

CLEANSE THE EMOTIONAL CLUTTER

Most people know something about the dangers of allowing toxins build up in the body. But few of us really understand how repressed, suppressed and unexpressed emotions affect our physical, emotional and spiritual being. These emotions are the source of everything from irritability and road rage to despondency and chronic depression. They add fuel to the fire when we feel an emotion that causes us to react—rather than respond—to situations.

Following are methods to put you on the track toward emotional freedom:

- 1) First and foremost, begin by acknowledging that you have repressed emotions that must be dealt with, decide to perform a cleansing, and set aside some “alone time” for yourself on a daily or weekly basis.
- 2) Take an inventory of your emotional history. What are your sore spots? Make a list of what bothers you. Write down everything that you have been pushing to the back of your mind, i.e., bitterness toward your ex, resentment for your in-laws, jealousy of your co-worker, anger toward your spouse, etc.
- 3) **BE HONEST WITH YOURSELF!** It is critical to not hold back on the honesty. Now is the time to allow yourself to **FEEL IT!** Feel the burn so that you can make the turn!
- 4) Assess what you’re feeling, and allow yourself to feel it and make peace with it.
- 5) Forgiveness is the next critical phase after you have brought all your toxic emotions to the surface. Forgive yourself as well as the other party involved.
- 6) Select a relaxation method and practice it for at least 15 minutes per day (visualization, meditation, deep breathing, yoga, etc). There are many out there. Visualize yourself in a peaceful non-toxic environment. Keep that image in your mind as often as possible.
- 7) Learn to control your thoughts. When negative thoughts try to come into your conscious mind, resist the urge to allow them to hang around. When you recognize them, think or say aloud **STOP!**
- 8) Practice your relaxation method of choice, and stick to it.
- 9) It takes time to change your thoughts, so **BE PATIENT**, and by all means, **NEVER GIVE UP!**

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