



DR. ERICA'S

30 DAY

LOVE CHALLENGE

Day 17

Love And Emotions



What Are EMOTIONS?



E-Motions



Motivate you to do something

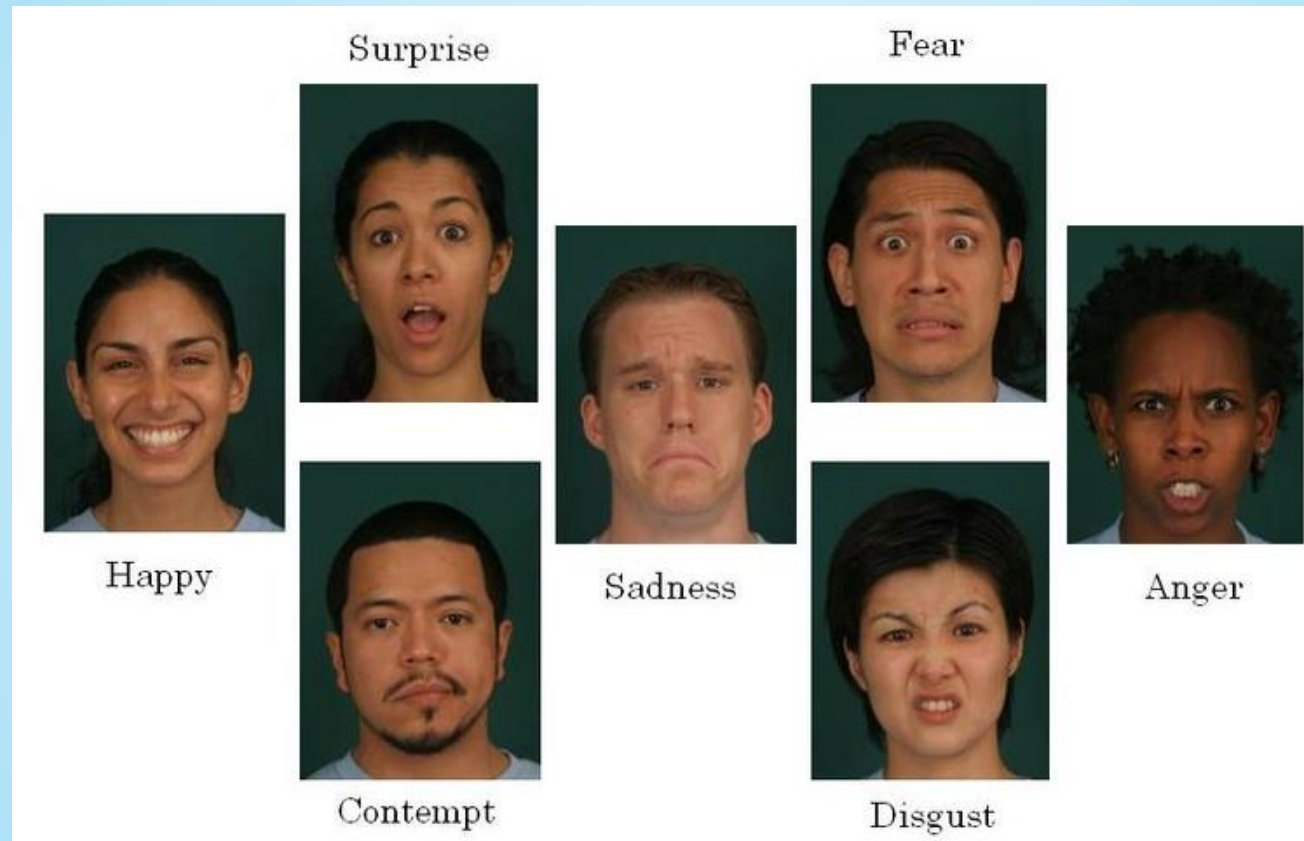
Provide internal signals

Signal you about others' emotions

Help you to motivate others

**Your Face Has About 90 Muscles
30 Signal Emotions To Others**

6 Universal Emotions



http://www.scholarpedia.org/article/Facial_expression_analysis

Emotions Keep You Alive

They Warn You To Take Action

Negative Emotions

**Fear, anger, shame, humiliation
Hate, disgust, disappointment**

Positive Emotions

**Joy, satisfaction, relief, desire
Elation, happiness, passion, love**



Emotions Can Overwhelm

Emotions Are Not Good Or Bad

They can be mild, intense, or in-between

You Can Feel

Joyful and elated – or -

Flooded by others' criticism

You Can Choose

To express, act upon them - or

Let them control your thoughts



Your Emotions Tell You

The Strength Of Your Desire For Love



If you are moving

Toward or away from love

Dis-Ease

Is your response to resisting

Well-Being

Is your response to accepting

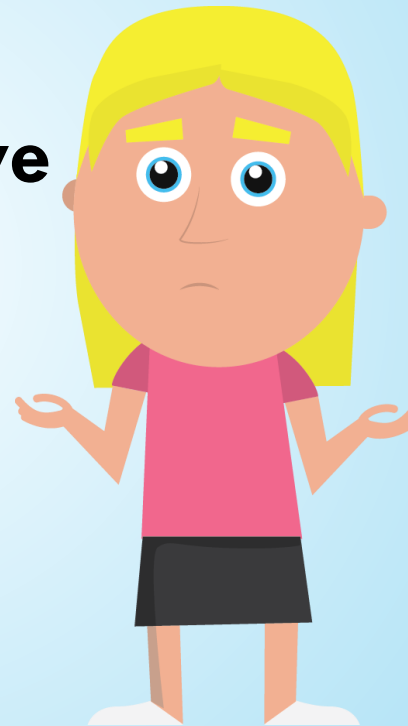
Which Way Are Your Emotions Focused?



Away from love

Or

Toward love



Love's Execution

Four Horsemen Of The Apocalypse

Criticism

Defensiveness

Contempt

Stonewalling

~John Gottman, Ph.D.

When You Criticize, You Are

Saying “There’s Something Wrong With You!”

Making global attacking statements

“You Always”, “You Never”, “You Should”



Your partner will probably

Feel attacked

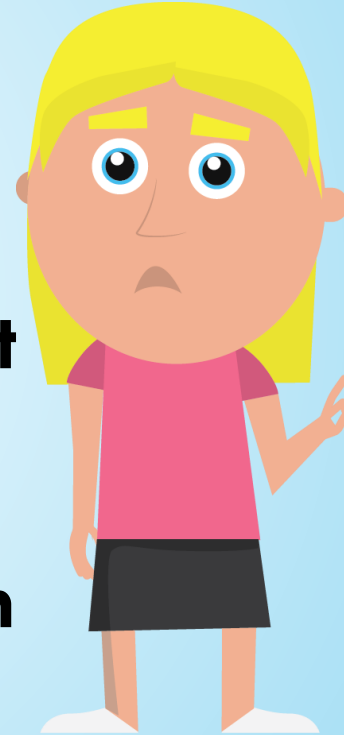
Respond defensively

When You Get Defensive

You Assume You Are Being Attacked



You will probably
Attack back
With a counter complaint
Whine and cry
Like a defenseless victim



Not Take any Responsibility For Problems

When You Show Contempt, You

Act superior to the other person

Mock them and make fun of them

Roll your eyes and sneer in disgust

Create non-acceptance and distance



When You Stonewall You



Withdraw

From the conversation

Appear to

Shut down and disappear

Might

Physically leave the room

Look as if you don't care

But You May Be Overwhelmed

Love's Antidote To The Four Horsemen

**“Love Everyone Unconditionally,
Including Especially Yourself.”**



~Ken Keyes, Jr.

Instead Of Criticizing



Start with a positive statement

Do not blame and point a finger

Do not make a global attack

Clearly express your specific concerns

Instead Of Getting Defensive



Listen to your partner's complaints

Ask questions to better understand

Be responsible for your part in the problem

Instead Of Showing Contempt



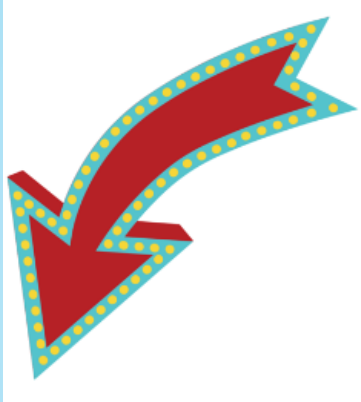
Don't accept and allow putdowns

Reduce, repair and eliminate contempt

Practice showing appreciation

Seek ways to express admiration

Love Is A Circular Emotion



**That Surrounds You,
Like A Hug.**



Or A Noose.”

~ Jarod Kintz



Instead Of Stonewalling

Listen



Respond

**”But Feelings Can’t Be Ignored,
No matter how unjust,
Or ungrateful they seem.”**

~ Anne Frank

This 30 Day Love Challenge is Serious and Life Changing

You will see amazing results

If you seriously intend to

Expand your loving – and -

Love fearlessly and openly



As We Close **Remember**

Start each day focused on love
In every moment feel the love
End each day realizing love
Every day repeat the love pledge

Start Each Day **Focused on Love**

In every moment ask...

"What would love do now?"

For Me

Knowing all that I do brings me

Closer or further from love

End Each Day
Realizing the Power of Love
Review The Moments You...

Turned away from love

Shared your love freely

Felt loved by others

The Love Pledge

Every Day I Develop Greater

Awareness and communication

Acceptance and forgiveness

Compassion and tenderness

Love, trust and respect

For My Self And For Others

Love Agenda for Today

In Your Love Habits Journal

Love And Emotions

Which Emotions Affect The Way You Love?

What New Emotions Will Help You To Love More?

Share Your New Emotions In The Fb Group

References

John M. Gottman, Ph.D.

The Seven Principles For Making Marriage Work

Irving Yalom

Love's Executioner

Esther And Jerry Hicks (The Teachings Of Abraham)

The Astonishing Power Of Emotions: Let Your Feelings Be Your Guide



Dr. Erica Goodstone

RELATIONSHIP HEALER

Helping You Heal Through Love



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