



Break Your Negative Emotions

By Shaun McGill

Emotions are feelings which mean we have the power to change them in an instant. This task is to get you to learn how to change your emotions instantly.

I'm sure you have been feeling sad about something and someone cracks a joke. No matter how hard you try to stay sad you end up laughing and feeling better. This is what is termed a pattern interrupt. It has changed your thoughts therefore it changes your emotions.

The good news is you can learn to consciously use pattern interrupts to change your emotions. By doing this you can instantly make yourself feel better which will help you to make better decisions.

When people are feeling down and sad they often make poor decisions. Often people turn to chocolate or alcohol when they feel down. Instead of doing this I want you to start turning to these pattern interrupts to make you feel better.

So what is a pattern interrupt?

Basically it is something that will change your emotions in an instant.

It is something that you can do, say or think that will instantly make you feel better.

For example one of your pattern interrupts might be to think of a really good holiday you went on. Another might be to think of a funny joke or something that happen which you found funny. It could be listening to music or reading a favourite quote or it could be doing 20 press ups or 1 minute of burpees. Basically it is anything that makes you feel positive in an instant when you do, say or think about it.

This task is simple. I want you to come up with 20 ways that can take you from pain to pleasure in an instant.

Once you have come up with your 20 ways keep the list on you at all times. Whenever you start to feel any negative emotion such as pain, fear or sadness then pick one of your pattern interrupts to make you feel positive again. You might find that some pattern interrupts work in certain situations and not in others. You might also find you need to use a few pattern interrupts together to make you feel better if you are feeling negative. However, the fact is if you use them they will work, after all why wouldn't thinking of funny things and the best times in your life make you feel happy?

The important thing when coming up with your pattern interrupts is that they are not anything that will harm you and your health such as eating chocolate, smoking, drinking alcohol, taking drugs or anything else which is addictive or bad for your health. They must be things you can do naturally in an instant and things that are good for you and your health if they are things you would have to do.

Remember once you have come up with your list actually use it. These pattern interrupts can have a massive impact on your life and can completely change your positivity on life.

Pattern Interrupts

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