

Insights into Emotions

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First of all, what are emotions?

Emotions are the physical sensation we experience after our subconscious draws a conclusion, sending chemicals and/or nerve responses throughout our body. When our emotions rise to a conscious level, the label we assign to them is called an emotion.

What else are emotions called?

Intuition, gut, instinct, hunch, feelings, premonition, perception, impulse, sixth sense, etc.

Why are we talking about emotions?

Emotions can give us helpful information very quickly. However, when based upon an incorrect subconscious conclusion they can be misleading. In either case, we are rarely pressed for time and can pause while we come up with a thoughtful response. That pause allows us to use our higher-level reasoning to challenge intense feelings. 4Sight refers to this as “mindful milliseconds”. If we double check our “gut” before acting on a potentially faulty premise, we can eliminate undesirable behavior driven by misleading emotions. Keep in mind that inaction - not engaging in desirable behavior - is also unhelpful.

What causes misleading emotions?

Consciousness is comprised of two basic processes:

We look at the past (**Self-Esteem - SE**) reviewing our memories to perceive the present and...

We plan the future (**Self-Confidence - SC**) comparing potential options to determine what, if anything, we should do...

Then, once we act, whatever we say or do immediately becomes part of the past - albeit in our working memory - since by the time we are aware of the results, they have already occurred.

Each consciousness process requires us to self-sufficiently answer 2 questions considering ourselves *and* the group;

1. For **SE**: (group) do I have value and (self) am I good?
2. For **SC**: (group) do I have discretion and (self) will I persevere?

If we fail to meet any of these 4 basic needs: inaccurate subconscious conclusions can propel misleading emotions.

Can we manage our misleading emotions?

We can, over time, change an emotion by challenging what the “feeling” is propelling us to do. Rather than react, we can reframe our memory with a new response. And the more momentum we give that reframing - writing something down, making a statement, sharing the sentiment with someone else - the faster we will overwhelm the old, undesirable thought pattern. Keep in mind that those very same misleading emotions hold us back from seeking help from others, causing us to cycle on negative self-talk, like when we worry that we will look dumb or weak. Surround yourself with the right people because rather than disable they will enable your personal improvement. Good luck!

Can you give me some examples?

For **SE**, say someone says something that makes you feel bad about yourself. Consider:

- 1) They're feeling bad themselves and are just wanting to make us feel bad as well.
- 2) They're right and we need to use that feedback constructively to propel positive action on our part.
- 3) They're right and we have to be okay with what they say, accepting it and changing how we feel.

For **SC**, suppose you need to plan for the future and experience fear or worry. Consider:

- 1) The best course is usually to act and follow through on any option, thereby building a deficient discretion or perseverance system as we refer to it.
- 2) Inaction can be worse than acting on a mediocre option as you won't learn anything.

In all cases you will dispel the “cognitive distortions”, logical fallacies we use to justify misleading emotions.

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