



## **EMOTIONAL MANAGEMENT TECHNIQUE™ (EMT) AND THE STRUCTURE OF BEHAVIOR, SELF & PERSONALITY**

Your self structure or personality; the way you are put together psychologically, takes on different forms at different times. You are not just one dimensional. You have different moods, thoughts, feelings and you take action on these based on what you think, feel and believe is what is best for you at any given time. During the past 20+ years of my own research, personal awareness, growth and working with my clients, I have discovered this structure and a way of utilizing this knowledge for emotional control self-discipline and self-mastery. Below are the descriptions of each part.

**THE HEALTHY SELF (HS)\*:** Is the adult part of you/ the voice **that is all knowing, loving, logical and moral**. It is the part of you that **knows intuitively what's right and healthy for you**. This part always **talks with and listens to your emotional self (ES) with love**, understanding and compassion. This part also lovingly talks to the sabotager to quiet it down and intercepts its affect on your emotional self. \*This part is often less developed in many people and needs to be learned and practiced, especially if you did not have healthy adult caregivers as role models in your early childhood experience.

**THE SABOTAGER (SAB):** The **negative part of you/** the voice that says negative things to you that criticizes you, or steers you in an unhealthy direction. Examples (You are fat, lazy, ugly, a bad person, a lousy worker etc.) This is often the voice of addictions such as: food, alcohol, drugs, gambling, spending, sex etc.) This part criticizes the emotional/child self by **talking at you** and not listening to your needs or feelings. This part only wants to hurt you and bring you down. This voice or part is often a representation of a negative person who you experienced/had contact with, learned from in your early childhood (parent, caregiver, teacher, baby-sitter etc.).

**EGO:** A form of unconsciousness alive inside you only to be recognized, not to be threatening or to be gotten rid of. Its purpose is to be recognized, then through this awareness of what's behind the ego- your presence, energy and your essence you are available to the aliveness life has to offer. EGO only can survive when you are unconscious or not in the Now or present moment. When you are in the Now in the present moment, you are energy and not suffering. When you become aware of this structure you regain consciousness.

**THE EMOTIONAL/CHILD SELF (ES):** Is the immature part of you/the voice that **expresses all your emotions, feelings**(anger, sadness, fear, shame, guilt and love **and your needs** for food, sleep, bodily functions, sex, love and belonging. This part holds all your memories and experiences of the past, is your creativity and wonder. This part of you needs lots of positive guidance, nurturance and boundaries given to it by the healthy self, rather than the Sabotager. You can grow this part up and change this part with practice, love & patience.

# USING THE STRUCTURE OF SELF AND SELF TALK TO MANAGE YOUR FEELINGS, EMOTIONS, REACTIONS AND LIFE STRESS

- 1.) **Begin by getting to know / understanding the structure of self** and becoming aware that you have different parts of yourself ( HS, ES, SAB, EGO).
- 2.) **Start recognizing and listening to these distinct parts/inner voices/** thinking and being states as you go about your day.
- 3.) **Start becoming aware of the emotional/child voice(ES);** feelings and needs of your ES and how you often relate and react to the world from this place.
- 4.) **Start becoming aware of the negative voice(SAB),** the thoughts, feelings and constant negative and unhealthy voice of your **SAB** and how you often relate and react to **ES** and others from this place.
- 5.) **Start becoming aware of the positive voice of your HS.** Is this voice even present? Is this voice loud enough for the **ES** to hear over the **SAB**? Do you often relate and react to the world from this place? Or is it seldom? DO you need a teacher to coach you/this part ? Many of my clients need me to coach them into having this voice.
- 6.) **Practice getting to know these different parts.** In the beginning, the **ES** may be untrusting and even angry towards your **HS**, give it time and practice and it will benefit from the interaction and attention and be more willing and able to work with the **HS**, rather than the **SAB**. The **ES** has most likely been only used to the **SAB** talking at it which is negative. Be patient and continue to talk with and to your **ES** from your **HS** and good results will follow.
- 7.) **How to use self-talk to calm yourself down:**
  - First ask **ES** what is going on\*\*? What is **ES** feeling?(fear, anger, sadness, shame, guilt)
  - What does **ES** need? (comfort, safety, love, reassurance, other)
  - Does **ES** need the **HS** to step out in front, intercept between the **SAB & ES**?
  - Does **ES** need the **HS** to stop the **SAB** from acting out?
  - From the **HS** voice, talk lovingly to the **SAB** to quiet it down saying something like "Thanks for sharing, I don't need to hear that thank you, it is not healthy!"
- 8.) **\*\* Listen to your ES,** it really is your wisdom of the situation and if you calm that part down, as well as the **SAB**, the **HS+ES** will do a healthy job for you.
- 9.) **Take action now! Stay aware and connected to your parts/ inner voices,** Listen to your **ES**, talk with it to understand, help fulfill it's needs and build trust. Don't listen to **SAB**, ignore it, or address it lovingly so it becomes more quiet and less damaging to ES.
- 10.) **Connect the HS & ES for healthy self integration, self esteem self-love, self- mastery and self-excellence and relating and reacting to life's situations, challenges and stress in the healthiest and best way possible!**

## **TAKE THE STRESS TEST AM I STRESSED OUT?**

1. Is your mind racing a 100 miles an hour? YES(3) NO(1)
2. Do you have 100 things to do with only a limited amount of time available to do these things? YES(3) NO(1)
3. Are you exercising at least 30 mins., 3 days a week. YES(1) NO(3)
4. Are you overeating? YES(3) NO(1)
5. Are you under eating (LESS THAN 5 MEALS A DAY)? YES(3) NO(1)
6. Do you worry about money /paying your bills? YES(3) NO(1)
7. Do you worry about many things? YES(3) NO(1)
8. Do you enjoy / like your job ? YES(1) NO(3)
9. Do you have children? YES(3) NO(1)
10. Are you happily married / in a significant relationship? YES(1) NO(3)
11. Do you work more than 8 hours a day? YES(3) NO(1)
12. Do you sleep at least 8 hours a day? YES(1) NO(3)
13. Do you like your body? YES(1) NO(3)
14. Are you healthy? YES(1) NO(3)
15. Are you happy? YES(1) NO(3)

### **IF YOU SCORED:**

**45-30: YOU ARE VERY STRESSED OUT- PLEASE DO 1-3 THINGS A DAY ON YOUR STRESS-BUSTER LIST OR ELSE : - (**

**29-22: YOU ARE MODERATELY STRESSED PERSON, DO AT LEAST 1 STRESSBUSTER ACTIVITY A DAY TO IMPROVE YOUR STRESS LEVEL.**

**21-0: YOU ARE A BALANCED HEALTHY PERSON, KEEP UP THE GOOD WORK!**