

Live a Turned-On Life!! WEEK 4



Emotional Theater & Transforming Anger
Workbook

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Welcom to Week 4!!

To be able to FEEL pleasure and turn-on you have to be able to feel EVERYTHING, meaning also all the other emotions.

We live in a culture that doesn't appreciate our emotions or even understand these emotions, or the impact that this has on our body.

But by not allowing yourself to feel the emotions, and many times we have been pushing things away for years and years, the body will start to show its respons, which can be tension, pain, numbenss, depression, lack of sex-drive, and what ever more.

It takes a lot of energy to keep this under control. To not feel the emotions, to stop the emotion, we do that by tensing our muscles, holding our breath, or disconnecting from our body.

When we say we dont have this, or we are not doing that. Just know you have been creating a disconnection to stay safe, and that this disconnection kept you safe so far but it also creates that you are not able to truly your feels, hence also not feeling your pleasures.

As we all come from such different backgrounds and programming, these journaling prompts are an incredible tool in your self-journey.

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Allowing you to investigate, pinpoint, and navigate the programming that's limiting you, and where you're in need of massive expanding.

Emotions are energy, and the energy of the emotion can be used to empower you!

I implore you to dive deep into each question. Pausing and sometimes even closing your eyes to go back into a specific time attached to the subject will help you gain even more clarity in your answers.

Whatever you do, do not skim through them. They hold a lot of clues to your structure of belief and the BLOCKS looping in your subconscious towards allowing yourself to live a turned-on life! You might even be thinking, "Well duh, I'm aware of this general info about myself." It's not about that; it's about finding the specific root patterns that are still looping and blocking.

Childhood, from ages 0-14 is what creates our structure of belief. This is what determines absolutely everything we are manifesting, wanted or unwanted. Not your thoughts.

Everything we witnessed, felt, heard, and experienced. Every relationship, media, parental modeling, peer modeling...So, go slow through these. Go deep.



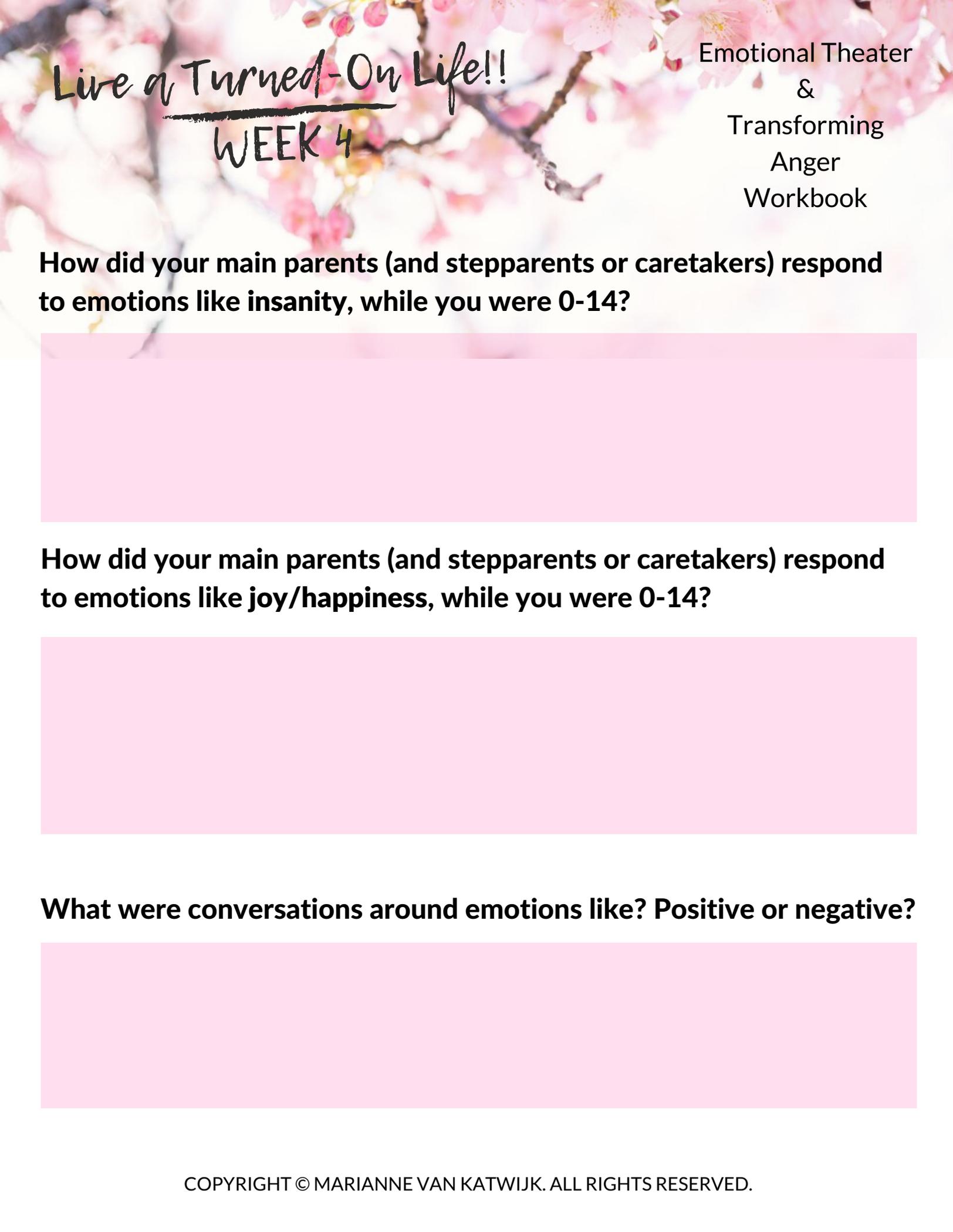
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How did your main parents (and stepparents or caretakers) respond to emotions like anger/ rage, while you were 0-14?

How did your main parents (and stepparents or caretakers) respond to emotion like sadness, while you were 0-14?

How did your main parents (and stepparents or caretakers) respond to emotions like pleasure/lust, while you were 0-14?



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How did your main parents (and stepparents or caretakers) respond to emotions like insanity, while you were 0-14?

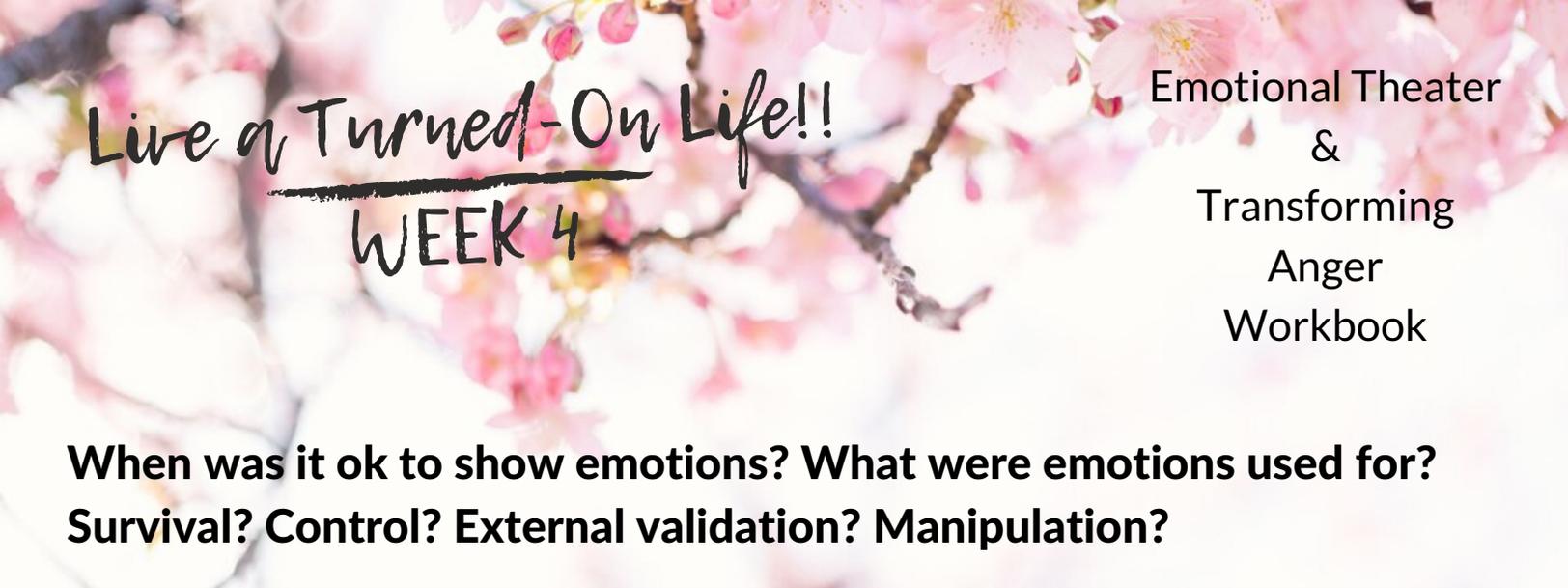
Blank pink rectangular area for writing.

How did your main parents (and stepparents or caretakers) respond to emotions like joy/happiness, while you were 0-14?

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What were conversations around emotions like? Positive or negative?

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When was it ok to show emotions? What were emotions used for? Survival? Control? External validation? Manipulation?

[Pink response box]

What was the programming surrounding emotions in your family?

[Pink response box]

Did you ever have a painful or shameful experience(s) surrounding showing your emotions?

[Pink response box]

What do your emotions represent to you today?

[Pink response box]