

## EXPERIENCE YOUR FULL RANGE OF EMOTIONS

# EXCAVIVE

**How are you feeling today? Happy? Sad? Glad? Mad? Can you** actually name the many swirling feelings that are often going on at the same time? Women are seen as the emotional ones, the backbone of families and organizations. Yet the paradox is that when we fully express those same emotions that make us sensitive, feminine and loving, we are seen as the weaker sex or even incompetent. We are taught to believe that if we cry, we are not strong, and worse, we are seen as feeble, needy, dependent or even fragile. Further, we are often encouraged to suppress our feelings, toughen up and ignore our own needs for the sake of appearing stable and consistent. Is that really an authentic way to live?

In my opinion, emotions are not right or wrong; they are simply guides to inform us about what we need to do to take care of ourselves. When we ignore our emotions, it actually causes them to intensify and can create a vicious cycle of unproductive thoughts and fleeting actions. Ignoring our emotional needs can trigger sadness, anxiety, depression, tiredness, isolation, worthlessness and even physical illness. But by truly experiencing our emotions fully and deeply, we can become alive, self-confident, integrated and empowered in our lives. Using our emotions to be our trusted inner guides will bring us happiness and true fulfillment.

A strong, powerful woman owns her emotions, can name how she is feeling and can understand the next best action to take for herself. She is emotionally intelligent and what we often do not realize is that she is experiencing many emotions at the same time. Her savvy understanding of this complexity allows her to tease out what is really going on and she knows that by staying with whatever feeling is there, it will pass and she can gain wisdom from that experience.

Encountering a variety of feelings allows us to be more sensitive to others, to speed up and keep moving in the direction that feels good or to slow down and take time off when rest or rejuvenation is needed. Having empathy for others, taking inspired action for needed change, stepping into creative solutions or setting boundaries are all part of our new way of being with emotions. Our understanding of a deep complex internal state informs us on how to be happy with whatever is handed to us, and if we are not, then we can be proactive to make desirable and necessary changes.

So, are you letting your emotions have a proper place in your life, or are you merely suppressing them and keeping your happy face on, even if that is not how you really feel? Become an emotionally smart woman and insist on experiencing a full, rich, expressive life.

### ENHANCE YOUR LIFE BY YOUR HONORING EMOTIONS:

Listed below are the more prevalent emotions I have unearthed both personally and professionally. What emotions are you familiar with?

<b>Amazed</b>	<b>Depressed</b>	<b>Happy</b>	<b>Loved</b>
<b>Angry</b>	<b>Disappointed</b>	<b>Hopeful</b>	<b>Optimistic</b>
<b>Annoyed</b>	<b>Disgusted</b>	<b>Hopeless</b>	<b>Overwhelmed</b>
<b>Anxious</b>	<b>Ecstatic</b>	<b>Hurt</b>	<b>Proud</b>
<b>Ashamed</b>	<b>Embarrassed</b>	<b>Impatient</b>	<b>Relief</b>
<b>Bored</b>	<b>Enraged</b>	<b>Inspired</b>	<b>Sad</b>
<b>Cautious</b>	<b>Excited</b>	<b>Irritated</b>	<b>Shocked</b>
<b>Concerned</b>	<b>Exhausted</b>	<b>Jealous</b>	<b>Shy</b>
<b>Confident</b>	<b>Frustrated</b>	<b>Joyful</b>	<b>Surprised</b>
<b>Confused</b>	<b>Guilty</b>	<b>Lonely</b>	<b>Thankful</b>

Name, claim and experience as many emotions as possible. Give thought to what learning is there for you and then be with whatever arises. Although emotions are fleeting and they do pass, the experience of feeling a wide range of emotions will teach you to be comfortable with yourself. The more you allow the feelings to flow through you in the present moment, the more plentiful and more passionate your life can be.

### COACHING QUESTIONS TO EVOKE A FULL RANGE OF EMOTIONS:

**Using the list of emotions above, answer the following questions.**

Which emotions are you comfortable with?

Take a moment to be with any difficult emotions and consider how avoiding them is a way to avoid pain. What are you doing to avoid the pain? (ex: shopping, eating, relationships, work, exercise)

If you are not in charge of your emotions, then who or what is running your life?

Which feelings would you engage in if you were living your life powerfully; and what could you then accomplish?

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