

# **INDULGENT EMOTIONS**

Once familiar with *The Model* and how it works, our natural instinct is to want to replace any negative thought we have with a positive one. However, as humans, we were created to experience the full depth and breadth of emotions. How do we reconcile living a life where we're responsible for what we think and feel while also embracing that half of our life will be hard and painful? Consciously and deliberately. We get to select our emotions on purpose by what we think. This does not mean we should always be selecting emotions that are happy and positive. I fully believe that life is 50/50. To completely deny that half of the time we are going to experience sadness, pain, loss, disappointment, and fear is to deny our humanness and isn't actually living authentically. The beauty of being alive is that we get to choose and experience different emotions. Some emotions serve us in moving us through the loss of a loved one, others help us process the loss of a job. Point being, "negative emotions" are an integral part of navigating life. The goal is Humanness, to live the human experience as well as we can, knowing that it includes a lot of contrast on purpose. Indulgent emotions, on the other hand, keep us stuck in indecision and inaction. We often indulge in them without even realizing it.

***Examples of indulgent emotions are:***

<b><i>Discomfort</i></b>	<b><i>Dissatisfaction</i></b>
<b><i>Deprivation</i></b>	<b><i>Failure</i></b>
<b><i>Urge</i></b>	<b><i>Insecurity</i></b>
<b><i>Overdesire</i></b>	<b><i>Rage</i></b>
<b><i>Boredom</i></b>	<b><i>Anxiety</i></b>

1. How often do you feel overwhelmed, confused, worried, or anxious? Explain.

2. Pick the one you feel most often and give a specific example of when you feel it and why.

3. Do you believe you could go a day, a week, or a month without experiencing this feeling? Why or why not?

4. Do you believe you could go a day, a week, or a month without indulging in that feeling?

5. Can you see a reason why you might want to keep indulging in this emotion?

6. What might it cost you if you do?