

My Emotional Logic activation plan

Thumbs up! Make a start.

Access your FREE Online Introductory Course via the QR code or discounted link: [Access the course](#)



Nine 5-8 minute videos and downloads show how the *Emotional Logic healthy adjustment process* moves you towards personal growth. This is true for anyone and everyone, across all cultures and languages, even moving people with hurts towards *post-traumatic growth*. You can take a quiz to obtain 8 hours of CPD points if this is important to you.

We also encourage you to share these videos with friends and family. This is because situations resolve into renewed life more quickly when all involved make sense of unpleasant emotions in the same way. Your unpleasant emotions are your social radar. They tell you what values are being challenged. Emotional Logic teaches you to read the signals in a healthy way.

And two: touch your index finger!

Going deeper. See inside a small situation of change you once faced.

In your Online Introductory Course (OIC) you have access to a private online *Emotional Logic tools site* account. Have a play there with *the card pattern generator* and the *Loss Reaction Worksheet* - enough to feel comfortable with using them. Please be sure to read the instructions to get the most out of the site. You'll be surprised at how much insight and learning you'll gain.

When ready, recall a small situation of challenge you faced. While you reflect on how you felt as that situation progressed, start drag-dropping orange 'emotional Stepping Stone' cards onto the whiteboard that you intuitively feel arose during that situation. There are no right or wrong patterns. We say, "Don't *tell* me how you feel. Use these cards to show me how you feel." You don't need to use all of them. Be completely intuitive about where you place the cards in relation to each other. You now can learn from your unique emotion card pattern how best to adjust.

Tick the 'Show feelings cards' check box. Drag-drop any relevant green feelings cards onto the pattern wherever they seem to make sense to you. The arrows at the bottom left can also be drag-dropped onto the pattern to show how it developed over time, if your pattern starts somewhere and moves on to other emotions. Once placed, clicking on the arrows rotates them progressively. The app automatically saves what you have done in your own secure account. This shows where your energy to adjust is gathered or scattered or stuck and can be released. Go on to complete a Loss Reaction Worksheet for the same situation. This becomes your 'action planning document'.

Your inbuilt Emotional Logic is turning around *within* the unique adjustment pattern you have just laid out. To learn how, right clicking on any orange emotional Stepping Stone card to see how it fits within the healthy adjustment process. Next, check the 'reveal associations' box. This converts the right click function to showing how your feelings and energy connect with your inbuilt adjustment emotions. Healthy adjustments may give insights to renew relationships.

Three: now touch your middle finger! Look wider.

Others are similar, and also uniquely differ from you and each other.

Buy the '[Emotional Logic casebook](#)'. This shares 15 stories of personal change, and explains how anyone activating their Emotional Logic makes a helpful difference.

Also, next download the FREE [host manual](#). This gives helpful questions to ask yourself about those casebook stories, or to put to a reading group to share and discuss.

Compare your card patterns and Loss Reaction Worksheets with those you see in the book. You may see how uniquely different everyone is in the way they go through situations. This is true even though every human being has just those same seven core adjustment emotions built into their survival mechanisms genetically, just waiting to be activated in a helpful way. That's why we *can* understand each other, and get to know each other's values.

Ultimately, Emotional Logic is a transferable conversational life skill. Now that you know how to activate it, your Emotional Logic becomes your **inner strength** for the rest of your life.

Ring finger four! Apply the method every day.

One of our most experienced Emotional Logic coaches said, "After years of knowing and using Emotional Logic, I think the most important change in me is that I engage with situations much more quickly than I ever used to, because I KNOW that I have something useful to say."

Time and again after courses we hear people say something like, "If only I'd known this twenty years ago, life would have been so different!"

The core question to activate your inbuilt Emotional Logic as you approach any new situation, or recall any remembered one, is, "This may feel... x..., but what am I worried I might *lose* here, or what have I *lost* when getting here?" All of Emotional Logic revolves around the answers you give yourself to that question. **The reason is this:** *You only know what you truly value (what's important to you) when you see a risk that you might lose it.* Your unpleasant loss emotions are not negative! They are vital information to make sense of **the personal values that move yourself and other people.** (Personal values are not the heroic values that organisations ask you to aspire to. They are what is truly important to the inner you. You *are* your list of named personal values! That's your true identity in the world.)

The Loss Reaction Worksheet, where you write down what pops into your mind when you ask yourself that core question, is *your inner powerhouse for change*. Naming *personal values* increases your power of choice for what constructive action to follow. Now you are able to make solution-focused action plans to recover or preserve important core values in the way life shapes up from here. And you can team up with others around by naming the personal values.

Five: little finger hooked with another's!

Liberate your life and set others free along the way!

As you become practised at activating your inbuilt Emotional Logic, you will find you have something helpful to say to others who are facing difficult times. Friends, family, colleagues and neighbours all may notice that something is different about you now. And they like it, we have found.

If you want to take that a bit further, you can become a skilled helper in a workplace, school or community project simply by signing up to an [Emotional Logic Foundation Award](#) course. You'll join a class over eight weeks that has four interactive webinars and some background reading, all based on the OIC you have already seen. If you allow about four hours a week to go through the materials, you'll gain a balanced conversational overview of how everyone adjusts differently. Then you have the insight to say the most helpful thing when you notice any loss emotions arising in them.

A greater sense of *belonging* can grow as people start to use this language of loss to plan ways forward together into sustainable living. These life skills will be needed in the coming decades as climate and environmental change begins to challenge the things and habits we have become familiar with. Activating your Emotional Logic, and sharing its insights with others, can bring about healthy adjustments as a society, so we learn to adapt together accepting how we are all different, and at the same time all the same underneath.



Why not ask a few friends or neighbours to join a casebook reading group?

Or start an online reading and discussion group among your social media communities? The host manual has the questions that will get lively discussions going, whether or not you have done a Foundation Award.

Everyone gains. Contact the Emotional Logic Centre office for more information:
hello@emotionallogiccentre.org.uk.

Or just take a leap of faith and do it, activating a random act of kindness...

