

YOUNG WARRIOR PROJECT FAMILY EXERCISE FOUR



E-motions are *energy in motion*. Energy vibrates. It is never stagnant. Therefore, emotions must *move*! If we attempt to push them down / away they will vibrate and create dis-ease / dis-harmony in our bodies. We talk a lot about emotions in our e-book, “*Living Resilient Relationships*”. If you haven’t read it yet, please do so before continuing on with this week’s activity. From this book, emotional intelligence is “the ability to feel what you want to feel,

EMOTIONS

You can’t THINK yourself through an emotion. You have to FEEL it.

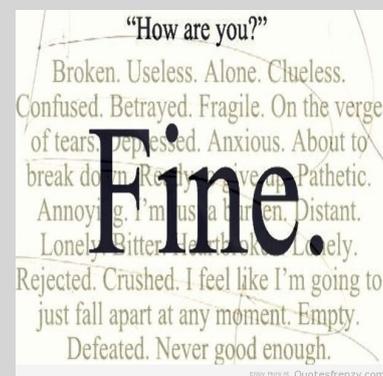
when you want to feel it, for the duration you want, to the desired intensity with an understanding of the message your emotions are conveying.”

We like to go a little further than this though, because ‘intelligence’ still implies ‘being in your head’. These days we refer to emotional intimacy. This implies we have a deep connection with our body and its signals. In order to do this, we must create space and constantly reflect upon how we are feeling.

HOW WE SUPPRESS EMOTION

Review the section with the same heading in the “Living Resilient Relationships” ebook. There are three ways we suppress emotion, because, even in today’s society, we still don’t feel it’s acceptable to allow ourselves to be seen in our true feelings. There are three ways we suppress emotion

1. Detachment
2. Distraction
3. Mood altering



To suppress an emotion, and not return to it and honour its release, is to shackle yourself to it.

EXERCISE: PRELIMINARY READING

This week's exercises have an individual part, and then a part where you come together to discuss your personal results.

In order to feel confident in the first part of the activity, we suggest each family member reads pages 16-21 of the e-book, from the title "*How We Suppress Emotion*".

EXERCISE: PART ONE

For a working / school week, each person in the family observes him/herself in relation to how they suppress emotion. When something difficult arises, bring yourself into the moment and ask yourself:

1. How am I feeling?
2. What do I notice in my body?

You may start this exercise and realise that you experienced difficult situations / people and you acted IN emotion - ie. you re-acted, rather than centring and responding in a way that feels most powerful for you. When this happens, ask yourself afterwards:

1. How did I disrespect my feelings?
2. What would I do differently now I know better?

EXERCISE: PART TWO

Choose a night when you can all come together at the dinner table to discuss your personal results.

Each person shares what they have noticed about how they interact with their emotions, and where they know they can improve.

Feel free to help each other explore further, so you can all become more intimate with your feelings and their messages.

Anger is a valid emotion. It's only bad when it takes control and makes you do things you don't want to do.

ONGOING MASTERY

In order to master your emotions, it is essential that you continue to ask yourself the questions from this exercise. The activities you have completed this week are just the beginning of learning to listen to your body's queues. We encourage you to regularly review the "*Living Resilient Relationships*" e-book, especially the section of "*How We Suppress Emotion*".

We can't stress enough the importance of this skill. Becoming intimate with our body, and with the way we feel, releases unresolved trauma (which may have built up over many years), provides increasing clarity to the mind and, perhaps most importantly, improves overall health of the physical body.