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Let your emotions work for you

Do you sometimes feel that your emotions get the better of you; that unpleasant emotions such as sadness, loneliness, fear or anger are running around in your heart like a bunch of wild horses, messing up your day? Do you fail in your attempt to shake these unpleasant feelings?

Maybe you can use the horsepower behind these emotions to your advantage by harnessing them to work for you, rather than against you.

THE PLAN:

Identify:

One cannot harness a herd of wild horses simultaneously for a cart. Choose one horse at a time to work with. Which unpleasant emotion would you like to tackle first?

Show appreciation:

Any horse expert will tell you that being tough and ruthless will get you nowhere when working with wild horses; it will rather cause them to run out of control. A horse would more likely respond to respect, confidence and support. Rather than fighting and criticizing your feelings, acknowledge the existence of these feelings. Maybe the wild horse of emotion is the bearer of a special message to you and by showing appreciation; the message might be delivered more easily.

What is the message?

Each feeling that we experience, bears a special message. These messages are the armour we use to harness the horses in an orderly fashion to the wagon so that they can pull the wagon in the direction of our goals.

<u>The fear-horse's message:</u>

The horse takes the shape of feelings like anxiety, worry, fear, panic or being afraid. The message he brings is one that reads: "Something is going to happen. You must start PREPARING and making practical plans."

Instead of trying to ignore the fear horse in your life, rather ask: "What practical plans can I make to help change the situation? What can I do more? What can I do less of? Who has the potential to help me with what I may need to prepare for the situation? What practical actions can I take to prepare for and handle the specific situation?"