

*The accompanying
workbook –
experiments &
worksheets*

EMOTIONAL

EMPOWER-

MENT

Patrizia Patz

**How to heal your
emotions and use
your feelings as a
resource**



Experiment 1: Interaction between intellectual, emotional, and physical body

It is best to read the whole experiment through in one go before you start. The experiment consists of four rounds, with one feeling at a time.

Round 1 – Anger

Sit in a relaxed position and close your eyes (obviously only after you have read through the experiment). Then use your mind – in other words your intellectual body – and think about a situation in which you were angry, or which may be making you angry right now. Maybe your boss treated you unfairly or your child hasn't tidied their room again or maybe it makes you angry to watch on the news how people are mistreated or how nature is exploited. Anything that makes you angry – it doesn't have to be a big thing.

And now try to find out where in your physical body you feel this anger. It is most likely somewhere in the region of your abdomen – maybe in addition also in your hands and your lower jaw. What changes physically when you let the anger become bigger? What happens to your hands, eyebrows, and eyes, with your mouth? Try and just notice and thereby discover what the typical physical symptoms of anger are. Okay, so that is what anger feels like on the physical level.

Round 2 – Sadness

Close your eyes again, breathe deeply in and out just once. Now think about a situation that you have been sad about or possibly are sad about in this moment. Perhaps someone left you or a relative died. Maybe you are sad that you haven't yet reached a goal you set for yourself. Perhaps you are also sad about what's currently going on in the world. Just choose a situation and feel where in your physical body you perceive this sadness and how it expresses. How does your body posture change, your breathing, your facial expressions? Maybe your eyes fill with tears. Let the sadness get a little bigger and observe what that does on the physical level. This is how sadness feels in the physical body.



Round 3 – Fear

Now do the same with the feeling of fear. Think of a situation that makes you afraid. Perhaps you feel fear when you think about the future or when you visit the dentist or when you travel by plane. Maybe you are afraid for someone else? Or imagine you must stand up in front of hundreds of people on stage and give a speech. Simply choose a situation that frightens you and perceive where and how your physical body expresses fear. Maybe your hands start shaking or you start feeling a little nauseous? Also let the fear get a little bigger and notice the changes in your physical body.

Round 4 – Joy

Finally, experiment in the same way with the feeling of joy. Imagine a joyful situation and observe how joy is expressed in your physical body. Then let the joy get a bit bigger and notice the physical reactions.

Have fun while starting to experiment with your emotional body.



Worksheet Experiment 1:

Anger manifests itself on the physical level as follows:

Sadness manifests itself on the physical level as follows:

Fear manifests itself on the physical level as follows:

Joy manifests itself on the physical level as follows:

Experiment 2: Consciously classifying the sensations of the different bodies

Sit in a relaxed position, close your eyes, and deeply and slowly breathe in and out three times. Now the experiment begins. This experiment is about consciously distinguishing between the different sensations in your four bodies, or rather to assign the different sensations that are happening inside of you to the right body. There are two ways of approaching this experiment:

Option 1:

Take your time and feel into yourself: What are you feeling right now?

Perhaps something has relaxed in you through the breathing and the silence, and you feel calmer. On which level do you feel more relaxed or calmer? Physically? For example, is it your muscles or your abdomen that have relaxed? Or maybe your mind has relaxed? Has the mental chatter in your head quietened down?

Then just move on to the next sensation that's coming up and assign it to the corresponding body. Consciously observe which of your bodies is having this sensation right now.

Option 2:

Feel directly into the different body levels – one after the other.

You can add to this second option by labelling four pages of A4 with one body each, putting them on the floor and making a journey into each body by standing on the corresponding sheet. Then ask yourself the question: »What am I feeling in this body right now«?

Consciously observe what sensations are present in that body right now and then switch to the next body. While exploring the emotional body, try to translate each of the sensations that are present into one of the four emotional territories (for example: irritated = anger; happy = joy; restless = fear).

It makes sense to try out both options once and then to carry on doing the experiment – as a kind of practice so that you will become more and more confident in the assignment of the body sensations. If you do this exercise regularly, you will notice that over time you also become more centred in your physical body and don't spend all the time in your mind.



Worksheets Experiment 2:

On the **physical level** I sense .../I feel ...:

On the **intellectual level** I sense .../I feel ...:

On the **emotional level** I sense .../I feel ...:

On the **energetic level** I sense .../I feel ...:

Experiment 3: My personal conditioning and stories about feelings

This experiment is about becoming aware of your own conditioning and cultural imprinting in relation to the four feelings. Which stories, opinions and beliefs regarding feelings have you internalised during the course of your life? What experiences have you had in the past which have led you to these assumptions? Ask yourself the following questions:

- What have I learned in the past regarding anger, sadness, fear, and joy?
- What reactions to my anger, sadness, fear, and joy have I experienced and discovered in my childhood?
- As a child, how did I react to the anger, sadness, fear, and joy expressed by my parents, siblings, or friends?
- What do I still think about anger, sadness, fear, and joy today? (Be honest!)
- These days, do I allow myself to be angry, sad, afraid, or glad and to also show these feelings? If not, why not? Which beliefs are keeping me from doing so? Where do these beliefs come from?

Write down the identified beliefs, experiences, and opinions for each feeling, so that you have them clearly in front of you.

And then become aware of the following: Beliefs and opinions are not the truth. They are assumptions, interpretations, and conclusions that you have drawn from your experiences (for example in childhood). Or opinions that you as a citizen of a modern western culture have adopted without examination. They are stories, myths! And these myths have generally led to you consciously or unconsciously cutting yourself off from your feelings.



Worksheet Experiment 3:

My conditioning regarding the feeling of **anger**:

My conditioning regarding the feeling of **sadness**:

My conditioning regarding the feeling of **fear**:

My conditioning regarding the feeling of **joy**:

Experiment 4: Exploration of your own numbness strategies

This experiment is about your personal numbness bar. After you have read the chapter, take some time to reflect on the following for yourself:

Reflection exercise 1

Are there any typical situations, in which you numb yourself in order to not let any feelings come up? If yes, what situations are they?

For example, it could be whenever you are home alone. Or when you have called it a day and are on your way home from work. It could also be the time before you go to bed at night. Or when you are bored or when you have to tackle a challenge. Just look for situations in which you reach for sweets, cigarettes, or alcohol, turn on the TV or reach for your mobile phone.

Reflection exercise 2

The second reflection exercise of this experiment concerns your personal numbing strategies.

What are your preferred means to keep your numbness bar high? How do you manage to be confronted with your feelings as little as possible?

Write down the insights you have gained from both reflection exercises.

And then consciously observe yourself for a while in your daily routine. When you reach for sweets, alcohol or cigarettes etc. just ask yourself: »Why do I think I need that just now? Could it be that I want to numb a feeling with that? What do I feel right now«? For a while, just very consciously deal with the numbing strategies you noted, and whenever possible, leave them out, and observe what happens then.



Worksheet Experiment 4:

Reflection exercise 1:

Typical situations, in which I numb myself:

Reflection exercise 2:

My preferred means to keep my numbness bar high:

Experiment 5: My everyday Low Drama

We all unconsciously play this game. It works like an old computer program. Someone pushes the red button and off we go. Most of the time, you only notice afterwards that a Low Drama interaction has happened – if at all. Equally, it could be that you stay offended for hours, days or your whole life and continue thinking of the other person as an idiot. How did my mother always say: »Self-awareness is the first step towards improvement«! How right she was. This experiment consists of just that: Self-awareness and realisation.

For that I offer you three questions for self-reflection. Again, take some time and answer the questions as honestly as possible. Important: It can happen quickly that you judge yourself for playing Low Drama. Try and consciously avoid that during this experiment (otherwise you are already in the middle of playing Low Drama with yourself!). A sensible approach is to carry out the experiment with the attitude of a curious researcher who wants to find out in a neutral way how the universe works. And if you are getting stuck with answering the questions as a researcher by yourself – because the blind spots in this area are usually particularly large – it is recommended to also ask the people in your environment. They can usually provide you with surprisingly precise feedback regarding how you personally play Low Drama. And here too: Attention, drama alert! Please don't take anything of what you are going to hear personally and resist the temptation to justify yourself. After all, you did ask for feedback, and you wanted to find out in a neutral manner how the universe works. Okay?

And here they are, your three questions regarding your personal everyday drama:

- When and with whom do I play Low Drama?
- In which situations in my life do/did I feel like a victim?
- Which is my favourite role in Low Drama and why?



Worksheet Experiment 5:

Question 1: When and with whom do I play Low Drama?

Question 2: In which situations in my life do/did I feel like a victim?

Question 3: My favourite role in Low Drama is ..., because ...

Experiment 6: Exploring subtle feelings in the here and now

Take a comfortable seated position in the room you are in and breathe deeply in and out three times. Relax. You can also do this experiment with a partner. If so, just sit down opposite each other. The experiment has several stages:

Stage 1

Ask yourself or have your partner ask you: »What are you feeling right now and why«?

And then listen into your emotional body and speak out loud which of the four feelings you are feeling right now and what the reason for that feeling is. For example: »I feel some fear because I am unsure if I am doing the experiment right. And I feel joy because I am here, doing this experiment with you«. Express all feelings that you are feeling right now. If you like, you can repeat the question (let it be repeated): »What are you feeling right now and why«?

After approximately three minutes you can either change roles or, if you are on your own, start the next stage of the experiment.

Stage 2

Now change something in the room that you are in. It works best if you change something that you wouldn't normally do. You could, for example, move a picture on the wall so that it hangs crooked. Or, if you normally keep the door to that room closed, leave it ajar. You could put your watch on the other wrist for once or consciously make a mess on your table or pour some water on your table. Anything that triggers you. And then you ask yourself again or let yourself be asked: »What are you feeling right now and why«? And let yourself be surprised by the feelings that come up – but always stay with the four primary feelings of anger, fear, sadness and joy. The responses should always follow this format: »I feel ... (anger, fear, sadness, or joy) because ...«

One after the other, articulate the feelings that are coming up for you because of the change.

You can then go on for as many rounds as you like, and every time change something in the room. If you are working with a partner, just switch roles in between so that your partner can also explore their feelings.

This experiment is a practice in the conscious inner navigation of feelings. Over time, it puts you in a position of being better able to distinguish between your feelings – even if they are only subtle – and to feel them separately from each other. In addition, you learn to identify the information that is contained in each feeling – this is the “because ...” part.

Worksheet Experiment 6:

Stage 1 – What am I feeling right now in general?:

I feel _____, because _____

Stage 2 – What do I feel because of the change?:

Change 1: _____

I feel _____, because _____

I feel _____, because _____

I feel _____, because _____

Change 2: _____

I feel _____, because _____

I feel _____, because _____

I feel _____, because _____

Experiment 7: Consciously increasing the intensity of feelings

This experiment is about consciously and consecutively going into each of the four primary feelings and slowly increasing the intensity of each feeling. This way you practise the inner navigation of feelings from zero to a maximum of one hundred percent. You can do this experiment on your own or together with another person. The advantage of doing this experiment with another person is that you can obtain feedback in relation on the intensity of the feeling.

First, choose the first feeling that you want to experiment with: anger, sadness, fear, or joy? Sit in a comfortable position, breathe deeply in and out three times and relax. Then let the chosen feeling, for example anger, slowly rise within you. And remember, feelings do not take place in your head or your mind but in your physical body. Let your physical body lead – it works together with the emotional body; it knows how to feel and is also familiar with the different feelings.

The first step is to intentionally generate the chosen feeling. When you can clearly feel the feeling in your body, try, in the next step, to name the percentage of feeling intensity that you are currently experiencing. In the beginning this is normally somewhere between one and ten percent. It may feel a bit strange to do this estimation for the first time. And maybe you even get the estimate wrong at first – that's not a problem. Just speak the percentage that comes to your mind out loud: »I am feeling ... percent anger« (if you are working with the feeling of anger). At the same time notice if everything is okay with you, even though you're feeling that amount of anger. Say the words out loud: »I feel okay with ... percent anger«. And then go to the next step and consciously let the feeling get bigger. Again, pause for a moment and become aware of what percentage intensity of feeling you are experiencing and if you are okay with it. And so on. Go through as many rounds per feeling as you like, and every time let the feeling get a little bigger.

Then switch to the next feeling. If you are doing this exercise with a partner, change roles first.

A few useful tips for this experiment:

If you are doing this experiment with a partner, simply sit opposite each other. Your partner then has the task of coaching you. They encourage you and ask you questions, such as ...:

- »Which feeling do you want to start with«?
- »Okay, so close your eyes and go into anger«.



- »How big is your anger right now«?
- »Are you okay with this much anger? Do you feel alright«?
- »Then let the anger get a little bigger. Go on. Keep going. More«.

Also ask your partner for feedback on whether your stated intensity of feeling seems reasonable to what they witnessed. Trust the feedback!

Feelings also express in sounds or often even in words. Don't hold back during this exercise. Also use your voice in this experiment! It is helpful if you can be a bit louder during this experiment without scaring your neighbours.

With the feeling of anger, it can be helpful to use a hand towel as an anger amplifier. You simply roll the towel up lengthways, wrap your hands around the roll (both hands should be positioned closely together) and wring the rolled towel to activate the anger through your physical body.

In this experiment trust your physical impulses. If you have the impulse to stand up or to lie down or to move into a different position, then follow your impulse.

Try to not mix the feelings but to always stay with one pure feeling. Ask your partner to let you know when you're mixing feelings.

This is not a competition (faster, higher, further) but about learning to consciously navigate internally and to gain a keen sense of intensity for each feeling.

Worksheet Experiment 7:

Getting into the feeling of **anger** at _____ percent

Level 2 at _____ percent

Level 3 at _____ percent

Level 4 at _____ percent

Level 5 at _____ percent

Am I okay with so much anger? -> YES / NO

Getting into the feeling of **sadness** at _____ percent

Level 2 at _____ percent

Level 3 at _____ percent

Level 4 at _____ percent

Level 5 at _____ percent

Am I okay with so much sadness? -> YES / NO

Getting into the feeling of **fear** at _____ percent

Level 2 at _____ percent

Level 3 at _____ percent

Level 4 at _____ percent

Level 5 at _____ percent

Am I okay with so much fear? -> YES / NO

Getting into the feeling of **joy** at _____ percent

Level 2 at _____ percent

Level 3 at _____ percent

Level 4 at _____ percent

Level 5 at _____ percent

Am I okay with so much joy? -> YES / NO



Experiment 8: Identifying parent emotions

This experiment is about detecting parent emotions. Play the investigator and find out which emotions or emotional reactions are not actually yours but adopted from your parents, teachers, the media, social norms, and paradigms.

Following are a few useful questions for your investigation:

- What do you feel afraid of, even though you have not had any personal experience of such a situation?
- What kind of emotional manipulation are you receptive to - for example, when you watch commercials on TV or read the news? When and in relation to what do you feel fear, anger, sadness, or joy?
- What were your parents or close relatives always angry, afraid, sad, or glad about? Is it the same for you? Why?
- When and in relation to what is anger, fear, sadness, or joy common in the culture in which you grew up? Do you know these reactions in yourself as well?
- To which group of people have you ever tried to belong and adopted the feelings common in that group? Which feelings were these?



Worksheet Experiment 8:

Anger as parent emotion:

Anger that I have probably adopted from my parents, other authorities, the media or society:

Sadness as parent emotion:

Sadness that I have probably adopted from my parents, other authorities, the media or society:

Fear as parent emotion:

Fear that I have probably adopted from my parents, other authorities, the media or society:

Joy as parent emotion:

Joy that I have probably adopted from my parents, other authorities, the media or society:

Experiment 9: To give the feeling of fear a different meaning

The point of this experiment is for you to become aware of the meaning you have attached to the feeling of fear up until now, how you have interpreted it and how you have acted out of this interpretation or how you have let it stop you. As mentioned before, it is not fear itself that makes us stop but our fear of fear – the mostly negative meaning that we have wired to the feeling of fear inside of ourselves. The experiment consists of truthfully answering the following questions for yourself:

1. What meaning have I attached to the feeling of fear so far, what terms have I wired to my fear?

Most of the time we have wired fear to meanings such as »dangerous«, »threatening«, »uncomfortable«, »I could die«, »negative«, »bad«, »it hurts«, »uncertainty« ...

Take a few minutes and write down what fear has meant for you? How does fear stop you from doing what you want to do?

2. What would I like to do if my fear didn't stop me, if fear was no longer an obstacle for me?

Note down all the things that perhaps you have always wanted to do but have not yet dared to. All the little and big adventures that are longingly waiting out there for you to make friends with your fear.

3. What payoff(s) have I had up until now from having my fear wired in this way and to not have done those things? What hidden benefits did I have beyond that?

Become aware that your old story about fear did not just give you disadvantages but also payoffs. Maybe you felt safer that way or your life was much more comfortable. Maybe this way you could avoid making mistakes and looking like a fool. What was your payoff?

4. Am I ready to give up this benefit when I begin to rewire my fear with a different meaning in order to use it in the service of love?

This is a simple yes or no question!



Worksheet Experiment 9:

1. What meaning have I attached to the feeling of fear so far, what terms have I wired to my fear?

Fear = _____

Fear = _____

Fear = _____

Fear = _____

2. What would I like to do if my fear didn't stop me, if fear was no longer an obstacle for me?

3. What payoff(s) have I had up until now from having my fear wired in this way and to not have done those things? What hidden benefits did I have beyond that?

4. Am I ready to give up this benefit?

Experiment 10: Differentiating between thoughts – feelings – emotions

This experiment is about not only understanding the distinction between thoughts, feelings, and emotions theoretically, but also to gain practical experience of this distinction.

You can do the experiment by yourself or with a partner. Again, sit comfortably, take three deep breaths in and out and relax. Now choose any object in the room, for example a picture on the wall, a chair, a wardrobe, a lamp – it doesn't matter - any object. Then, one after the other, answer the following questions. If you are doing this exercise with a partner, they will ask you these questions:

- What do you think about this object?
- What do you feel in relation to this object?
- Do you know this feeling? (If yes, talk about/note down the specific situation that you know this feeling from.)
- Is it a feeling or an emotion? (If in question three you found an example from the past, it is an emotion! This will be the case ninety-nine percent of the time in this exercise!)
- Could you also possibly feel differently towards this object? (Now go through the remaining three feelings in this way: »I could also feel angry because ...«)

Here is an example of how to do this exercise: let's assume that the object is a fire extinguisher in the seminar room.

- What do you think about this object? *»It doesn't actually suit the space. It disturbs the overall picture«.*
- What do you feel in relation to this object? *»I feel fear. It reminds me that something bad could happen«.*
- Do you know this feeling? (If yes, talk about/note down the explicit situation that you know this feeling from.) *»It reminds me of the Christmas, when I was six years old, when our Christmas tree caught fire and we had to call the fire service. I was terribly afraid«.*
- Is it a feeling or an emotion? (If in question three you found an example from the past, it is an emotion!) *»It's an emotion – emotional fear from the past, not an authentic feeling in the here and now«.*
- Could you also feel differently towards this object? (Now go through the remaining three feelings in this way: »I could also feel angry because ...«) *»I could also feel anger because the fire extinguisher disturbs the overall picture of the space. Equally I could feel sad because that makes the room look uglier. I could, however, also feel joy that someone has considered our safety«.*

Worksheet Experiment 10:

	Object 1 _____	Object 2 _____	Object 3 _____	Object 4 _____
What do I think about the object?				
What do I feel about it?				
Do I know this feeling? From where?				
Feeling or emotion?				
Could I also feel differently?				

Experiment 11: Practicing the choice between Low Drama and High Drama

This last experiment is about consciously switching between the irresponsible and the responsible feeling, or in other words between Low Drama and High Drama. Here again, it is about having an experience instead of simply understanding the distinction intellectually. You can do this experiment by yourself or with one or more co-experimenters. This experiment is particularly fun with more people. It makes sense to review chapters 5 and 7 one more time before carrying out the experiment, to be able to make the exact distinction. During the experiment you are encouraged to move around the room as that helps to shift into the respective character.

You start with the feeling of anger. You move through the room and initially take on the role of the persecutor in Low Drama. Act out the irresponsible persecutor's anger for one or two minutes. Also use your body language and your voice. You might say things like: »You are so stupid! How can you be such an idiot«! Things that a persecutor in Low Drama would say. Pay attention not to hurt yourself or anybody else. After approximately two minutes you briefly stop and consciously shift into responsible anger – the warrior's or doer's anger. Act out this responsible version as well for one or two minutes with body language and words. Perhaps you say something like: »That's the end of it. I don't want that anymore« or »Come on, let's begin – this belongs here and that belongs there«! Things that a warrior or a doer would say. Become aware of the difference between persecutor and warrior, or between irresponsible and responsible anger. What does each character say, what is their body posture, what gestures do they use and so on? Write it down! When you can't feel the difference clearly enough first-time round, just keep shifting between the two archetypes persecutor and warrior, until it becomes clear.

Then move on to the feeling of fear. Initially act out the irresponsible rescuer's fear for one or two minutes and walk, make gestures, and speak like a rescuer. After approximately two minutes shift into the responsible fear of the magician or the creator. Shift between them until you have internalised the distinction. Write down the characteristic attributes.

You then do the same for the feeling of sadness (victim versus lover) and the feeling of joy (gremlin versus king/queen). Make a note of the differences.



Worksheet Experiment 11:

Typical characteristics of irresponsible perpetrator rage

Typical characteristics of responsible warrior rage

Typical characteristics of irresponsible rescuer's fear

Typical characteristics of responsible magician's fear

Typical characteristics of irresponsible victim's sadness

Typical characteristics of responsible lover's sadness

Typical characteristics of irresponsible Gremlin's joy

Typical characteristics of responsible king's/queen's joy

About the author



Patrizia Patz is the evolutionary crust blaster. As a professional trainer and coach, she has been guiding her clients beyond the limits of their conditioning to more possibilities and authentic aliveness since 2002. She supports private clients in releasing inherent potentials and making them usable in their own lives. With her experience and a toolbox full of unusual soft skills, she helps organizations and companies to discover new forms of cooperation beyond the familiar hierarchical structures and to implement the topic of »New Work« in an individual and everyday way. With her unusual background as a graduate business economist and alternative practitioner, her work specializes on the connection between the heart and the mind, so that her clients regain the power of their feelings in addition to effective solutions.

Contact:

E-Mail: post@patriziapatz.de

Web: patriziapatz.de