

# **EMOTIONAL CHILDHOOD**

The concept of emotional childhood deals with the idea of us giving our power away while simultaneously making everyone **EXCEPT** ourselves responsible for our own emotions. The best thing that any of us can do for ourselves and for those around us is to take responsibility for our feelings. Behaving in such a way is called...you guessed it, **EMOTIONAL ADULTHOOD**. If you are struggling with feeling like life is happening **TO YOU**, below is an exercise to help you find your true power in **ANY** circumstance.

1. Name a person or circumstance that you believe is causing a negative feeling.
2. Describe how the thoughts from answering question one are making you feel.
3. Describe why you think circumstances and people have the power to control your feelings in this way.
4. What is the thought you're thinking that's really causing this feeling?
5. Can you see that it's your thought and not the person or circumstance causing the feeling?
6. Can you begin to open your mind up to the idea that circumstances and people are neutral and that it's our **thoughts** about them that create negative and or positive emotions within us?
7. How might you take responsibility for your feelings in the future?