

Feelings Mastery: Understanding and Developing Emotional Management Skills

NEIAS Workshop
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The Prime Drives

- ◆ **Survive**
- ◆ **Affiliate**

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The Prime Fears

These are necessary for the survival of the individual and the species. All other fears are derived from or relate to them. They are:

Fear of Death

Fear of Being Alone

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The 5 Categories

- ◆ First Order Feelings
- ◆ Second Order Feelings
- ◆ Transmogrified Feelings
- ◆ Complexes
- ◆ Status Feelings

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First Order Feeling Rules

- ◆ Here and Now
- ◆ Immediate
- ◆ Reasonable Object
- ◆ Survival Value
- ◆ Project Us Into Our World Productively
- ◆ Born with Them or Imprintable

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**The First
Order
Feelings
Are:**

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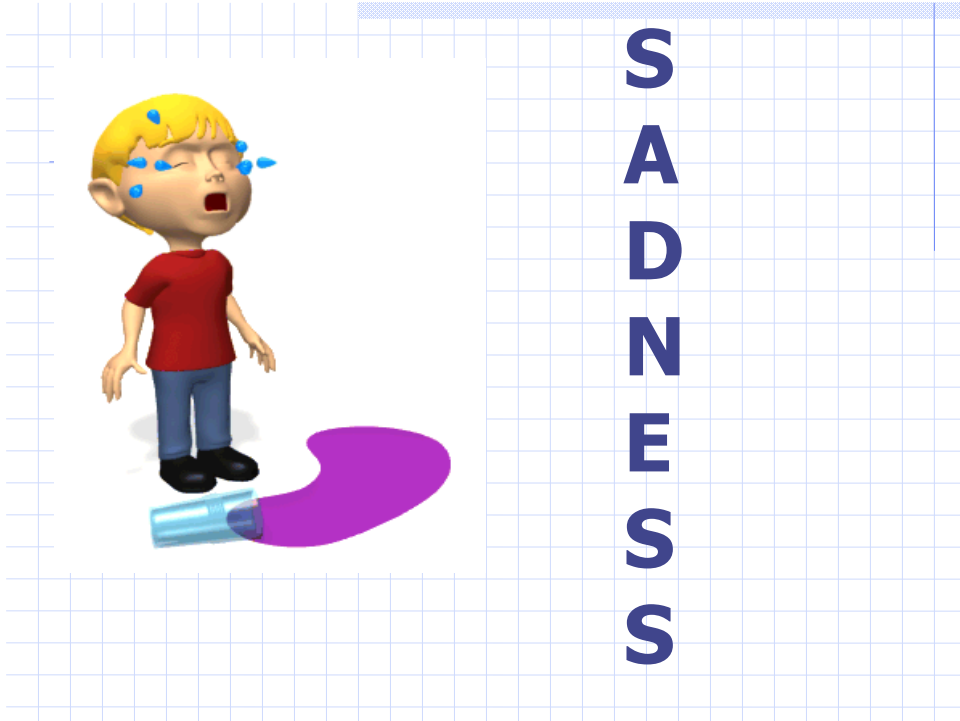
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The First Order Feelings

- ◆ Fear
- ◆ Anger
- ◆ Sadness
- ◆ Guilt

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Second Order Feelings

- ◆ Sometime Seem Like First Order
- ◆ Break One or More of the Rules
- ◆ Low or No Survival Value
- ◆ Unreasonable Object

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Some Second Order Feeling Examples

- ◆ Anxiety (There and then)
- ◆ Depression (No reasonable object)
- ◆ Resentment (There and then)
- ◆ Shame (Object is self)
- ◆ Hatred (Object is another person)
- ◆ Phobias (All similar objects in a class)

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Transmogrified Feelings

- ◆ Definition: Transmogrify – To change the appearance or form, esp. grotesquely (Random House Dictionary)
- ◆ Whenever we change a feeling into another to avoid it we assure the new feeling will be less functional.

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Complexes

- ◆ Expressions of the total person (thought, feeling, spirit, behavior)
- ◆ More faceted than simple feelings
- ◆ Not feelings but have feelings elements
- ◆ Most common examples include love, courage and grief

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Status Feelings

- ◆ These are states of being; not feelings that we do.
- ◆ We achieve them when in balance or congruence
- ◆ Found within
- ◆ Not the same as pain free
- ◆ Examples: Content and Serene

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FEELINGS TENETS

- ◆ Feelings are neither good nor bad
- ◆ Feelings are not something that happen to us
- ◆ No one can make you do a feeling
- ◆ Skilled use of feelings is learned
- ◆ Feelings are an essential part of self
- ◆ Emotional management is work

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Anger and its ugly cousins

Anger
Resentment
Hatred
Rage
Aggression
Hostility

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LOVE is....

A commitment in action

The ability to remain emotionally connected while keeping expectation and assumptions low

The joining of 2 differentiated individuals who agree to cooperate in meeting their individual needs

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The 3 "L's"

Love

Lust

Limerance

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The victim-villain approach to feelings is antithetical to emotional management.

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Treatment Tips

- ◆ Adhere to first order rules
- ◆ Clear up boundaries starting with intra-personal
- ◆ Move from second order to first order
- ◆ Make amends to others and self
- ◆ Use Cognitive Behavioral Techniques
- ◆ Management Language

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Emotional Management Guidelines and Strategies

- ◆ Feelings Detoxification
- ◆ Feeling/behavior Validation
- ◆ How do you do your feeling?
- ◆ Intrapersonal Boundaries
- ◆ Fill the vacuum
- ◆ Defer the Feeling
- ◆ Move from second order to first order.
- ◆ Here and Now

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Emotional Management Guidelines and Strategies (cont.)

- ◆ Do not retraumatize
- ◆ Paradoxical Methods
- ◆ New Improved Self
- ◆ Mastery Language
- ◆ No Hyperbole
- ◆ No Euphemisms

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