelings, feel the accomplishment, the joy, the euphoria.

USEFUL METHODS & SYSTEMS

For Regulation, Control & Awareness

REGULATING YOUR EMOTIONS:

THE TABLE METHOD

We are going to be talking about some basic habits you can engage in during the morning, and at night. As soon as you wake up, go through your day thinking about everything happening in absolute harmony with the positivity you are projecting. Basically, imagine your day events unfolding in a positive way. Now as soon as your feet hit the floor, express gratitude. Whether you vocalize it, feel it, or write it down, engage in 2-3 minutes of gratitude. When you go to the washroom, when you're done using it, look into the mirror for 1 minute, and just smile at yourself, try to love yourself as much as you can. If you still have another 3-5 minutes to spare, engaging in any type of meditation can also be very beneficial for you. You can be focusing on imagining happy scenarios and memories while meditating, you can focus on affirmations, on some of the exercises we previously discussed, or simply, focus on your breathing.

If you want to get rid of certain feelings or emotions but you do not know how to do it, think about 2-3 people who you know, or read about, who you understand well, and know that he or she can help you. Now close your eyes and imagine yourself sitting on a table with these individuals, tell them about the problem you are facing, and use their help to effectively deal with it. You will use their help as when you imagine one of them talking or giving you an advice, you are reflecting upon what you learnt from him and what you can do about your situation.

THE PRIMARY PILLARS

FOR EMOTIONAL INTELLIGENCE

It is not that hard to realize that what we eat, can influence how we feel. You are what you eat. I'll give you an example: If you eat a lot of sugar, you will first feel energetic, and happy because of this sugar rush. As soon as it wears off, you will feel tired, and sometimes sad, irritated or tired. Those feelings, translate into emotions. If you ate a lot of processed sugar at night. You might experience insomnia. This inability to sleep will make you feel frustrated. Those feelings will last until you fall asleep. However, those feelings can develop into emotions and you end up feeling off when you wake up the next day. Food, such as processed sugar, processed meat, and of course junk food.

Talking more about knowledge and feelings now, you need to realize that the more you learn, the more you will be able to apply and manage situations.



The process is different when it comes to future goals than past experiences. Use the Action Sheets to follow the proper methodology

You need to expand the intellectual horizon of emotional intelligence that you have by getting equipped with adequate knowledge, learning and experience for you to be able to apply those coping mechanisms depending on the unfolding situation or scenario. This course for example is one way you're using to enhance your knowledge and learning.

There are external and internal factors that can lead to certain feelings, translating into specific emotions.

In terms of external influences. How will you feel when your apartment or room is messy? When you are surrounded with mess, how do you expect yourself to feel harmony?

EXTERNAL AND INTERNAL INFLUENCE

THE INSIDE AND THE OUTSIDE

There are external and internal factors that can lead to certain feelings, translating into specific emotions.

In terms of external influences. How will you feel when your apartment or room is messy? When you are surrounded with mess, how do you expect yourself to feel harmony?

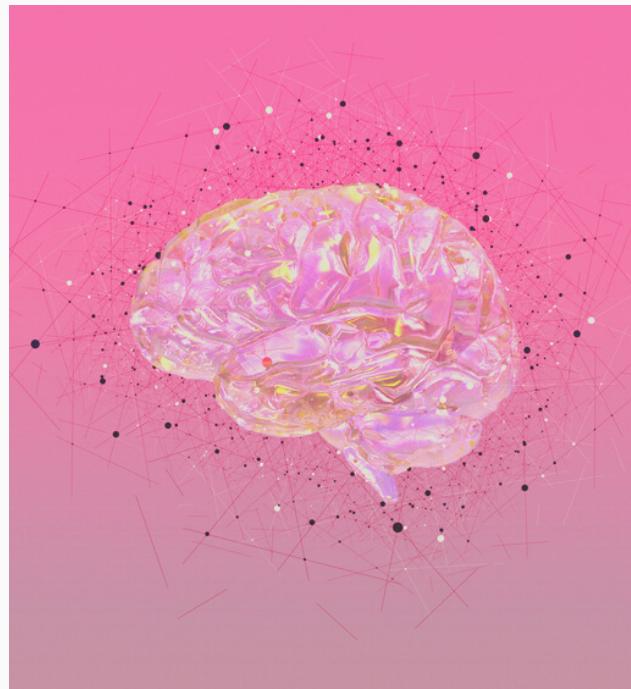
If you are in a toxic relationship where this external entity or individual is filling your life with toxicity, how do you expect yourself to feel happy and in peace?

It is simple, your external environment can affect your feelings, emotions, and emotional intelligence levels.

In terms of internal influences, we are talking about belief and conditioning. If you were raised under a perfectionist influence. You think that every single thing needs to be perfect. You will encounter situations mixed with flaws, which is opposed to your conditioning, and you will end up experiencing negativity out of it.

If you believe that you are a failure, that you will never succeed in your job, or in school, how do you expect yourself to feel positive at all?

Those examples are an easy way for you to understand the influence of internal and external factors.



Talking about the mind-body correlation, you need to realize that your mental and physical state are highly correlated. If you felt frustrated, which translated into emotions of sadness, you might end up walking with your head down, your eyes looking at the floor, and overall, you will be projecting negative body language. However, if you are experiencing sadness, and instead, you decide to walk with your head held up high, looking at the horizon or sky, with a broad smile, a straight back, and confidence in your body language, you will see that after a while, you start feeling better. To illustrate, try the following exercise:

Whenever you are experiencing negative feelings or emotions, go in front of a mirror, and just smile, laugh, be happy. Even if you can not express it, watch a funny video, think about happy or funny memories that you have, and look at yourself in the mirror expressing positive physical reactions, and tell me how you feel afterwards.

Another thing you can try, if you ever feel angry, try to go for a run, or hit the gym, and also tell me how you feel afterwards.

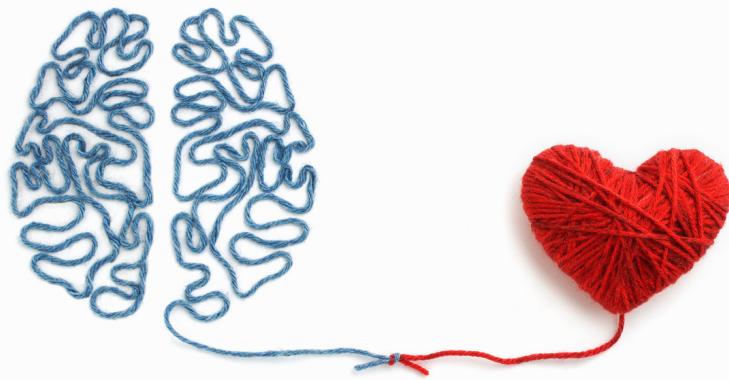
“You'll reach a new level of freedom when you take control of your emotions.”

— Clyde Lee Dennis

FROM EMOTIONAL INTELLIGENCE TO OUR

SENSE OF MOTIVATION

Intrinsic and Extrinsic Motivation Patterns



THE PINNACLE

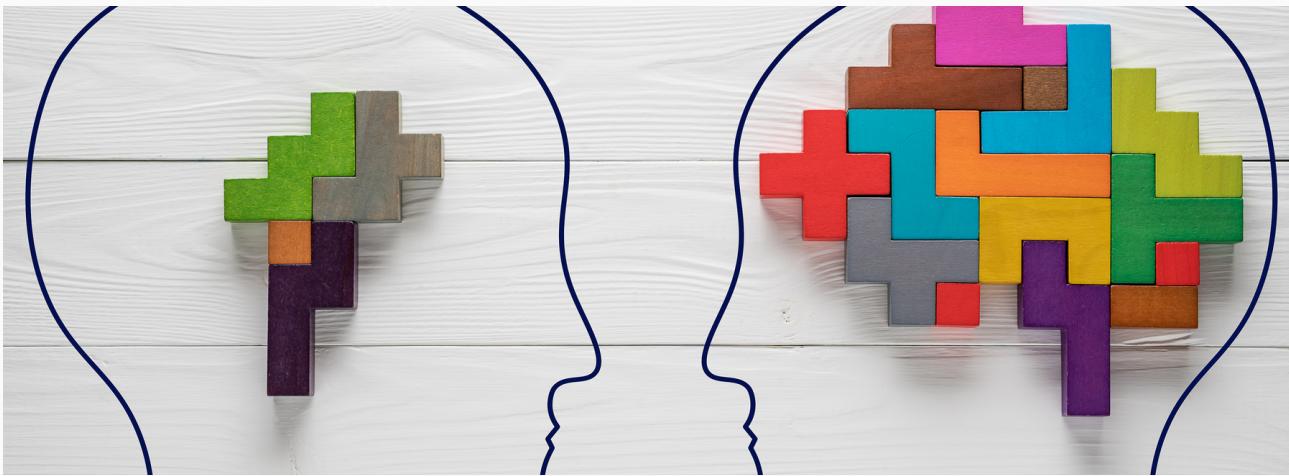
The pinnacle of the science behind motivation rests upon a question that people aspire to answer. In fact the question has been answered, yet the answer is more complex than the question.

WHAT IS IT?

MOTIVATION SYSTEMS

Most people understand others more than they understand themselves. You might think that you understand yourself very well, but you will come to realize that you actually don't understand yourself as much as you think you do. In a psychological and motivational structural correlation we often find that we are driven by two different sources of motivation. Intrinsic and Extrinsic motivation. Intrinsic motivation comes from within. It is a highly introspective influence from which your actions derive.

The sense of accomplishment is an intrinsic motivation for example. You are not seeking something in the outside world, you are finding something within. Extrinsic motivation on the other hand is highly external. Your drive and motivation derive from a sense of external gratification. You are seeking something that exists outside the sphere of personal individuality. Wealth can stand as a solid example. People who seek riches are driven by their extrinsic motivation. Why do we do what we do? Why do you decide to engage in physical activity? Are you seeking something external or internal? Are you seeking an amelioration of your self esteem, a sense of accomplishment, a health related sensibility, or are you doing it to for get acceptance from an outer society or individual? Are engaging in it for an internal or external goal? Once you answer this question you will be able to understand why you do what you do.



DWELLING IS DETRIMENTAL

FOCUS ON YOUR INTRINSIC MOTIVATION FACTOR AND ELEMENTS

Are you engaging in it for an internal or external goal? Once you answer this question you will be able to understand why you do what you do. And this answer doesn't only reflect on your actions, but it also reflects on you as an individual. Getting into the psychological aspect of behaviour would help you understand why you do what you do.

Problem is, people don't know what they want to do, they do not know what they love doing. Insanity, is not knowing what you love doing, and accepting to keep doing what you hate, instead of sitting down by yourself, and going into a deep self reflective, introspective conversation with oneself.

This paragraph is going to be a bit strident and jarring. However it is reality, and you need to accept it in order for you to overcome it. Nothing can be more insane than rejecting and dwelling upon something that is real, and that you can not control at the moment. If you are seeking riches, that says something about you.

You lack wealth. The only reason you're seeking wealth is because it is missing in your life. If you are seeking a sense of accomplishment, it is because you that you can accomplish more, you want to strive towards your accomplishments. What you want in life, creates the echo of who you are, and who you are trying to be. Understand your goals in life, understand why you chose these goals, understand the motivation behind them, and you will start to understand yourself.



Focus on your intrinsic motivation factor and elements

RATIONAL EMOTIVE BEHAVIOR THERAPY

What is REBT

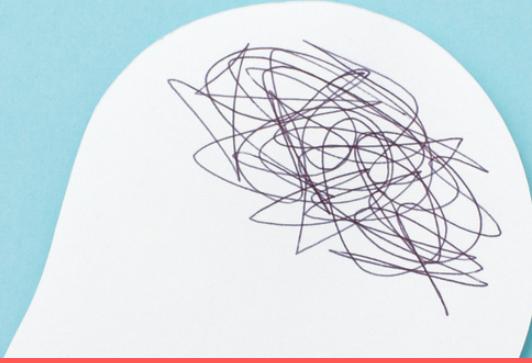


STARTING OFF

The Rational Aspect Of REBT

When we talk about emotions, and subjectivity, rationality and logic are often times disregarded as we act upon emotional discharge. The first aspect of REBT is the rational factor, which is switching the subjective emotional reaction into an objective rational interpretation of the events and information.

When we talk about rationality, we talk about analyzing our potential reaction based on our sense of objective intellectual analysis. We want to act and react according to logical reasoning. The idea is also to overcome irrationality. When something happens, and we think in an irrational way, we often times exaggerate the effects of this event, and we react accordingly. If you fail a test, it would be irrational to think and consider yourself as a failure. Rationality and logic would say, one test can not determine my level of success and intelligence.



THE EMOTIVE ANALOGY

The E in REBT

We all know, that emotional intelligence is a very important skill to practice. In the book *The Power Of Now*, the author refers to emotions as disturbance. Of course you might be saying that emotions are a regular process and every single person has emotions, we can not control it. It is true, we all have emotions and we will never be able to eliminate them, but we can control them intelligently.

We talked about the Rational aspect before, and how it is aimed towards the control of subjectivity. Well emotional intelligence works in a similar manner. However, once our sense of rationality is dominated by emotions, we need to use the emotive analogy aspect. If you know that your reaction needs to be based on rationality, however, whatever happened was too impactful that it left you out of your sense of rationality, you are filled and controlled by emotions, this is where the Emotive factor steps in.

Emotional intelligence is a crucial skill to practice



BEHAVIOR AND THERAPY

The B and T in REBT

Now, when something happens, and we react according to emotions, two things derive from our reaction. First off, the emotional discharge, the feelings we have, the disturbance in our cognitive processing system..

Second off, our reaction is also physical. Our breathing rate increases, so does our heart rate. Blood flows faster, pupils extend, we find ourselves in an alerted state based on our fight-or-flight evolutionary trait.

REBT is not just about helping us manage and control our thoughts. It is also based on the identification and management of our behavior. When we have a subjective reaction, we might act accordingly, and at the same time, we might decided to not act accordingly depending on the situation.

If we want to analyze our reactivity system, we will find that the first thing that happens, is that we get dominated by certain feelings. Those feelings, if not altered, would switch into an emotional reaction.

Afterwards, emotional reactivity, leads to behavioral and physical reactivity. But also, physical reactivity, can lead to feelings, and this can generate emotions. Walking quickly, can increase our heart rate and our breathing, then if we encounter minor situations, the reactivity might be enhanced based on the original behavioral aspect.

Behavior Based Therapy

THE ABCDE MODEL

AND ITS PROPER ACTIVATION

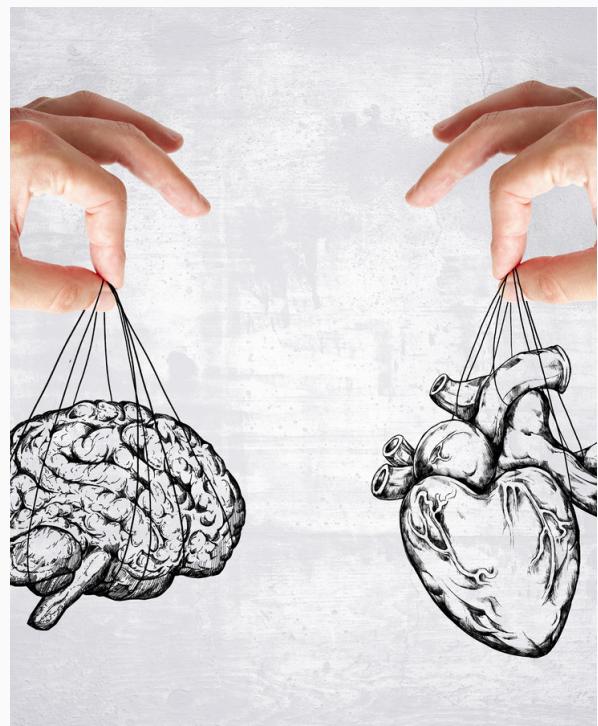
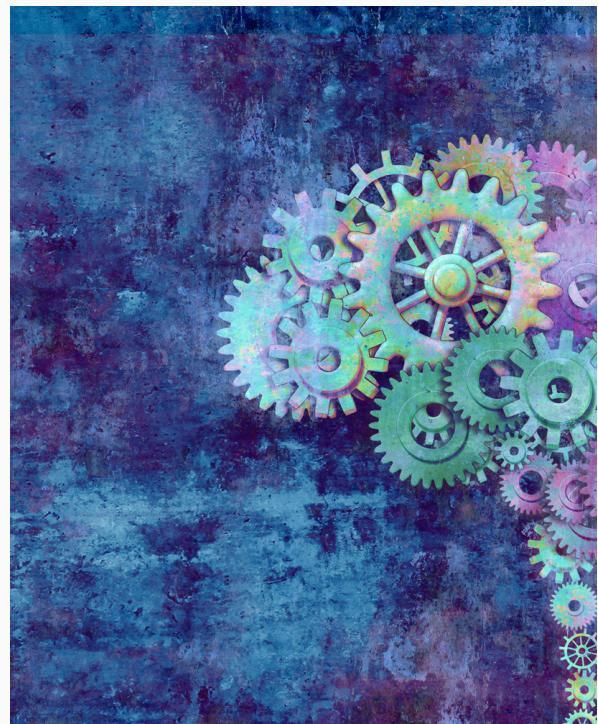
WE ACT ACCORDING TO DIFFERENT SITUATIONS

Sometimes life seems frightening, with anxiety looming around every corner. In many ways, the truth is that the root of real fear lies within.

It is the meaning that we attribute to thoughts, emotions, sensations, and events that results in the subjective experience of fear and anxiety. The external world cannot "make" us feel much of anything. It is the thoughts that we create in our own minds, interpreting and labeling events, that result in our internal emotional experience.

Often, this happens so quickly that we may feel unaware it is taking place. This feeling of being cast about on a lifeboat amidst life's stormy sea can result in a sense of helplessness, fear, and anxiety. It doesn't have to be this way. You can take back control of your own emotional experience by mindfully examining your patterns of thinking and adjusting them in a way that results in less emotional distress.

Albert Ellis, developer of Rational Emotive Behavior Therapy (REBT), devised the ABCDE method to provide a clear framework within which people can examine these internal processes in a new way. When you learn how to systematically break down events into clear steps, you will begin to notice yourself gaining back control. You can choose to take away the seeming "mystery" behind why you react the way that you do to particular events. Once you shine the bright light of mindful awareness onto your internal processes, you will begin to see they're not so mysterious or frightening after all.



HIS IDEA WAS SIMPLE

YOU NEED TO UNDERSTAND IT

You are the creator of those thoughts and images that swirl around in your mind, leading you to feel a flurry of emotions. Just as you create internal experiences that result in feelings of fear or anxiety, so can you begin to assign new meanings and interpretations to events. We feel emotions in direct response to the thoughts we create in our minds.

These thoughts lead us to have powerful emotional reactions to the meanings that we assign to events.

You don't have to be powerless to overwhelming emotions or urges.

Take the time to break down an emotional experience step by step with the ABCDE method to gain mastery over your thoughts and emotions.

You are the creator of those thoughts and images that swirl around in your mind, leading you to feel a flurry of emotions.



UNDERSTANDING

THE DIFFERENT COMPONENTS OF THE ABCDE MODEL IN
RATIONAL EMOTIVE BEHAVIOR THERAPY



THE THREE FIRST STAGES

ACTIVATION

Consider the event that triggered the emotional response in you. This would be whatever happened right before you noticed yourself feeling an emotion such as anxiety, sadness, or anger. When you become more mindfully aware of events that typically trigger strong emotional responses, you can learn to watch out for these events in the future and be better prepared to deal with them more effectively. Example: A friend asks you if he/she can borrow money again.

BELIEF

We all tell ourselves stories about what events mean. For the moment, avoid judging your beliefs as "right" or "wrong" and simply notice what they are. We often have irrational beliefs that serve to fuel maladaptive emotional responses and perpetuate problems. A belief is generally "irrational" when it lacks clear evidence, is overgeneralized, or is otherwise based on faulty reasoning. Example: "I always get taken advantage of like this – it's not fair."

CONSEQUENCES

Consequences are more than just the clear cut "outcome" of the event. Consequences can take behavioral and emotional forms. Sometimes we observe consequences externally, such as noticing that another person is lashing out at us or withdrawing from us. Other times, consequences are internal, such as experiencing debilitating anxiety or sadness. Example: Regret, disappointment, and withdrawal from the friend. Refusal to give in to friend's expectations.

THE LAST TWO STEPS

DISPUTING

This step involves actively disputing harmful belief systems through mindfully examining, questioning, and challenging them. First, locate the harmful beliefs in your stream of consciousness in such a way that you can examine them carefully. Next, prepare to enter the “disputation phase” by asking yourself the following six questions:

- Does this belief fit with reality?
- Does this belief support the achievement of reasonable/constructive interests and goals?
- Does this belief help foster positive/healthy relationships?
- Does this belief contradict parasitic thinking?
- Does this belief seem reasonable and logical given the context in which it occurred?

Is this belief generally detrimental or generally helpful?

These questions are intended to facilitate the process of separating realistic from harmful/dysfunctional thinking. Through mindfully examining your beliefs in this way, you are also increasing your own self-awareness and insight into the ways that you tend to think and behave.

Example:

- No, there have been exceptions to my friend asking me for money. I have even asked him/her for money before.
- No, it actually defeats my interest in overcoming the anxiety related to these demands.
- No, my emotional reaction only served to harm the friendship.
- No, the belief that it's unfair makes me feel weak and overwhelmed, which is parasitic thinking.
- No, my friend actually asked for money when I knew she really needed it.

In this case, it's generally detrimental. It only costs time and emotional energy, with no beneficial return.

MANAGING THE EFFECTS

Notice the effects that result from actively examining and disputing parasitic/faulty thinking. Once you identify and clarify your emotionally charged beliefs about a situation, you can begin to create an alternative line of thinking that is based upon more plausible and reasonable beliefs.

Example: A better perspective on the situation, sense of encouragement, and less emotional attachment to idea of “fairness.”



PROPERLY UNDERSTANDING AND DEVELOPING THE IDEA OF

RATIONALITY AND IRRATIONALITY

AS WELL AS LOGIC AND ILOGIC



THE PRISONER'S DILEMMA

A LOOPHOLE OF LOGIC AND IRRATIONALITY

The prisoner's dilemma is one of the fundamental demonstrations of individual human behaviour. The dilemma goes as follows:

Two prisoners are taken into custody with inadequate evidence of involvement, and therefore put in separate rooms for interrogation. We will call the prisoners P1 and P2.

The officers had an interesting offer to P1 and P2 simultaneously. Let's start by discussing this offer.

P1, if you turn P2 in, and he stays silent about it, you will not face any jail time, whereas P2 will face a 3 year jail time.

If they both remain silent, they would only face one year in jail for lack of increment sentence related evidence. P2, if you turn in P1 in, and he stays silent about it, you will not face any jail time, whereas P1 will face a 3 year jail time.

Now if P1 and P2 both confess, they will have to serve a shorter sentence than the first two scenarios. They will have to stay in jail for 2 years each.

What would be a logical choice?

If they both stay silent, they get 1 year each, if they both confess, they get 2 years each, and if one stays silent and the other confesses, which is highly likely to happen in decision making situations that revolve around consequential analysis, uncertainty will be the dominant substantial reactive behaviour.

Logic would say, it is better for them to both stay silent as it is the most convenient objective choice to make if we do the math.



DIFFERENT POINT OF VIEWS

LEARNING ABOUT STANDPOINTS

However let's do go into a more profound subjective point of view. If P1 thinks P2 will stay silent, it would be a better decision to confess. However if P1 thinks that P2 is going to betray him, then the best option would be to betray him as well as two years is better than three. The same thing happens from P2's subjective point of view. However, mathematically speaking, if they both remain silent, then the outcome is even better. One year instead of two. This dilemma emphasized the reason of rationality whether it's on an individualistic level, or a collective level. We will further discuss the relationship between rationality and logic but just bare with me for a second. As rational human beings, they will approach the interchangeably reactive approach would be to decide rationally. The rational decision at this point is for P1 to turn P2 in so he can leave non-coerced. The same scenario unfolds on P2's side. This decision is built upon subjective rational self interest.

However, acting in an irrational way and remaining silent, trusting that the other individual will do the same is one way to go. In this discussion, our sense of rationality goes into a dubious situation. Irrationality became rationality. In your search for existence, you need to stop thinking rationally and start thinking irrationally. Through rationality you will look for a meaning, through irrationality, you will create meaning. It is quite difficult to have reason based on irrationality. The best approach to irrationality is learning how to use it, in the most rational way. Again, the irrational becomes the rational.

But what about logic?

Between logic and rationality exists a fundamental relationship where similarities exist, however the dominant difference black the interchangeable use of those two terms.

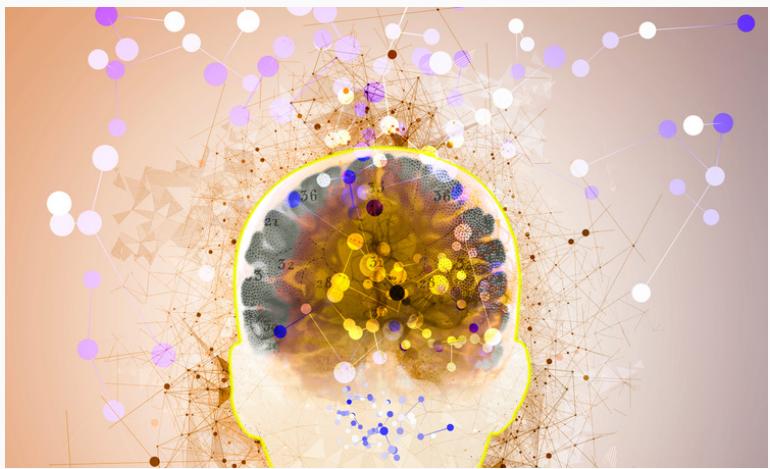
Logic is highly understandable from a mathematic standpoint. Logic can be explained through mathematical equations. Logic follows a flow of coherent logical steps.

Rationality on the other hand has nothing to do with our cognitive logical interpretation of situations, but it reflects thoughtfulness and reasonability despite the correlative or non-correlative emotions and feelings were experiencing. Reason is a primitive instinct in the evolution system. Logic however exploits mathematics as as previously said, fractals, matrices and syllogism.

Now if in the previous discussion, we came to a conclusion that irrationality became rationality. The question is, are irrationality and logic connected? Take a minute to think about this before you read the next question...

Now whatever your answer is, forget about it, or use it to answer the following question: Are illogic and irrationality connected in any way?

Again, take another minute to think about this question.



DEFINING WHAT'S LOGICAL AND NON-LOGICAL

DISCUSSING THE CONCEPTS FURTHER

Now how did you define illogic when you were trying to answer the question. The effect of illogicalness is caused by distortion on a cognitive level resulting in anomalous reactivity and residuum. Let's take an example. A husband, let's call him H and his wife, let's call her W, were getting ready to go to bed. As H went to the washroom he received a message on his phone from a woman flirting with him. What would be the logical outcome? Logic will say, it is H's phone, it is H's number, It's a name of a girl, she is flirting with him, which means that H has been engaged in conversations with this mysterious woman, let's call her Z, which finally leads us to the conclusion that H is cheating on W.

As H came back to the room, he saw his wife having a breakdown. She gets filled with emotions linked to fear, anger, sadness...etc

There is a twist however, in reality, H doesn't know Z. He never cheated on W.

H trying to clarify the situation to W wants to point out that what she is saying doesn't make any sense, would he say you're not being rational, or you're not being logical?

As we said, when somebody is thoughtful and reasonable despite the emotional charge he/she would be considered as rational.

Now in the example where W got filled up with emotions which she clearly demonstrated, H has to say, you're being illogical or, you're being irrational.

As her reaction is amplified by emotions, it can no longer be considered rational. The rational solution, would be to communicate and talk about the situation, hearing H's side of the story. Therefore, W is definitely being irrational. However, she is being logical where the different thought processes she went through all lead to the conclusion that H is cheating on W. Her reaction, which was irrational was initially interpreted by logic. Our sense of rationality was based fundamentally, on false logical informative structures.

Let's keep something in mind however, I am not saying our logical interpretation steps were erroneous. It is the informative elucidative arrangements that is reflected upon erroneous initial instructions. As we were previously talking about the tripartite theory, we built knowledge upon a three dimensional pillars. Belief, truth and justification. If you don't remember the difference between those two terms I highly encourage you to go back and understand it before you follow through.

Logic means belief. Logic is true. Logic is justified.



LOGICAL AND NON-LOGICAL

ANALYZING THE EXAMPLE

For logic to exist, we need to believe in its existence. For you to know anything, it must be indeed true. In the case where the belief itself is false, which means that it simple can not be considered as true, thus it can not be known.

Finally, the justification. For you to believe logic to be true, your decision making process should justify the reasoning. We all know that logic exists however.

In this example, we are going to go back to our cheating situation. We will take two different scenarios, one based on objective analysis, and the other one based on subjective analysis.

As we said, Logic being believable, true and justified will store the logical interpretation as a source of knowledge. If one of those factors is missing, the system collapses. Now objectively, H never cheated on W, the logical process of the situation is lacking the truth factor. W's conclusion became a source of knowledge for her. However, for her to acquire knowledge is for her to know something. For her to know something, is for her to believe that the acquired knowledge is definitely true. If the belief itself is false, it can not be considered as true, therefore it can not be known.

Removing that one factor from logic it will result in the deterioration of the system. The logical, becomes objectively illogical. The objective external illogical analysis did however lead to an irrational reaction from W, based on her subjective personal reasoning. Therefore there is definitely a link between illogical and irrational cognitive operations.

To answer the question on whether or not there's a link between irrationality and logic.

When we talked about her subjective, personal logical and rational evaluation of the situation. On an individual level, her logical structuring was true. W knows for a fact that there is someone talking to her husband by the use of her perceptual evidence and logical combinations. Her reaction, based on subjective logic as we discussed before, lead to an irrational response.

So with those 4 concepts being interconnected, our purpose can be rational, or irrational, it can be logical or illogical, based on different criteria and measures.

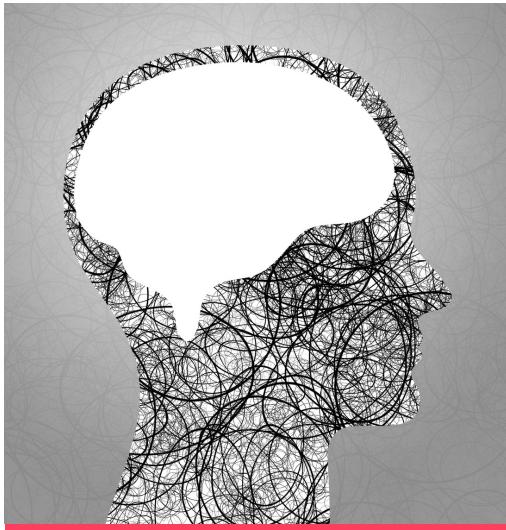
Now, the object of reason as we discussed before is the object of meaning, to exist, needs to be part of our knowledge, meaning it needs to believed, it needs to be true, and it needs to be justified. Now the question is, how can we put the object of meaning in perspective action. Well, we need to answer this question using one of the 4 criteria systems we talked about. Would achieving this purpose be rational? Irrational? Logical? Illogical?

Now you reflect the answer upon the knowledge tripartite system where you gather, for each and every decision based on the 4 criteria systems. Which one of those do your reasoning believe you should follow? What about the interconnected factor that reflects upon the rationality, irrationality, logic, and illogic. If your object of reasons seems irrational, however, you believe in its existence, you believe it to be true, and you found a justification for it.

EXPLORING

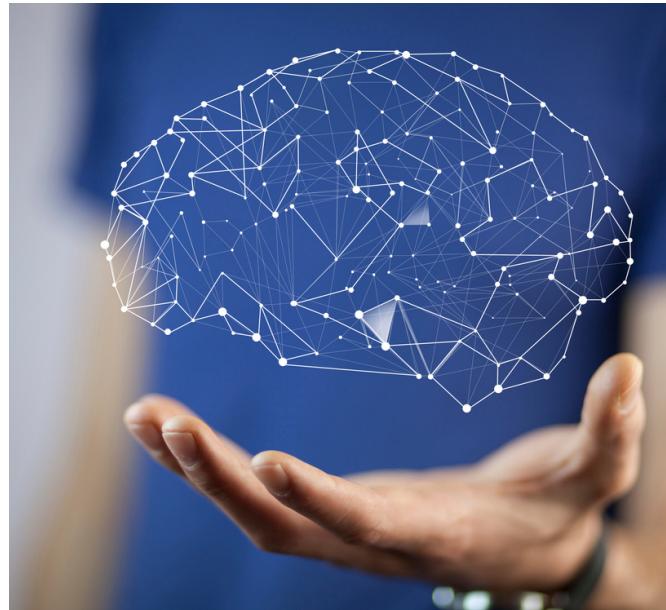
SOLUTIONS TO THE PROBLEMS

FINDING YOUR WAY OUT OF IT



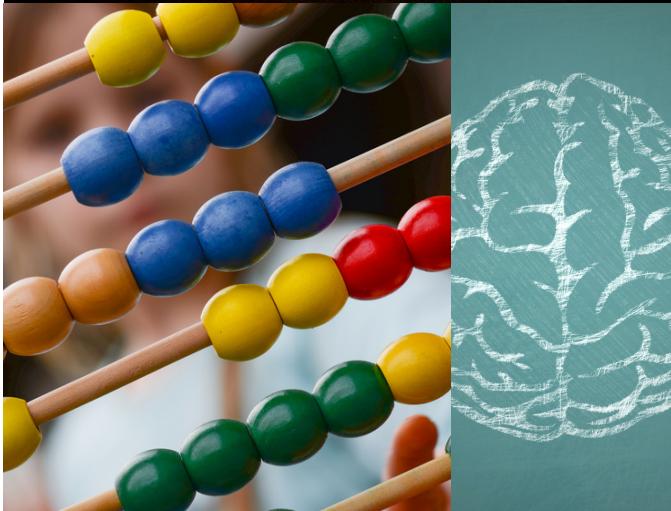
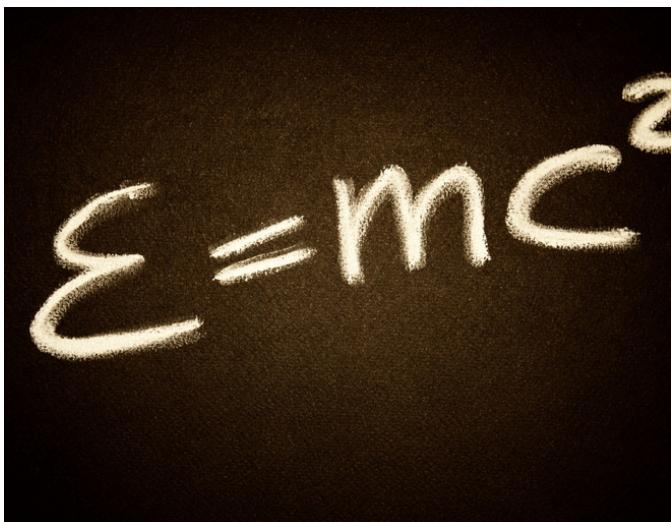
RATIONAL SOLUTIONS

On the other hand, you found the rational solution, which you did not believe was the right true object of meaning, you question its truth and its justification. In this scenario, which purpose should you pursue? Despite the logical system or rational systems, what matters the most is the satisfaction of this source, and the effective impact it reflects on us. This source of action should be based on belief, truth and justification.



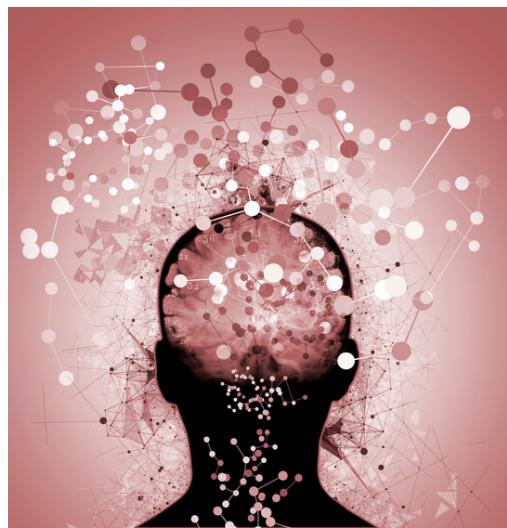
THE POWER OF CONDITIONING DEMONSTRATED.

I will give you a very good example to explain this concept. Roger Bannister broke the four minute barrier on the 6th of May, 1954. He broke the 4 minute barrier with three minutes, fifty-nine and four-tenth of a second. This barrier was based a lot more on the psychological aspect than the physical aspect, because people believed that human beings are not physically capable of running a mile in less than four minutes. The logical, rational rule would say we can not do it and our psychological influence would be built upon that. Now, Roger Bannister knew that even though he faced an immediate irrational and illogical response to his thought of breaking the 4 minute barrier. However, what is his belief, truthiness and justification about the consequential outcomes?



HE WHO HAS A WHY CAN BARE ALMOST ANY HOW

Sebastian Coe, talking about Roger, once mentioned that Bannister was running 28 miles a week. When Nietzsche said: "He who has a why in life, can bare almost any how." This says something. He overcame the psychological influence through an initial irrational thought, which he believed in, in its truthiness, and in its justification, reflecting upon the subjective, logical rational outcomes and consequences. This is exactly what you need to start thinking about and reflecting upon, if you want to take the journey towards your why.



THE PURSUIT OF PROPER MEANING

One last reminder to add up. Your pursuit of the illogical and irrational, will be supported by belief, hope, and faith. However, reluctance, skepticism, ambiguity, and confusion, can influence the outcome related decision previously made. The idea is, you need to reflect upon the questions mentioned above with objective answers to those questions. Think about your own personal interpretation of the outcomes, and use hope and faith to back up the outcome related decision.

GENIUS MODELING

PlaidWay Apparel's In-House Employee Newsletter

A CONVERSATION TO EXPLORE

TALKING TO CHRIS

"One day I wake up feeling as motivated as all hell, then the next day, I can't even get out of bed..." Said Chris with a frustrated look on his face. I can understand his frustration. It sucks when we have a kick-ass day and get a bunch of work done, only to wake up the next day feeling drained and uninspired.

"How often does this happen to you Chris?" "I don't really know. Sometimes I can go weeks feeling inspired and motivated and then out of the blue, poof... it disappears."

"hmmmm, Tell me Chris, what is motivation for you...?"

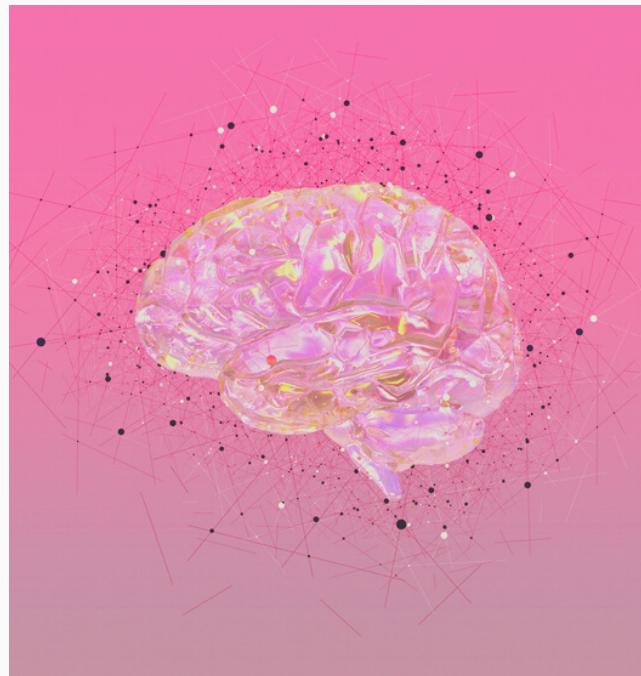
When it took him a good minute to think about it, I realized that he had something missing, and he didn't even know what it is. I mean, people talk about all the time, about feeling motivated, or feeling unmotivated, but what is motivation to begin with?

See physiologically speaking, Dopamine is the main driver of motivation. It starts the engine and sets you on the road towards a certain goal. However, motivation or Dopamine are not the elements that keep you moving forward. Which brings us to the psychological aspect of motivation.

"It just feels good, I feel like I don't need to force myself to do the work, I just do it!"

IT ALL STARTED WITH...

" ONE DAY I WAKE UP
FEELING AS
MOTIVATED AS ALL
HELL, THEN THE NEXT
DAY, I CAN'T EVEN
GET OUT OF BED..."



FIXTING YOUR FOCUS

EMOTIONAL INTELLIGENCE & GOAL SETTING

Chris was explicitly describing the physiological effects of dopamine, and that's not the problem. We can all feel motivated at any given moment! Simply by thinking about a goal that you really desire, and thinking about how amazing it would be to attain it, you set yourself into a motivated state, even if it was for just a split second. It's maintaining the motivation that's key for success here.

" So from what you're saying, your problem is more a question of how to maintain the motivation, is it?"

" Maintaining is a big one, but also getting back on track! When I lose the motivation, I feel that it's pretty challenging to find it again."

" Find it? Chris, you can't find motivation. That's a big misconception. Motivation can't find you either... Can you think of someone who always says I'll do something when I feel motivated to do it?"

" I can think of tons of people actually, including myself sometimes!" Said Chris as he giggled.

When I started my research on motivation, the first thing I wanted to establish is to properly define motivation. After studying a couple dozen people, I started to realize that motivation can not, and should not be singularly defined. What do I mean by that?

You can't look at motivation and understand it properly, until you look at the different elements that make up your sense of motivation.

So once you fixate your focus on a goal you want to accomplish, and you nurture yourself with the right positive emotions, you get motivated.

In my early years of studies, I came to a conclusion that's pretty simple and straightforward. Motivation is a combination of desired consequences and positive emotions. When I say desired consequences, I mean a goal that you're working towards. And when I say positive emotions, I mean the drive that keeps you moving forward towards your goal.

So once you fixate your focus on a goal you want to accomplish, and you nurture yourself with the right positive emotions, you get motivated.

Now this early developed system was indeed effective, and it made a lot of sense! Yet, it wasn't complete. There was something missing that I only added later on in my research.

" So when you don't feel motivated, and you can't find the motivation hiding under your bed, what do you do?" " If I have something important to do, I would force myself to do it, but end up feeling worse. Otherwise, I would pretty much just waste my time doing nothing.."



A USEFUL EXERCISE

THE BEAUTY OF WILLPOWER

Ah, the beauty of willpower. This inner mechanism that can force us to do what we have to do even when we don't feel like it.... But how effective is it really? See sometimes it can be really effective, yet sometimes, counterproductive.

When we feel motivated to do something, we don't really need our willpower. Action needs to be reinforced by some sort of energy. This energy can be positive emotions, or it can be willpower. Now willpower is a limited resource. Picture it as a battery, you wake up in the morning with your battery fully charged... That's only if you got a good night sleep, otherwise you're grumpy and you don't even feel like getting out of bed. But in most cases, your willpower is fully charged, so you don't risk to break your diet with an XL pizza at 6 in the morning. You risk breaking it at 11 at night when you've consumed the hell out of your willpower throughout the day.

There's this sweet spot, between positive emotions, and desired consequences, where willpower is not needed, and that's the optimal spot we're trying to achieve. However, it doesn't always work that way.

Chris we're going to try something called the inner state variation alright?"
"I'm ready to try anything, tell me more!"

"I think your problem is much more inclined towards maintaining a positive state here... So how about we recreate that positive state whenever its not there?"

"I'm listening..."

"What are three things, that you can do at anytime, that you know can put you in a better mood?"

Now you're going to list three things as well. Anything you can think of that can shift your mindset from a negative one, to a positive one. I'll give you some examples.

- 1) A quick workout or a yoga routine
- 2) Meditation or other spiritual practices
- 3 Gratitude list
- 4) Your favorite song
- 5) Taking a walk in the park

You pick three things that you will use in the following manner.

Everytime you feel like your sense of motivation is getting depleted, take some time off, and do those three things. As you do, remind yourself about the desired consequences, as to why you started in the first place.

This combination of desire, and positive emotions can work as an ignite to fire up the motivation inside of you again. All you have to do is try it, and you'll see how effective it can be.

THE EMOTIONAL INTELLIGENCE MASTERCLASS



IQ

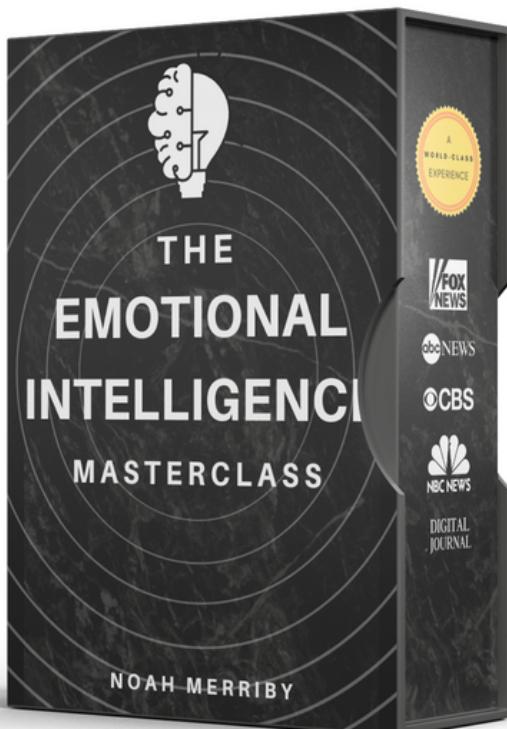
Achieve proper emotional intelligence to build healthy neural structures and networks

EQ

Manage and control your mental health problems and your unwanted personality traits

SUCCESS

Understand and apply emotional intelligence principles in your daily life to ensure effective self regulation and control



A LIFE-TIME OPPORTUNITY

Our journey will start by understanding the basics of human emotions, on a physiological & psychological level.

By the end of it, you will experience a shift of perspective on emotional experiences as you develop & harness the power of emotional intelligence & maturity.

Join us on this journey of self identification and healing, join us on the journey where everything that is going on in your life, and in your mind will now make sense,

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