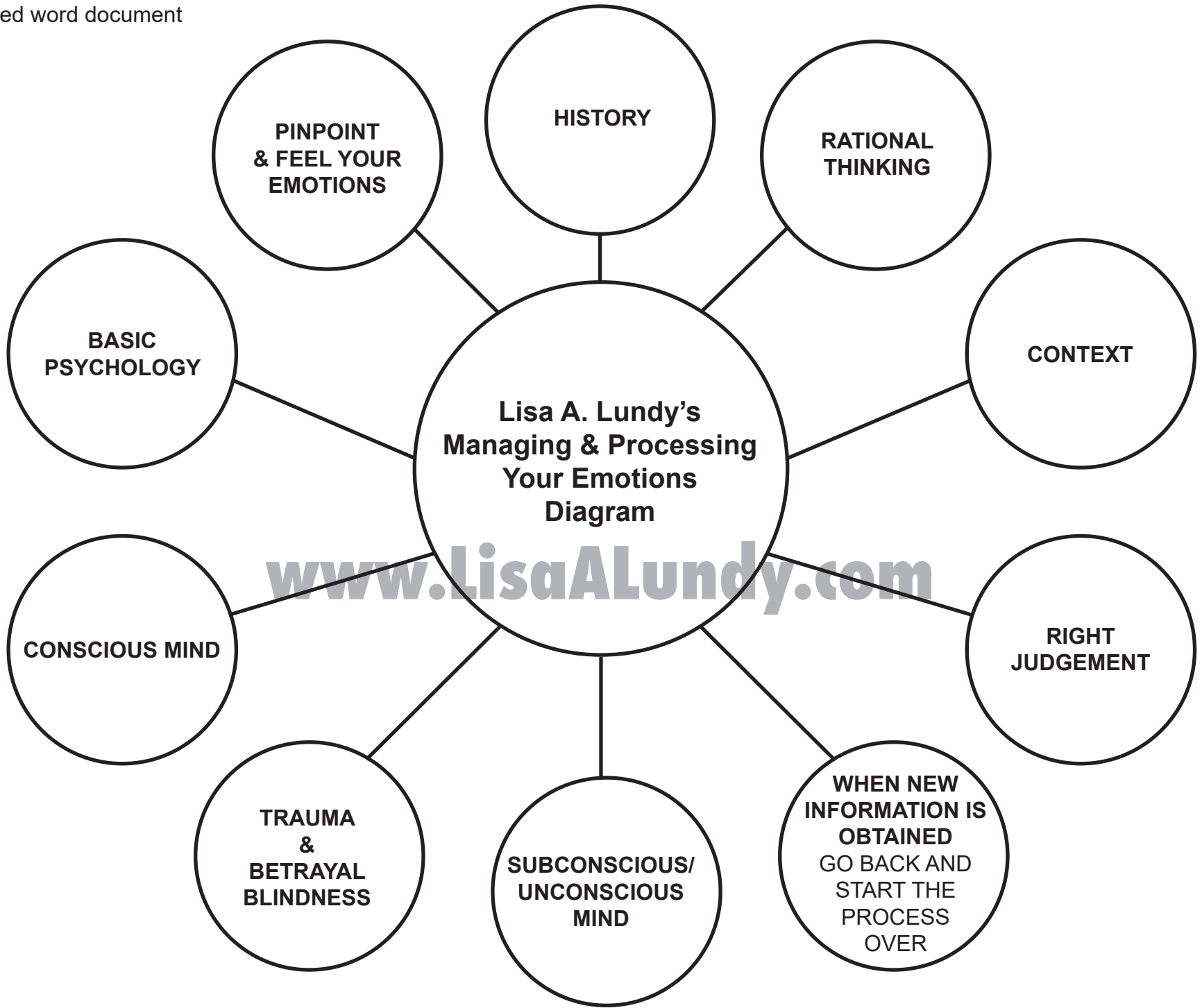


*See attached word document



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Lisa A. Lundy's Managing and Processing Your Emotions Diagram Explanation

- This material is not intended to be medical or therapy advice. For medical or therapy advice please consult a licensed health care provider or licensed therapist. 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.
- 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.
- 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.
- 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.

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.

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, 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.
- 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. WHEN NEW INFORMATION IS OBTAINED

- 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. 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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