



Use Your Negative Emotions to Get to a Positive Place

All too often we are not very good at looking at our negative emotions. I see this nearly daily through my readings and life coaching. This happens for a number of reasons, which I will look at below.

Negative Emotions are amazing. They are our biggest indicator of what is wrong in our life, they allow us to truly understand how we are feeling and they allow us scope to work on what we would like to change. I completely understand that we feel that because they are essentially negative that nothing good can come from looking at them, let alone dealing with them.

If we ignore our negative emotions, they will never die....in fact as the saying goes, you are burying them alive and hoping that ignorance will be bliss! I am yet to work with one person where I have seen that this approach works.

Let us look at 3 reasons why we do not look at our emotions.

1. We feel that bad things that have happened are in the past and should stay there:

Yes, when something bad happens we are left with little choice but to try and move forward. I am all for moving forward and living a happy life BUT what if you are trying to move forward and the pain of what has happened is still within your system. It had nowhere to go and ultimately, is going to start hindering your progression. The ideal thing to do here is to acknowledge what has happened, look at how it has made you feel, get clear with it and then you can let go and move on in a more healthy and positive way. The likelihood is that you will progress and get to that happier place.

2. We don't want to burden others with our negative emotions:

This is a very common thing that I hear. We feel that people have their own worries and burdens and that they shouldn't be "burdened" by ours. It is of course true that everyone has their own stresses and negativities to worry about but once you are not continually using a friend as a sounding board with no self-awareness, talking through your problems with someone is so helpful. You will feel lighter and more free from releasing it. If you feel you genuinely have no one you can speak to, then look to other alternative supports like a counsellor or therapist.

3. We feel that there is no solution to our problem so what is the point on focusing on it:

Again, similarly to what I wrote about in No. 1, holding negative emotions in and not looking at them will always create a hindrance. It might not be occurring now but at some point it will manifest in your life. More often than not solutions don't always appear immediately but by allowing our emotions to show us how we are feeling and what is going wrong we can get an indication of what needs to change, we release the heaviness of the emotions and we can then allow ourselves the time to see clearer and allow the solutions to present themselves when we are ready.

By using our negative emotions wisely we will crack the code to living a happier life. You can do this with compassion for yourself, for those around you who might be contributing to your negative emotions and by looking at your emotions from a positive perspective ~ a perspective that helps you be happier.