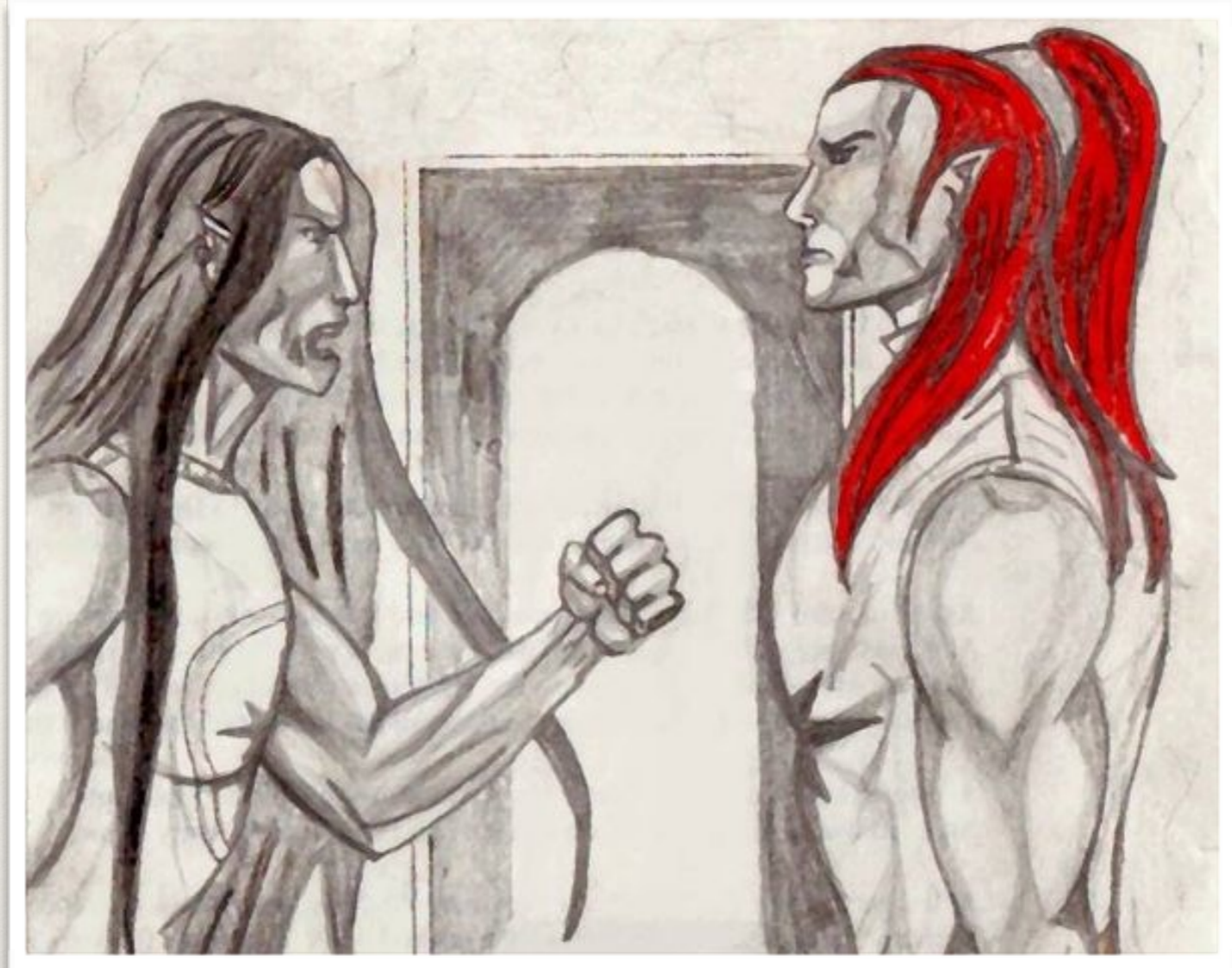


LIFE ACHIEVEMENT ACADEMY

LESSON 7

BY GALIT GIGI GOLDFARB



Negative emotions are not a natural state for us to be in.

**We were not born with
negative emotions**

All negative emotions
are in fact learned.

Negative emotions do not have a positive influence on our lives and therefore it is important for us to change these negative emotions in order to live a happy, fulfilled life.

In order for us to change these negative conditions, we need to change two behaviours:

- ❖ We need to stop identifying with these negative emotions.
- ❖ We need to stop justifying these negative emotions

1. Identifying with negative emotions:

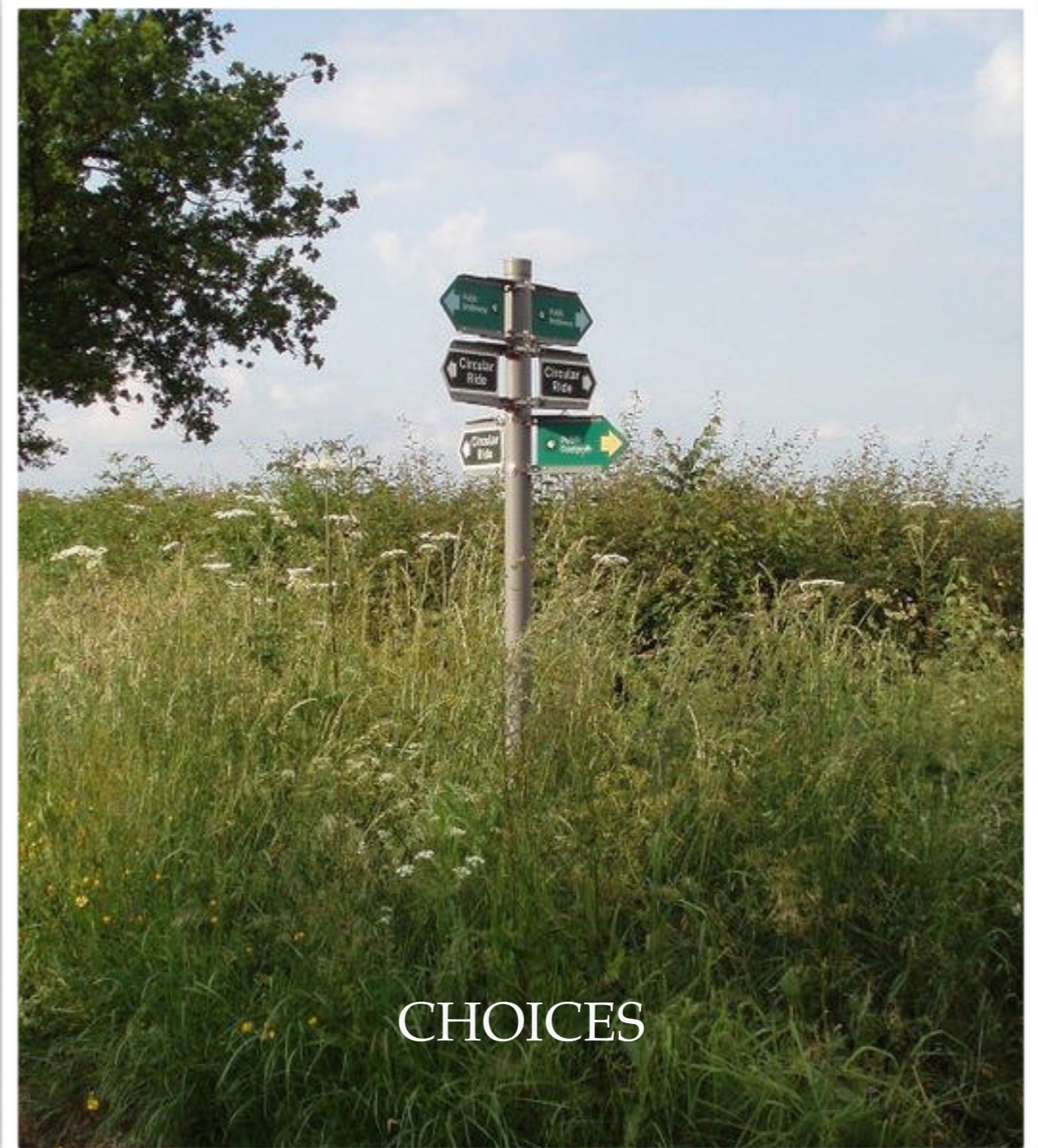
We will never have a negative emotion if we don't identify with the situation and view it as negative

It is always our choice how we respond or react to any given situation.

Not everyone will get angry in a given situation and this is proof that the situation, as of itself, has nothing to do with our emotions, it is the identification with the situation as being a negative situation that will affect our emotions.

If we react to any given situation, we are dealing with the situation unconsciously and, therefore, we will probably not get the effects that we want.

If we respond to any given situation and **choose** our attitude towards the situation at hand, then we are consciously creating what it is that we want to have in our lives and we are in control of our life.



2. Justifying negative emotions:

We will never have a negative emotion if we can't justify our negative feelings about the situation

We justify to ourselves when we feel that we are right by feeling this way.

So long as we are talking and convincing others of the right that we have to feel this way, with this negative emotion, then we will keep having these negative emotions.

To Stop Identifying With Negative Emotions...

- ❖ We must understand that everything is our responsibility.
- ❖ It is our responsibility to choose the right path and the right emotions that will get us to where we want to be; happy, fulfilled and successful.



We never feel good when we have negative emotions and there is no profit for us with negative emotions

They deteriorate our health and do not help us lead the life that we intend for ourselves.

To Stop Justifying Negative Emotions...

❖ We need to stop blaming others for what happens to us.

❖ We also need to stop taking the blame for things that have happened to us.

**We do this by taking full responsibility
for our all of circumstances.**



We need to REPLACE negative emotions to ones
of:

Gratitude, Understanding and Patience

In the next lesson we will learn how to prevent ourselves from self sabotaging the good things we deserve in life.