

Emotional Mastery



E - The second letter of S.E.L.F. L.O.V.E.

S.E.L.F. L.O.V.E. Transformational Project

About This Session

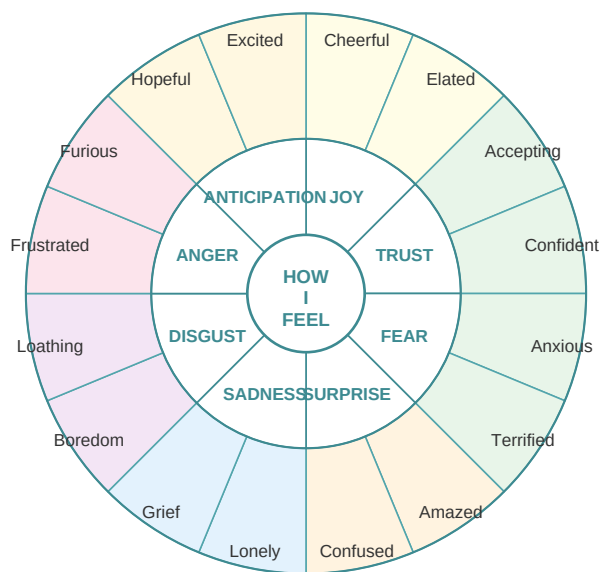
The "E" in S.E.L.F. L.O.V.E. This session explores how to feel your emotions fully, understand their messages, and respond rather than react. True emotional mastery is not about controlling feelings. It is about befriending them.

E - Emotional Mastery

Emotions are not problems to be solved. They are messengers to be heard. When we stop fighting our feelings, we can finally learn from them.

The Emotions Wheel

Use this wheel to name what you are feeling more precisely. Colour in your current emotions or circle them.



My Emotions Check-In

Using the wheel above, name what you are feeling right now. Go deeper than "good" or "fine".

Right now I feel... [name 3 specific emotions from the wheel]

An Emotion I Tend to Avoid

Name the emotion you most avoid experiencing. What do you do instead? What do you think would happen if you let yourself feel it?

STOPP Technique Practice

Think of a recent situation that triggered a strong emotional reaction. Apply STOPP.

S - Stop: Pause, take a breath.

T - Think: What am I reacting to? What thoughts are present?

O - Observe: What do I notice in my body right now?

P - Pull back: What is the bigger picture here?

P - Practise: What is the wisest response I can choose?

Translating Emotions to Needs

Practice: "I feel [emotion] because I need [underlying need]." Complete 4 examples from your own life.

1. I feel _____ because I need _____
2. I feel _____ because I need _____
3. I feel _____ because I need _____
4. I feel _____ because I need _____

GRACE Practice Reflection

After practising GRACE (Give space, Recognise, Allow, Curious, Engage): what shifted when you gave your emotion space instead of fighting it?

Reflection Questions

1. Which emotion is most difficult for you to allow? Where do you think that comes from?

2. What do you notice in your body when you suppress an emotion?

3. When you translated an emotion to a need, what surprised you?

4. What would change in your most important relationships if you led with your needs rather than your reactions?

My Notes
