

MENTAL FREEDOM COURSE

Increase Your Positive Emotions

List a negative emotion you want to work with e.g. anger, fear, sadness, anxiety etc.	Identify a positive emotion that you want to increase e.g. love, compassion, pride, joy, trust or serenity.	Write specific daily actions you'll take. Add them to your calendar & schedule them as daily tasks.

Befriend your inner critic

When experiencing sadness, anger, anxiety, fear or any negative emotion do the following:

Stop & Breathe

Identify your inner voice:

Mrs. Victim, Mr. Judge, Mrs. Control, Mr. Lonely or give it a Name that you like.

Name your negative emotions:

Anger, Fear, Sadness, Anxiety or any other negative emotion

Stay and befriend the emotions:

Feel the emotion in your body. Explore the sensation.

Visualize yourself in a place of safety or you can connect with your breath.

Inhale "Breathing in, I know that I'm breathing in"

Exhale "Breathing out, I know that I'm breathing out"