

# Emotional Regulation: The Key to Personal and Professional Success

## *Recommended Books*

<https://www.amazon.com/Six-Pillars-Self-Esteem-Definitive-Leading/dp/0553374397>  
<https://www.amazon.com/Six-Pillars-Self-Esteem-Definitive-Leading/dp/0553374397>

## *Quick recap*

Annie led a session on the importance of emotional regulation and self-awareness for personal and professional success, emphasizing the concept of dysregulation and its negative impact on individuals. She shared her personal journey towards self-reliance and emotional regulation and introduced various self-regulation techniques to manage overwhelming situations. The session also included discussions on the importance of healthy relationships, the misconceptions surrounding emotion regulation, and the role of a coach in fostering personal growth and success.

## *Summary*

### **Managing Emotions: Understanding Pain Dysregulation**

Annie led a session focused on developing the skill of managing one's emotions. She emphasized the importance of being aware of one's body's sensations and emotions, and how to differentiate between physical sensations and the cognitive narratives that often accompany them. She highlighted the concept of 'pain dysregulation', where individuals struggle to manage their emotions, creating narratives that lead to further distress. Annie encouraged a direct confrontation

with intense emotions, asserting that while they may initially feel overwhelming, they are ultimately manageable and that avoiding them only perpetuates the problem.

## **Emotional Regulation and Self-Awareness for Success**

Annie stressed the importance of emotional regulation and self-awareness for successful relationships, parenting, and professional leadership. She explained the concept of dysregulation and its negative impact on an individual's thinking and problem-solving capabilities. Annie emphasized the need for coaches to regulate their emotions to become effective teachers and recommended Nathaniel Brandon's book "The 6 Pillars of Self-Esteem" for further understanding of this concept. She also highlighted the role of emotional regulation in developing resilience and a sense of self-worth. Annie shared her personal experience and underscored the need to learn tools to regulate one's emotions and body sensations for effective coping with any situation.

### **The Benefits of Self-Regulation in Life**

Annie discussed the advantages of self-regulation in personal and professional life. She defined self-regulation as the ability to manage emotions and reduce anxiety, allowing individuals to take action towards their goals and build successful relationships. Annie emphasized that self-regulation leads to increased power, influence, and a more fulfilling life. She also highlighted that self-regulation is not about eliminating emotions but rather learning to cope with them in a healthy way. Lastly, she encouraged practicing self-regulation to become an independent, powerful, and flexible part of any system.

### **Self-Regulation, Stress, and Attachment**

Annie emphasized the importance of self-regulation as a means to manage emotions and prevent the accumulation of stress, which can lead to various diseases. She pointed out the contrast between animals' physical ability to shut out stress and humans' inability to do so, highlighting the need for intentional relaxation and present-moment awareness. Annie also discussed the impact of parental attachment on adult relationships, noting that our original attachment figures shape our expectations for safety, regulation, and love in future relationships. She highlighted that this process is rooted in the nervous system's imprinting process, which codes familiarity as safety and comfort, but can lead to disappointment and conflict in adult relationships.

### Emotional Regulation and Self-Reliance Journey

Annie discussed her own journey towards self-reliance and emotional regulation as she transitioned into adulthood. She emphasized the importance of these skills for creating safety and resilience in one's own life and in relationships with others. Annie suggested various self-regulation techniques such as deep breathing, grounding exercises, and visualizations to help individuals manage their emotions. She also shared a powerful visualization of herself as having a deep, interconnected root system that extends from her reproductive organs all the way down to the center of the earth, which she uses to feel grounded and secure.

### Self-Regulation Techniques and Vapashna Meditation

Annie introduced various self-regulation techniques to manage overwhelming situations, emphasizing the importance of focusing on bodily sensations rather than thoughts. She discussed techniques such as 'petting', a self-soothing method, and eye movements (Emdr), bilateral stimulation, journaling, writing, and physical activities like gym, dancing, and singing. Annie also introduced Vapashna meditation, a technique she found effective in managing stress and promoting relaxation. She encouraged the team to experiment with these tools to find what



works best for them and offered to conduct further sessions and a 10-minute laser coaching session to demonstrate their application.

## Emotional Regulation and Opening Up to Love

Annie emphasized the importance of regulating one's nerves and emotions to foster healthy relationships. She differentiated between being 'in love' and 'happy', explaining that love is an ongoing, dynamic process that involves both positive and negative emotions, while happiness is a temporary state. Annie also addressed the challenges facing those who have been independent and closed off to relationships, suggesting that this stance often arises from past hurts and unfulfilled dreams. She urged these individuals to allow themselves to be open to the possibility of love, as it offers a unique and fulfilling human experience.

## Regulating Emotions and Coaching Approaches

Jess and Annie discussed the common misconceptions surrounding the regulation of emotions and the tools used for this purpose. Annie clarified that the aim is not to suppress emotions but to provide comfort and safety, and emphasized that individuals should be given the choice to engage with their emotions in a way that aligns with their values and self-esteem. Annie also shared her approach to coaching, focusing on making people feel safe and inspiring them to take control of their thoughts and emotions, and the importance of demonstrating the benefits of these practices. Lastly, Annie highlighted the role of a coach as a leader, facilitator, and guide, and stressed the importance of focusing on the client's body and needs rather than the content of their emotions.

## Overwhelm, Burden, and Household Dynamics

Annie and Christin discussed Christin's recent feelings of overwhelm and burden related to household tasks. Annie led Christin through a relaxation exercise, which

helped her feel more grounded and resourced. They also discussed strategies to improve their household dynamics, with Annie advising Christin to approach her husband with an open heart and to request specific help. Both recognized the importance of gradually training their husband to take on more responsibilities.

### Morning Struggles and Mindfulness Exercise

Annie and Sreshtha discussed Sreshtha's struggles with getting her daughter ready for school in the morning. Sreshtha expressed her feelings of sadness and resistance from her daughter, suspecting fatigue as the cause. Annie suggested a mindfulness exercise to help Sreshtha connect with her emotions and encouraged her to use affirmations to stay positive. Sreshtha decided to use the mantra "I'm an amazing mother, my daughter loves me, and it will be okay" to combat her morning struggles. The session ended with Sreshtha feeling reassured and Kim beginning to share her own issue.

### Meditation, Growth, and Shame Discussion

Kim shared her frustration about her neighbor's dog damaging her lawn, and Annie empathized, suggesting that the behavior might be due to narcissism. Annie guided Kim through a meditation session to release physical and emotional tension, which resulted in Kim gaining a new perspective on the situation. They discussed the importance of personal growth, self-love, and managing emotions as key components of success. Annie also explained the concept of shame, its evolutionary purpose, and the danger of its misuse as a tool for manipulation.

# Emotional regulation

Key topics: Emotional regulation, presenting a topic

## Emotional regulation - attending to our emotional state

Q: How do you know what you're feeling? It's not something you think about. You observe it in your body. Start to map it. The practice of attending to body state allows you to notice when you are regulated or dysregulated.

Q: Who would like to act from your most conscious, highest self? Many of us react from our unconscious, regressed, triggered self. Most of us are not proud of how we react when we are angry or scared.

### Regulated

- Open, calm, relaxed, grounded state nervous system (NS). Increases ability to take inspired action from conscious, highest self.

### Dysregulated

- Angry, scared, upset, fearful, stressed, overwhelmed, "triggered" NS. Typically  $\geq 5/10$  tension. Stops you from taking inspired action because you are in an unconscious regressed state.

### Self-regulation:

- Allows you to rest in or return to an open, calm, relaxed, grounded state. Best state for creativity, ingenuity, inspired action.
- What takes you from child to adult is taking radical responsibility for your state (track, breath, dance, regulate state).
- The quintessential quality of a functioning effective human adult. The most important skill I've ever learned.



## Schema for teaching or presenting a concept using Self-regulation as topic.

1. **Why** is it important (why learn it, why is it useful?)
2. **What** is this thing? What you'll learn.
3. **How** do you do it? Procedures, tools, technologies.
4. **What if?** What happens if you try it/test it? Benefits?

### 1. WHY is self-regulation important?

#### Power

*Traditional perspective:* Ability to take an idea, thought, desire, dream and make it happen. Calling the shot. There is no qualitative or moral judgment.

*Abstract perspective:* Ability to direct attention to get something done. Whose attention? Anyones. Yours or other peoples.

Some form of fear is what stops us from moving forward (insecurity, anxiety, etc.)

Self-regulation is the best tool to wield power because it allows you to direct attention and create the desired results you want in your life.

Biggest benefit of self regulation is increased love, harmony, and connection in our relationships. People feel safe around you when you are regulated. In my experience, 80% of issues in relationships come from the inability to regulate our own nervous system.

Humans are motivated by power (directing attention), achievement (getting stuff done), and affiliation (connection, harmony).

We always have one that is primary and one that's in our shadow.

It's good to know what motivates your clients so you can help motivate them toward taking action.

### 2. WHAT is self-regulation?

- Conscious tracking and regulation of your central nervous system (CNS).
- Taking radical responsibility for creating safety in your NS

- Form of self-soothing, self-care, or coping. Generates safety in the body and resources in your system (to create new outcomes).
- A self-honoring action which increases self-esteem.
  - *Self-esteem has two parts:*
    - Believing in your future self's ability to cope with whatever arises.
    - Believing you are worthy of happiness.

Q: Who's job is it to as adults, to make us feel safe in our bodies?

It's appropriate to code attachment figures as "people who are supposed to make me feel safe." But as adults, it's our own responsibility for generating safety in our bodies. But when we're "triggered" as adults, and regress/time travel back to child consciousness, we expect our romantic partners to create safety for us, because we no longer have access to our adult tools and technology.

Tension (contraction)

- Tension aka fear, anxiety, stress, anger, fear, rage, overwhelm, scared
- Unconscious, automatic, sudden
- Ready and waiting to save your life from threat (perceived or real)
- Prolonged stress is at the center of many chronic illnesses (book rec: Why Zebras Don't Get Ulcers).

Relaxation

- Relaxation aka calm, grounded, centered, soft, curious,
- Requires attention and effort to generate when tension present
- Allows for flow state and increased health

### **Annie's frame/theory on self-regulation**

Self-regulation time travels you from a regressed child state (when dysregulated) back to the present moment where we have adult tools and technology. If you do not self-regulate when you experience tension, you're self-abandoning.

All pain that happens between two human beings occurs because at least one person is dysregulated and has regressed to a childlike state and therefore abandoned the other person and relationship. That person may be physically there, but not emotionally there



(emotional abandonment). This creates fear, anxiety, and anger in the abandoned partner because they feel alone.

Our instinct is to put attention on thoughts, explanations, reasons, and stories and/or blaming and shaming ourselves/other people. But the trick is to put your attention on your own body. Your own feelings. Until we learn how to safely feel our feelings, we'll keep returning back to the "book marked" part of our childhood when that feeling first occurred but not felt to completion.

Babies are entrained with mothers NS. The extent to which the mother can self-soothe when the baby is dysregulated, is the extent to which the baby learns. When we don't get that soothing from an attachment figure as a baby/child, indignance often emerges. As adults we unconsciously expect our new attachment figures (romantic partners), to make us feel safe or to rescue us from our feelings, because we conflate caregiver with romantic partner. Many of us call this love but it's actually codependency. This is not co-empowering long term.

We can only digest and alchemize our own feelings. If overwhelm is >5/10, assume you are enmeshed with other people's shame, thoughts, feelings, expectations. You must allow that energy to return to its owner (disentangle) before attempting to digest. You can't digest what doesn't belong to you. Imagine trying to digest someone else's food...you can't. Or you can think of other people's energy as luggage you took home from the airport by accident. You're not evil and bad, it was an accident, you've just got to give it back.

### **3. HOW do you self-regulate?**

Talking about the *why* does not break the trance. You must get into your body to interrupt the pattern and create a state shift from unsafe to safe.

## **There are 4 phases of self-regulation**

### **Phase 1- Feel the feeling**

1. Take 3-5 deep breaths, self-regulate, consciously ground to calm & generate safety in CNS (resourcing)

2. Scan inner body for most salient sensations, track location in body: shape/color/ metaphor/ movement
3. Calibrate (intensity of) feeling X/10, 10 is highest

## Phase 2 - Unmesh from feelings that are not yours

4. Unmesh/disentangle from feelings/energies that aren't yours (sign of enmeshment is tension or overwhelm >5/10)
  - a. Guess the percentage that isn't yours.
  - b. On an inhale breath, allow it to float out of the body and into the ground.
  - c. If you've taken on someone else's energy, assume that some of your energy is with them as well. Call your energies back. Eg. *"I'm Calling back all my energy, all my bits...all the parts that want someone to feel or act differently. All the parts who want someone to love, like, and approve of me."*

## Phase 3 - Regulate remaining charge (once feeling/emotion is <5/10)

5. Use tools, procedures, technologies that generate conscious somatic attention and down regulate NS from fight/flight to rest/digest:
  - a. **Breathing** - 3-5 deep breaths in through the nose and out through the mouth. Exhale 2x as long as the inhale.
  - b. **Meditation**
  - c. **Midline visualization**- close eyes, envision one dot (center of head), a second dot (center of belly), and a line between the two. Gather all awareness at top dot and slowly move it along the midline. From top to bottom and bottom top = 1 midline. 9 midlines are ideal. Go as slowly as possible, but not so slowly that you lose track of where you are on the line.
  - d. **Frog squat**- all 4 limbs on the ground, visualize roots growing from your genitals deep into the earth, zoom out and visualize yourself from the perspective of space.
  - e. **Havening** - 10 to 20 cross armed self strokes from shoulder to elbow. Pressure and speed will be specific to the person.
  - f. **EMDR** - eye movement across the body. From top right to lower left and vice versa.
  - g. **Bilateral stimulation** - Toss an object back and forth from hand to hand. Head remains stationary, eyes follow the object.

- h. **EFT** - emotional freedom technique (tapping)
- i. **Physical movement** - walk, gym, dance, yoga, massage
- j. **Occupying any one of your 5 senses** - listening to the hum of bees, feeling your toes wiggle, etc.

#### **Phase 4 - Interview sensation for wisdom once charge has dissipated**

- 6. Ask the sensation: What are you trying to teach me? Show me? The voice of wisdom will always be grounded, inspiring, and supportive.
- 7. What is the inspired action you can now take?

#### **4. WHAT IF you try it? What benefits do you get?**

Test is out. Keep what works.

Note:

- Practice self-regulation when tension is  $\leq 4/10$ . When you master the skill when tension is low, you'll have more access to it when tension is  $\geq 5/10$ .
- You may use one or a combination of tools depending on the level of tension present.
- If you can't be the holder of space, your client will not feel safe enough to create the magical transformations that they're capable of. You must master self-regulation!

### **Q/A Insights**

**Some clients report feeling that their experience isn't being honored during self-regulation because the *why* isn't being addressed...thoughts?**

Before self-regulation, a client needs to feel understood. Once that happens, we are in a shared reality. Someone needs to feel understood before they are willing to self-regulate. You often will understand them before they *feel* understood, but you'll need to listen until they *feel* understood. Until you really "get" them. If they start to loop or repeat a couple



times - that's the moment, as a coach and leader to interrupt the trance pattern by inviting them into more power and freedom through a self-regulation exercise.

Our job as coaches is to help our clients treat their feelings as sacred. All of them. Most of the time, what the client is struggling with is a feeling that they don't like, don't want to have, their judging or making wrong. For example: "I'm scared.". But then, they have a meta feeling, a feeling on top of that feeling. Like "I'm *ashamed* of being scared." Most of the issue has to do with the fact that the meta feeling is trapping the first feeling. We have to soften and relax the shame to get to the scared feeling. We have to love each feeling into submission, one layer at a time.

### **Why do I want to feel mad?**

Caveat: This is a model...not necessarily true.

Being angry isn't the same as feeling angry. Oftentimes we avoid feeling mad by talking mad. So it's not that we want to feel mad, but that we want to remain in the narrative about it. Feeling is an inside job, it's typically a quiet process. When a feeling is arising inside of you, you either feel it privately, or you shoot it out into the space and make everyone else feel it. If you don't feel it, someone else will have to feel it.

### **What is anger?**

Anger is an emotion that arises when the sacred has been trespassed.

## **Coaching demos**

Demos of self-regulation tools

## **Closing points**

Coercion, force, shame, blame, aggression to get what you want comes at a high price - it degrades/erodes trust and connection. Instead, inspire endogenous motivation in the other person. They have to feel safe and loved up. You must be in a calm and empowered state to have a tone of voice that will land that way for another person. It must come across as "I believe you can do it."

## Homework

Try on the breath practice when you have  $\leq 5/10$  tension at least 3 times this week.

## Emotional Regulation “feeling a feeling”

Key topics: Emotional regulation “feeling a feeling”

### Feeling a feeling demo

#### Tool: Feeling a feeling steps

1. Take 3-5 deep breaths, self-regulate, consciously ground to calm & generate safety in CNS (resourcing)
2. Scan inner body for most salient sensations, track location in body: shape/color/ metaphor/ movement
3. Calibrate feeling X/10, 10 is highest
4. Allow overwhelm feelings ( $>5/10$ ) to float out of body, send into ground, clean out what's not yours, use guessing %
5. Hang out, love on them, send white light, reverential curiosity: interview sensations for wisdom/ breakthrough insight
6. Interview center of sensations: What are you trying to teach me? Show me?

### Feeling a Feeling Coaching Gym

### Feeling a feeling Debrief and Q/A Insights

#### Don't fill the silence!

When there's a silent pause, you can be busy loving and supporting them with resource. Work on your own NS and hold an intention for them to feel safe and grounded.

#### Default vs Designer cord

As a means to maintain rapport with our caregivers, we take on their thoughts and feelings. It's a tacit agreement or trade we unconsciously do to get more love.

When we start to consciously let go of the feelings or thoughts (un-emesh) that are not ours, it can seem as if we are betraying them. Bert Hellinger calls this the suffering obligation of love. But there's another frame...

What if instead of holding on to the default cord (often based in suffering), we created a conscious designer cord that was based in love? For example, instead of identifying with our mother's guilt or shame, you could choose to identify with her sense of style or caring heart instead. You can choose how you remember and are connected to your caregivers.

## Emotional Regulation continued

Key topics: emotional regulation

### Self-regulation main points

- When it was too hard to cope with overwhelming feelings/emotions as children (typically ages 0-10), we'd dissociate into fantasy (pretend/make believe).
- Feelings that don't get felt to completion in childhood, get bookmarked for processing at a later date. When the same feeling arises later in life, we regress back to the bookmarked stage of development.
- **Dysregulation** - An overwhelmed, contracted, frazzle (intensity >5/10) in the NS that time travels a person back to the time of the arrested feeling (in childhood), in attempt to complete the feeling curve. However, when we travel back in time, we don't have the resources or skill to complete the curve, because we've regressed to a child state.
- Biophysiology of a feeling is ~ 7 minutes.
- We can only digest and alchemize our own feelings. If overwhelm is >5/10, assume you are enmeshed with other people's shame, thoughts, feelings, expectations. You must allow that energy to return to its owner (disentangle) before attempting to digest. You can't digest what doesn't belong to you. Imagine trying to digest someone else's food...you can't. Or you can think of other people's energy as



luggage you took home from the airport by accident. You're not evil and bad, it was an accident, you've just got to give it back.

- Babies are unable to self-soothe/cope. They are entrained with mother's NS (coregulation). The capacity to which our mother was able to coregulate, determines our own capacity to self-soothe/cope as adults. If our mother/caregiver didn't do a good job, in adulthood it can show up as a variety of patterns including:
  - If I make everyone safe, I'll be ok
  - I won't feel my feelings cuz nobody's going to answer anyway
  - And many other patterns...
  - Attachment means "the safe base or place we go to feel safe." When we fall in love, we take on a new attachment figure, but our imprint from our caregivers ports over to our new attachment figure. We expect the new attachment figure to regulate us (rescue us).
- In conflict most relationships have one who (closeness) pursues and one who (space) withdraws. We need different things to feel safe.
- You think you're the only one drowning in conflict, but their drowning too. Their drowning just looks different than yours. Swimming to shore is learning to generate safety by regulating your NS. The whole relationship's safety is dependent on your ability to regulate.
- Any place you're stuck in life it's because a feeling is coming up and you don't know how to cope with it.
- All self-regulation occurs via attention in the body (soma) not in the *lounge of why* aka explanations, reasons, stories, justifications (mind), akin to dissociation into fantasy or make believe in childhood. This is an escape hatch from the body. A feeling is a message which holds the key to your success. Feel the feeling to hear the message that is being howled to you. Your success depends on it.
- There are many tools to self-soothe, calm NS, ground, regulate, creating sanity.
- Tension happens automatically, but it requires conscious attention to relax.
- Learning to self-regulate/cope grows self-esteem

# Self-regulation technology aka adulting tool kit

There are 2 phases to regulation:

## Phase 1- Unenmesh from energy that doesn't belong to you

**On the inhale:** Unenmesh/disentangle from feelings/energies that aren't yours (tension > 5/10). If you've taken on someone else's energy, assume that some of your energy is with them. Not only do you want to give back theirs, but you can call back yours.

*"I'm Calling back all my energy, all my bits. All the parts that want someone to feel or act differently. All the parts who want someone to love, like, and approve of me."*

*If you're trying to get someone else to do, be, or feel something...that's trespassing. It's manipulative and an intrusion.*

**On the exhale:** Allow all parts that aren't yours to return to their owners.

## Phase 2- Feel the feeling and use a self-regulation tool

If charge is <5/10, you may choose to skip phase 1 and move directly to phase 2 (tools/tech below).

Tools/technology:

1. Breathing
2. Meditation
3. Midline visualization
4. Frog squat
5. Occupying any one of your 5 senses
6. Physical exercise
7. Havening
8. EFT
9. EMDR
10. Bilateral stimulation

As a coach you are taking on the role of creator of possibility. To do that, you must be grounded and centered in your body first.

**Annie's practice: 5 deep breaths/ un-enmesh/ midline practice / roots into earth center**

## Demo

### Coaching Gym: Emotional Regulation

#### Coaching Gym debrief and Q/A Insights

The unseen tool of regulation that the coach might offer:

When the client expresses contraction (of any kind), you can support them by grounding yourself and the client by visualizing you both tethered to the earth (OG attachment figure) via cords.

**As coaches, or any other kind of teacher... we're selling the present moment aka ability to occupying internal soma (5 senses)**

We're helping clients connect into an interdimensional vascular system where they can access fresh data (vs. stale data from the past) to take the next right step.

**Children do not owe their parents anything.**

It's not a child's responsibility to make their parents feel safe, worthy, etc.

**Market self-regulation tools that speak to the individual client.**

Use the key words that each client will need to hear. Are they a cognitive type? They may need to hear how a study has proved a method you use or you may need to call them into a thought experiment before using self-regulation.

**Being with anger**

A lot of people feel shame about their anger, so they will deny feeling anger or avoid feeling angry because it is a low status emotion (culturally). One way to bankrupt anger is to witness, validate, and honor anger. "Your anger is safe with me." You don't have to do what the angry person wants you to. You will need to regulate yourself through the wave of emotion. If you can't regulate you can honor and leave.



**When we love, we make what is important to another important to us.**

You can't use your own values to determine how important someone else's values are. You build trust and rapport by climbing into someone else's reality before attempting to bring them into yours.