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Volume 5 October 2006

Circulation 800

Choice Relationships: "Letting Go" of Feelings

In This Issue:

- [My Personal Insights:](#)
- [Choice Tips:](#)
- [Additional Resources I Recommend:](#)
- [Empowering Information and Tools:](#)

Emotions Can Put You on a Slippery Slope!

When you get "grabbed," your buttons get "pushed," your emotions come flooding out. They're fast, they're intense. Every cell in your body is *screaming* with whatever it is that you're feeling; and you're driven to do whatever it is you've always done when you've felt like this.

My Personal Insights:



I just gave the Workshop at The Learning Annex in NYC on The Art of Choice, which I had e-mailed you about. It was a great success! As a result of a painful personal journey, I realized that I was a slave to my past, frozen in old knee-jerk reactions.

From this experience, I developed tools to assist others learn that they can rewire their old neural (brain) connections so that they can have a life of choice, be more connected to their authentic self and create satisfying, joyful relationships. It was so gratifying for me to share these with others at the Workshop.

But emotions are not rational and therefore the action you take may not be the best one. As a matter of fact, though something did just happen to set you off, the intensity of your reaction is really because it's reminding you of something from your past!

Choice Tips:

1. Emotions cloud your ability to think things out clearly and therefore you're not able to function at your best potential.
2. One of the best ways to help you release your feelings is through "free association" writing.
3. To do this, just start to write as fast as you can – do not worry about spelling or grammar. The idea is to bypass your intellectual part and get to your feelings. Just keep writing. If there's a particular thought that is disturbing you in reference to someone, write to that person and use the thought as the opening sentence.
4. By doing this, there will be a purging of the feelings and that will help you feel better. You will be able to think more clearly.
5. You may also want to look back at what you've written to get a better understanding of exactly what you're feeling.

Additional Resources I Recommend:

DeSalvo, L., *Writing as a Way of Healing: How Telling Our Stories Transforms Our Lives*, Beacon Press, 2000

Perry S., *Right Here, Write Now*, [Psychology Today](#),

Nov/Dec 2001

Not a member yet? To receive your copy of helpful tips to create more satisfying and powerful choice relationships, simply fill in your e-mail address in the box below and click "Join." You will receive this newsletter once a month.

Join our mailing list!

Empowering Information and Tools:

Didn't have a chance to come to The Learning Annex? Well, the next best thing to being there is to be able to hear a live recording of this Workshop. I did the same presentation at the "Reaching Up" Conference in Nebraska and I've put it out on CD.

All the tools and practical information that will help you learn how to get past your old reactions and start to live a life of choice is available to you on this CD. Simply go here to start learning:

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