



EMOTIONAL NINJA

Learn the Secret to Discovering the Power
of Intuition Hidden in Your Emotions

S U S A N S C O T T

Contents

- *Unwanted emotional responses can be changed*
- *Responses are habits, triggered by stories and beliefs*
- *2 Other sources of emotional responses*
- *Change your stories, change your responses*
- *The truth about emotions no one has told you*
- *The gift behind “negative” emotions*
- *Changing your thinking doesn’t work*
- *The Real You is the Best You*

“Every emotional dysfunction in your life which is not directly caused by a physical or organic issue is the result of an identity issue.”

Unwanted Emotions

I am not my feelings.

I am so much more.

Yet why do my feelings seem to run my life?

Is it “just the way I am,” some unavoidable part of my genetics?

These feelings are not caused by events and circumstances in our life.

They are not hardwired, unavoidable or “just the way I am”

Emotions are a result of our habitual responses to life, driven by our identity.

We can learn to respond to events in ways that empower us while strengthening relationships with others

Habitual Responses

Berating our self for losing our temper yet again.

Anxiety that seems to hover around us, waiting to pounce as soon as our defenses are down.

We always have the same old arguments

I can't stop myself from yelling at my kids

There isn't any balance. Life is overwhelming.

The brain, in its ongoing effort to be efficient and save energy, pre-plans our response to a current situation by drawing from our mental stories about how the world works. Those stories are compiled from:

Memories

Beliefs

Personality

Our subconscious mind prepares an emotional response just like we load a gun. When the trigger event happens, the gun goes off without any conscious thought

2 Other Sources of Emotions: Physical and organic issues

The doctor says I have a chemical imbalance. There is trauma in my past. My situation is different.

Chemical imbalance, certain medications, substance abuse, illness, brain injury, trauma and abusive partners can all play a part in shaping our emotional response to events. Those situations DO need a more comprehensive approach which often includes therapy and medications. This ebook is not sufficient for your needs and you should absolutely seek medical advice

Click this link for [Other obstacles that make mastering emotions difficult](#)

Research shows less than 20% of emotional dysfunctions are caused by physical or organic problems. Some doctors believe less than 2% are caused by those issues. Anywhere from 80 to 98% of dysfunctional emotions are caused by identity issues. This ebook is for you.

Change Your Stories

People tell me I just need to change my thinking. No one understands. It's not that easy.

No, it's not that easy. Telling you to change your thinking comes from people who don't really have any understanding of the process behind emotions. You can't change your thinking until you change the beliefs that drive how you think. Those beliefs come from our identity. Identity is the stories we believe and the rules we have about:

Who we are

Our place in the world

How things should work

About other people

About God

Our Identity forms our stories and beliefs

I'm a mom, a leader, a good person, a people pleaser...

I should be able to do it all.

I should have better balance and less overwhelm

People should treat each other better

Our stories create the filter through which we view events.

Our stories become our rules about how the world should work.

When the stories we tell ourselves are lies, the rules we believe in will not line up with the reality of the world and we will experience what we call negative emotions.

The Truth about Emotions: Emotions are nothing more than data

I have a right to my emotions. They are not wrong. I have to do what feels right.

Far too often we have people in our lives who tell us not to be emotional; that our emotions lie, or we shouldn't listen to them. They are wrong. Emotions are valuable data. They should inform our decisions. However, they should not run our life.

Feelings are data about our internal world in the same way our 5 senses give us data about the external world. They are trying to send a message.

Instead of “dealing” with the emotions, we need to understand the language of emotions so we can hear the message and act on it.

Emotions are a gift

Those emotions are not meant to make our life miserable; they are valuable data giving us clues to where our stories and rules are lying about reality.

Emotions are nothing more than messengers.

Learn to listen to the message, uncover the lies and find the truth.

Know the truth and it shall set you free from the dysfunctional emotions.

My friend Robin gets uncontrollably angry when someone disagrees with her political opinions. She says “I hate that I let those things get to me, but I can’t help it.” Robin’s identity includes the roles of mom, business owner, and political activist. Each of those roles contains certain expectations of how you “should” be, think, and believe. Her subconscious beliefs about those roles says her self-worth and value lies in her ability to fulfill those roles successfully. If people do not validate her opinion, she has failed in her role and therefore must not be a valuable person. It’s not just a role to Robin, it is who she is, her very identity. Her anger at people who disagree isn’t about politics, that angry response is an uncomfortable nudge from her soul trying to get her attention. Her Real Self is trying to tell her that her value as a person is not threatened when someone disagrees with her. It is a message from her soul trying to cue her that she is believing a lie about where her value as a person comes from. Until she changes her story, and what she believes to be true about herself and how other people “should” treat her, she will continue to respond in anger.

Emotions are sensory data about what is going on inside.

The Real You is the Best You

Where are you experiencing dysfunctional emotions?

What is the story or belief about yourself, others, or the world, that triggers the emotion?

Who are you, really?

What is the truth about your value, your gifts and strengths?

What is real about the people around us?

What is the truth about who God wants to be in your life?

What is your purpose for being here?

Knowing your real story changes the rules you believe in and changes your expectations for how the world should work.

Knowing the real you is the key to changing dysfunctional emotional responses

Next Steps

Finding the Real You is a brave journey.

It's a path few people take because it involves risk; you have to risk letting go of people pleasing to earn approval from others. You have to risk letting go of who you think you are and the stories you used to believe about yourself.

If those stories have led to a frustrating, stressful, overwhelmed or a "just not quite right" life, you are feeling the first stirrings of the Real You, sending you a message.

The Real You is ready to awaken.

The Real You has a contribution to make.

The Real You has desires and dreams to fulfill that cannot happen if you live under the limitations of old stories.



Susan Scott is a counselor and professional leadership coach specializing in helping women tame the emotional chaos in life to uncover the truth of who you really are and live as the Real You. She is an expert in cognitive motivation (a fancy term for knowing what makes people tick!) an author, speaker and veteran homeschool mom. Susan has written 3 books and is a featured writer for Practical Homeschooling Magazine.

www.LifeInspiredInc.com