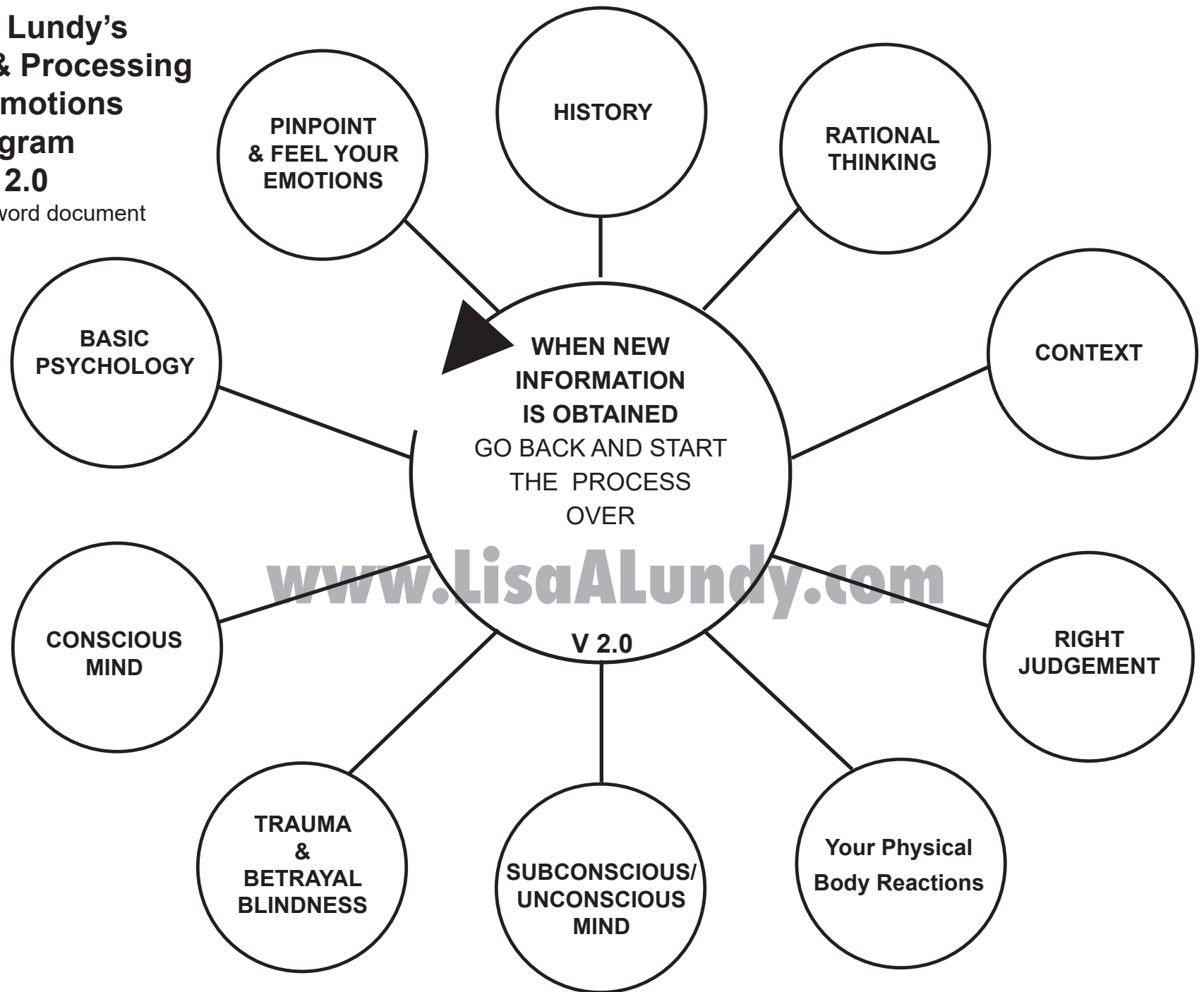


**Lisa A. Lundy's  
Managing & Processing  
Your Emotions  
Diagram  
V 2.0**

\*See attached word document



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## **Lisa A. Lundy's Managing and Processing Your Emotions Diagram Recommendations (V2.0)**

- Please READ ALL Recommendations prior to using this model. By your use of said diagram and recommendations you accept any and all liability for use.
- This material is not intended to be medical or therapy advice in any capacity. For medical or therapy advice please consult a licensed health care provider or licensed therapist, which I am not. This diagram and corresponding text explanation are provided as a resource to help you learn how to manage and process your emotions. It is merely a place to start as you build emotional intelligence. I am not representing that this is the end all be all way to manage and process your emotions. It is simply the way that I do it. This diagram and this corresponding text explanation are not approved at this time by any organization, entity or group and by your use of this you accept any and all liability.
- I have never read anything about this process nor have I been trained in this. I have looked for this information after doing a podcast on the topic in 2022, yet I have not been able to find instructions for this on the internet despite looking. The diagram and these recommendations are the result of me deconstructing the process that I use, which is both automatic and natural given that I have been doing this since a young age.
- After discussing this process with individuals, it became clear that additional information needed to be added in the form of instructions or recommendations, which is included in this version. As the deconstruction of my automatic and natural process continues, there may be new pieces of information or perhaps new recommendations and then I will update this document. This is version 2.0. If further insights are discovered in the deconstruction of how I do this process, I will update this document and the diagram as appropriate.
- Please read all of the recommendations for this process. It is complex. There are so many factors that come into play when processing and managing your emotions in my view. There are aspects that will lead you to manage and process your emotions in a healthy way, and there are aspects that will produce a poor result in my humble opinion.
- NOTE: This entire process happens over time. It does not happen in one hour or even one day. It is a PROCESS. It takes time. I describe it as circular and not linear because there are many pieces and it is *not an ordered process* in my opinion. It could be ordered, but I have not discovered any order in the deconstruction of my process for this. So, I am saying that it is not an ordered process because I am not aware of it.
- **The Difficult Emotions:** I define the difficult emotions as those involving some type or aspect of pain – sadness, loss, grief, anger, betrayal, abandonment, trauma, abuse of any kind, mean and cruel behavior or actions by others, pain, resentment, shock, and so on. This is the term that I use and is not a widely used or even recognized term.
- As you are building your emotional intelligence, you may find it helpful to use a journal to write out the different aspects that I have laid out here to help train your mind in this technique.

### **Important General Information and Aspects to Managing and Processing Your Emotions:**

#### **Emotional Bandwidth**

When you are dealing with the difficult emotions as I call them – sadness, grief, anger, loss, resentment, betrayal, shock, trauma, pain – it is extremely valuable to understand the idea of your emotional bandwidth, which is not static. Your emotional bandwidth changes over time based on a variety of things, which I cover in my podcast on emotional bandwidth.

There will be times when you simply do not have the capacity or the emotional bandwidth to deal with some difficult emotions and as a result you will have to set the emotions and situation aside until a later time when you can deal with them. That is reasonable as long as you go back to the emotions and manage and process them. Understanding that you are a human being with limits especially when it comes

to your emotions is very helpful and can be freeing. This is especially true if you are in an abusive situation of any kind.

You are not a robot. You do not “power through” the managing and processing of difficult emotions. A basic grasp of your emotional bandwidth and the aspects that can positively or negatively impact your emotional bandwidth will help you have a happier and healthier life. You can either listen to my podcast or look at the transcript for the basics, which I believe will help you have more compassion for yourself.

### **Process and Manage Emotions in Snippets or Bits**

The difficult emotions are painful. Because the difficult emotions are painful, I manage and process my emotions in snippets or bits – a little bit here and a little bit there – so that I can keep my life moving forward and I am functional in life. When deeply painful things, situations or events happen, it is usually too much to take in all at once. Dealing with the difficult emotions in small snippets or bits is how I do it because it is manageable and I am not left unable to function.

In addition to managing and processing the difficult emotions in small pieces or snippets, I am very kind to myself and compassionate with myself while I am dealing with painful emotions. I highly recommend that you be very kind and compassionate with yourself in general, but especially when you are going through the steps to manage and process difficult emotions. Be extra kind to yourself.

### **Allowing, Sitting with and Being With Your Emotions**

While no one, myself included, likes painful things, situations or events, pain is a part of life. Pain is inescapable. It is important to provide some window of time to “allow”, “sit with” or “be with” your emotions without having to numb them or distract yourself from them. This is best done in snippets or in little bits here or there. What is extremely helpful to me is having the ability to generate my own happiness separate from my circumstances, situations and the things happening in my life.

Why this is critical, in my opinion, is because I have always had painful situations going on in my life. Had I not developed the capacity to generate my own happiness separate from my life circumstances and situations, I would have had a life of deep depression. It is entirely possible to develop the skills and abilities to have happiness in your life at the same time that something deeply painful and problematic is happening. Yes. They are not mutually exclusive.

At this very moment in time as I write this, I have multiple situations that are extremely painful going on. I have done what I can do about them. And it is still so deeply painful that it is horrible. Some of the situations have been going on for more than 2 or 3 years. It is wildly helpful to be able to generate happiness for yourself separate from your circumstances. You cannot control other people. You can, however, find happiness while you are dealing with painful emotions.

We know from the research that any emotions that you do not deal with lay in wait in your subconscious and unconscious mind for a future date to be dealt with and sometimes the emotions that have not been managed and processed will explode at a future time. That we know from the research. Allowing, sitting with and being with the difficult emotions is a critical piece of managing and processing your emotions. You can't skip over this part.

This may mean that you need to have a good cry to help release the pain. It might mean you have to watch a sad movie to prompt the tears and crying if it doesn't bubble up on its own. It might mean that you need a nap or more sleep. What I do not suggest under any circumstances is that you sit with, be with or allow difficult emotions 24 hours a day, 7 days a week. No. I do NOT recommend that in any way. Deal with the difficult emotions for a little bit one day and then a little bit a few days later giving yourself a break. This is NOT a quick process. This takes time. It takes me a LOT of time.

### **Rational Thinking**

The opposite of rational thinking is irrational thinking, which is also called a cognitive distortion. A cognitive distortion, as the name implies, is a distortion or warping of your cognitive processes. Cognition (noun) is defined as the mental process of knowing, including aspects such as awareness, perception, reasoning and judgment. Thus, a cognitive distortion means that there is a flaw, warp or distortion in your

knowing, awareness, perceptions, reasoning or judgment. The way you think – either rationally or irrationally – impacts how you process and manage your emotions.

I have used the analogy of a carnival fun house mirror for a cognitive distortion where the mirrors are deeply distorted causing you to look taller, wider or off. You know if you go into a carnival fun house of mirrors that your image is going to be distorted by the mirrors. With a cognitive distortion in people, many people or most people are NOT aware that they have some flawed way of thinking and perceiving. They are NOT aware that they have a cognitive distortion – yet it impacts them across the board even though they do not know about their cognitive distortion.

Cognitive distortions are very, very common. The good news is that you can deal with a cognitive distortion and take steps to move towards rational thinking. All or nothing or black or white thinking, I'm always right or always having to be right, minimizing things, taking things personally, magical thinking, leaps in logic, and jumping to conclusions are just a few of the common forms of cognitive distortions.

On the topic of rational thinking, one cognitive distortion is called emotional reasoning. Emotional reasoners will tell you that they excel in emotional intelligence and with their emotions, yet the truth is that they use their emotions as facts to reason with instead of reasoning with facts. When you ask an emotional reasoner for the facts that they used to arrive at a specific conclusion, they will give you their emotions devoid of facts because to them their emotions are the facts.

For your own emotional and mental fitness, it is best to identify any irrational thinking patterns and begin the intentional actions to move towards rational thinking. I have a podcast on Cognitive Distortions, which might be helpful to you. You should understand that IF you have a cognitive distortion, your thinking is flawed or inaccurate.

### **The Negative Thinking Pack**

The “Negative Thinking Pack” is my own made up name for items, which we know from the research typically travel together, which includes negative thinking, overthinking, ruminating, brooding, catastrophizing and the like. If you are prone to the “Negative Thinking Pack”, you will – in my experience of working with people over a few decades – process your emotions differently. It is my experience that this kind of thinking can create a downward spiral much like a run-away train and leave a person tanked. It is a difficult way of thinking, which it not helpful.

Some people who have this “Negative Thinking Pack” will from time to time get stuck or stalled in processing their emotions, which is helpful to know. If you are prone to the “Negative Thinking Pack”, it is my opinion that this will give the way you process and manage your emotions a negative color, which would be absent for someone who doesn't have the negative thinking pack, which is significant.

The other aspect for someone who has the negative thinking pack is that it takes advantage of the self-defeating prophecy instead of the self-fulfilling prophecy. It doesn't feel good to have the negative thinking pack in place and it isn't helpful to your physical health as we have learned from the field of science called psychoneuroimmunology. I have a podcast that covered psychoneuroimmunology, which could be a place to start for understanding this rich field.

### **Stand-Alone Self-Esteem**

Stand-Alone Self-Esteem is my own made up term referring to feeling worthy, feeling deserving, feeling good enough and lovable SEPARATE from your job, the roles that you occupy in life, separate from your finances or money, separate from your circumstances, separate from your relationships. If you happen to have low self-esteem, it will color and impact how you manage and process your emotions in my experience of working with people.

When you have low self-esteem, it acts like a filter through which you perceive life. From my experience in coaching individuals over decades, the impact of low self-esteem in life is dramatic and widespread. Low self-esteem will impact how you manage and process your emotions leading you to different feelings, different perceptions, different decisions and a different outcome than a person who has

healthy stand-alone self-esteem. Like irrational thinking or cognitive distortions, low self-esteem impacts your thinking and perceptions. You can build self-esteem over time with intentional actions.

### **Trauma and Betrayal Trauma**

If you are in an abusive situation whether it is some kind of abuse from your family of origin, or if you are in an intimate partner relationship – married or unmarried, or you are dealing with abuse from work or some other source, it is even more important that you ultimately learn how to manage and process your emotions. You may not be able to manage and process the abuse while you are in it because you may just have the struggle of a lifetime to GET THROUGH the abuse. That is reasonable.

Once you have escaped or been otherwise able to get away from the abuse, it will be wildly helpful and healthy to manage and process your emotions about the trauma, abuse and what happened. Betrayal trauma is common I believe and that may involve betrayal blindness. Trauma bonding could be at play. These are important aspects that come into managing and processing your emotions.

- A critical piece to managing and processing your emotions is your level of self-esteem or your level of feeling deserving and worthy. It has been my experience without fail that individuals with low self-esteem process their emotions differently than an individual who has healthy self-esteem. Given the same information, context, values, history and so on, an individual with low self-esteem is significantly more likely to report feeling hurt, attacked, invalidated or otherwise offended than an individual with healthy self-esteem. This seems to be confirmed by the list of characteristics of individuals with high emotional intelligence. It is important that you understand that low self-esteem is a filter or lens that colors how you manage and process your emotions.

### **Questions to Consider Before You Begin**

- Are you the safe person for this individual or group?
- Is it possible that envy, jealousy, or resentment is in play in the background?
- Is there a gang mentality involved (others in agreement)?
- Do you actually know the truth or just think that you know the truth? These can be two very different things.
- Do THEY know the truth? Do THEY think they know the truth?
- Was a smear campaign going on? (Very possibly if a narcissist, psychopath, sociopath or other abuser was involved in the past.)
- Is the OTHER person going through something difficult? Are they dealing with a life challenge, a trauma or a loss? This can impact their behavior and it would be helpful to bring compassion to the table IF the OTHER person is going through some hardship.
- Was there malice or malicious intent involved? Many situations that are deeply hurtful and/or painful do NOT involve malice or malicious intent. Sometime a person gets triggered and if you are their safe person, you may get some fallout. Sometimes you will not know the INTENT if you do not ask that question.

#### **1. CONTEXT**

- What is the context of the situation, what happened, or what was said. What is your point of view, your understanding of things. What is the other person(s) point of view. When managing and processing my emotions, I feel it is critical to include the context of the situation, which also means considering the relativity of anything else going on at the time. If the person involved in the situation you are processing your emotions on has just lost a loved one, or is in a domestic abuse situation or is experiencing a major life trauma, then that is relative as it deepens the context. It is relative in my opinion and should be considered under the umbrella of context.

#### **2. HISTORY**

- Do you have any history with how you are feeling? Is this a common or familiar feeling? Is there a pattern to this feeling or with this person, entity or organization? What is the history?

#### **3. CONSCIOUS MIND**

- From your conscious mind, your core values, beliefs, expectations and attitudes will shape how you manage and process your emotions about the situation and impact how things move forward or what happens as a result. This is what you are conscious of in your mind.

#### **4. SUBCONSCIOUS/UNCONSCIOUS MIND**

- Your unconscious and subconscious mind has hidden decisions, values, beliefs, attitudes and other things that will or may impact how you manage and process your emotions although you will likely not be aware of this, it is going on regardless of your awareness. This includes your attitudes towards the world, other people and so on.

#### **5. TRAUMA & BETRAYAL BLINDNESS**

- Is there trauma, betrayal trauma or betrayal blindness in play or involved? Is trauma bonding going on? Are there trauma responses involved?
- Trauma and betrayal blindness were not included in my original podcast on managing and processing your emotions. I have added this in now that I understand that most people in the world have had some trauma even if they are blind to the trauma(s), and trauma either past or current trauma can play a role in not only how you feel but in your response to a given situation. Therefore, it seems prudent to open this area up and include it in processing your emotions particularly when or if you are experiencing trauma responses.
- For some people, once they understand that they had childhood trauma or adverse childhood experiences (ACE – Adverse Childhood Experiences: free testing can be found online for ACE) and they begin to understand that their low self-esteem, or depression, or anxiety or their sleeping issues or any number of other problems are related to trauma that has not been dealt with – they feel freed up and they are relieved. If you experienced an adverse childhood experience (ACE) or trauma, it is not your fault. It may impact how you manage and process your emotions and how you were put together as a human being.

#### **6. BASIC PSYCHOLOGY**

- A very basic understanding of psychology can be helpful in managing and processing your emotions in my opinion. Terms like scapegoating, double-bind, splitting, gaslighting, projecting, passive-aggressive anger, denial, tactics of manipulation, signs of narcissistic behaviors, hallmarks of a psychopath or sociopath, trauma, trauma responses and betrayal blindness are examples of terms that can help you make sense of what is going on as you process your emotions.

#### **7. RATIONAL THINKING**

- Irrational thinking or cognitive distortions is a flawed or inaccurate way of thinking and viewing the world and life. Irrational thinking will impact how you manage and process your emotions. What is recommended strongly is RATIONAL thinking. You can deal with cognitive distortions and move to rational thinking over time with intentional actions.
- For strong mental health, rational thinking is the only way to go in my opinion based on the research and what we know about irrational thinking.

#### **8. PINPOINT & FEEL YOUR FEELINGS**

- Use an emotional word vocabulary sheet to pinpoint all of the emotions you are feeling about the situation or whatever happened. Note: You may have mixed emotions and feel both relieved and angry about one event or you may feel sad and happy about one event. It is reasonable to have mismatched emotions about one event or situation.
- Once you have identified your feelings you then must FEEL your feelings. Don't numb the difficult emotions. You have to allow yourself to feel your feelings. Give your feelings space. Give it time.
- If you are processing feelings that are painful, sad, involve loss, betrayal and trauma, it would be reasonable and probably appropriate for you to cry at some point when you are processing out your emotions. Allow yourself to cry or sob because we know from the research that tears can be healing

and because of the release of oxytocin and feel good chemicals or endorphins (endogenous opioids) we know that emotional tears can help you feel better and ease pain. Allow for as much crying as you can because that is helpful.

- If crying doesn't come naturally to you or is hard for you AND you are going through a loss, grief, sadness, trauma or pain, you might find watching a sad movie or show can help you get the tears flowing – initially from the show or movie and then your own tears will likely come.
- The emotions you initially feel are not necessarily the emotions you will feel once you have begun the process to contemplate and process the various aspects I have included in my diagram and this text. For example, initial feelings of being shocked, hurt, and betrayed may over time as you look at the various aspects that I have included move into more compassionate, loving and understanding emotions as you perhaps recognize that the other person(s) were projecting and you are their safe person, or they got triggered unrelated to you. My caveat is that your emotions may change as you contemplate and process your emotions.
- Generally speaking, we as a society have a fairly low vocabulary when it comes to emotions. My suggestion to use an emotional word vocabulary sheet is because there is a big difference in emotions depending on the word. We use words like happy, sad, upset, mad, depressed, irritated, annoyed, bothered as some of our general categories. That is not very helpful. Use an emotional word vocabulary word sheet until you have expanded your own personal vocabulary significantly.

## **9. RIGHT JUDGMENT**

- You have to use right judgment about when to express your feelings, thoughts, and opinions and when it is best to save it for another day or not express it at all. There will be times when it is simply too much for the other person to hear what you have to say especially if they are not highly skilled in emotional regulation. This is hard for some people to hold it or keep it to themselves, in which case I suggest that you write it all down and then your brain will get a break knowing that all of your emotions, thoughts, opinions, and so on have been captured for a future day. That technique works very well.

## **10. YOUR PHYSICAL BODY REACTIONS**

- If you are unfamiliar with the scientific field of psychoneuroimmunology, this may come as a surprise to you or you may have some kind of negative reaction to this. Psychoneuroimmunology is the science that proves beyond question that your mind and body are connected. Long before I had heard of the science of psychoneuroimmunology, I was aware that deep emotional pain could present in some type of physical way in my body.
- One bodily reaction to the “difficult” emotions category – painful emotions is crying. Allow yourself to cry when the tears come because emotional tears cause your body to release oxytocin and endorphins or feel good chemicals (endogenous opioids), which help you to feel better and ease physical and emotional pain. Tears and crying are part of processing your emotions in my view.
- For this aspect of processing and managing your emotions, pay close attention to any reactions you have in your body or any changes or sensations you have in your physical wellbeing. I have had skin eruptions, back pain, knee pain, and a severe tooth pain complete with the symptoms of an abscess that were all traced back to emotional pain that I was dealing with at the time. For me, once I have a physical symptom that I connect to any emotional pain I am processing, I can get relief from the physical symptoms usually within a short window of time – however it must be noted that I am highly skilled at managing and processing my emotions and have decades of experience with the mind-body connection and the manifestation of symptoms of stress, trauma, emotional pain, etc.
- This idea that emotional pain, confrontation, trauma, or other negative situations emotionally can show up in the body is a foreign concept to many people. Yet, the research on

psychoneuroimmunology proves that this is true. Pay attention to what is going on in your body. If you have a chronic medical condition, that could be related to a trauma from years or decades ago.

- Pay attention to feeling tired, fatigued, suddenly feeling like you have to take a nap or go to sleep, headaches, skin eruptions, rashes, sudden congestion or a runny nose when you feel very well, any aches in the body. Notice and pay attention to your body and any changes as you identify, manage and process your emotions over time. This happens OVER time. For me this can take weeks to process a painful situation or months.

#### **11. WHEN NEW INFORMATION IS OBTAINED (Start Over)**

- There will be times when you learn new information, or new circumstances arise or you have a new experience and because of that you gain new insights or wisdom that you did not have previously, then GO BACK and start the process over again with the new information. There are many instances that will cause this to kick in. Once you buy your first car or house, get married or get divorced, have a health issue or lose someone you love are all things that can cause you to revisit how you processed your emotions about something from the past or even decisions you made about people, events and the world.
- For example, you find out that someone has been lying to you for 20 years, it would be at that point that you would want (in my view and model) to go back and process your emotions again with the new information. Things now might make sense that didn't make sense in the past 20 years. Plus, now you have the betrayal that you did not know was going on for 20 years.
- There are many instances where this process of going back with the new information or experiences is valuable in my opinion.

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