

Emotional Ladder Instructions

(for people in deep grief)

GOALS: *To take steps toward self-mastery by identifying and working with your human emotions.*

This is NOT a test, it is NOT a competition and it is NOT to be used as a way to judge yours, or anybody else's experience. It IS a powerful tool to be used to help one identify patterns and triggers in their emotional state for the sole purpose of learning to reduce negative thought patterns and improve all over mood and ability to enjoy life.

1. For best results, people experiencing deep grief and/or other severe emotional pain, should try their best to commit to using this worksheet 2-3 times per day. Once you have developed good habits toward creating and maintaining a healthy mental state, you can use this method on an 'as needed' basis going forward. Just print out a new copy when you are feeling challenged!
2. You will also get better results by sticking to roughly the same times each day to do your exercise. This will help your brain become accustomed more quickly to the exercise and develop a healthy habit of exploring your own emotions.
3. When you sit with your worksheet, before writing anything, take a moment or two to really explore what emotion(s) you are dealing with in that moment. Often times we jump to immediate conclusions about our emotions when really, there is a different, underlying emotion that needs our attention.

An example might be that I say I am ANGRY at my ex-husband because he buys expensive gifts for our children when he knows I cannot afford to. Really, upon closer look, the emotion that is asking for my attention is FEAR. Deep down, I really don't care about the value of the gifts but am AFRAID this will make my children love their father more than me. And if you look at the Emotional Ladder Worksheet, you will find that FEAR is found much lower on the ladder than ANGER. I used ANGER to actually HIDE the fear. My goal, in this case would be to go digging for that FEAR and addressing it. The anger will automatically resolve itself if I focus on healing the lower vibration emotion that, in this case, is the root cause.

4. Find the ladder rung that best describes your current emotion (We most often will have many different emotions going on at once and they fluctuate throughout our day so for the purpose of this exercise, you will look at your worksheet and choose the rung that BEST describes your current state.)
5. The columns to the right of the ladder are where you will make your notes. Perhaps note the time: then any thoughts or impressions you have about your current state of emotion. In the beginning, you may be just writing the time along with brief, seemingly unimportant notes but just keep going. Over time, you will get better at digging deeper.
You will write more as you become more accustomed to doing this exercise. You may want to jot down anything you notice such as what you were thinking about, doing, eating, before you gaged your emotion. You will begin to see patterns and perhaps discover people/places/things that you didn't know were triggering you into feeling less than wonderful. On the flip side, you will also discover things/places/people that also trigger you into feeling BETTER about things!
6. In these early days, you will be using this method simply as a means to help you learn to develop the habit of checking in with yourself to see where you are at on the emotional scale. Over time, you can start experimenting with making a conscious CHOICE to improve your emotional state. YES! That's right...I said in the beginning I don't want you to try to make improvements....just NOTICE and develop the habit of noticing.

I'm always available for questions:

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Emotional Ladder Worksheet

| | | |
|----|---|--|
| 15 | JOY/Appreciation/ Empowered/Freedom/ LOVE | |
| 14 | Passion | |
| 13 | Enthusiasm/ Eagerness/Happiness | |
| 12 | Positive Expectation/ Belief/Optimism | |
| 11 | Hopefulness | |
| 10 | Contentment | |
| 9 | Pessimism/ Boredom | |
| 8 | Frustration/Irritation/ Impatience | |
| 7 | Disappointment/ Overwhelm | |
| 6 | Worry/ Doubt | |
| 5 | Discouragement/ Blame | |
| 4 | Anger/Resentment Revenge | |
| 3 | Jealousy/Hatred/ Rage | |
| 2 | Insecurity/Guilt/ Unworthiness | |
| 1 | Fear/Grief/Despair/ Powerlessness | |

*Identify your emotional state and use columns to the right for your notes. See instruction sheet for details.