EMOTIONAL SELF MASTERY

The Best Book on Regaining Personal Power, Self-Confidence, and Peace

By Cheryl C Jones

"I'll teach you how to clean up your stinkin' thinkin' and negative self-talk, so, you can master not only your emotions but your life."

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Dedication

To those who have felt stuck, frustrated or emotionally imprisoned by negativity and longed for a solution.

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Disclaimer

The purpose of this book is to help you develop greater self-awareness and control over your undesired thoughts and emotional responses to events, people, and situations, so that you easily build the life you wish to live and readily reach your goals. This book is intended to be a resource that encourages, informs, and inspires. It is in no way meant to replace the advice of qualified medical or other health care providers.

The stories contained within are based on true accounts and personal experiences. In many cases, the names of those involved have been changed to ensure privacy.

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Foreword By Dr. Joe Vitale

One morning early in 2018, I told a small group of professional speakers about my career as an author. They knew about my movie appearance in The Secret. They had a basic knowledge of my line of books, with *The Attractor Factor* and *Zero Limits* touching many.

But they didn't know the whole story. I mentioned that one of my early books was a sixteen-page pamphlet called *Turbocharge Your Writing*. I considered it a booklet, but customers called it a book. It was also reviewed in major magazines and became an early bestseller for me.

One woman in that group of speakers heard me and thought, "I can write 16 pages."

Inspired, she started writing. She went beyond sixteen pages. A short time later she completed a full-length book. This one. You're holding it now. And it's outstanding.

That's the power of Cheryl Jones. She heard me speak and she took action. But the story doesn't stop there. She's also influenced me, too.

At another speaking event, I mentioned I was working on a book that I had not finished. In it, I talked about strongman training, where you learn to bend nails and horseshoes and do other "impossible" feats of strength. Cheryl was in that audience, too.

While I was talking, Cheryl blurted out, "I'd buy that book right now."

I stopped my presentation, stunned.

"Really?" I asked.

"Yes. I'd buy ten copies of it."

Because of her enthusiasm, I finished the book. It's called *Anything Is Possible*. And I gave Cheryl ten copies of it.

As you can see, she influenced me, and I influenced her. And the best news of all is, she can now influence you.

Her book is inspiring. And informative. A cheerleader and coach for your mind and soul. It's written clearly and shares tips, tricks and techniques you can use right now to have "Emotional Self Mastery."

Read it and turbocharge your life because Anything Is Possible!

Dr. Joe Vitale, www.MrFire.com

How to Get the Most from this Book

As you read this book, allow it to be a resource, a well-spring of possibilities from which to draw a refreshing drink. As harmful thoughts and emotions, negative self-talk, and undesired energy come into your awareness, use the tools within to help you deactivate and eliminate them from your psychic and energetic fields. Doing so regularly will decrease your negative reactions, build your self-confidence as a master of your emotions, and give you greater peace.

When you start cleaning up your thinking and eliminating negative emotions, you will begin to realize that you are more than your feelings. You'll more readily recognize your gifts, talents, hopes, and dreams. Your life will become a stark contrast to the life you previously lived. Magical things will begin to naturally happen as you neutralize the harmful negativity within. You start to live more from your heart, free from false beliefs and misinterpretations. Your everyday experience brightens. You'll feel more hopeful and will hold positive expectations for every situation. Good things will easily come your way.

I have applied and had success with every one of the techniques listed in this book. I've used them to neutralize a host of major and very common issues, such as fear of abandonment, self-judgment, lack of confidence, low self-esteem, poor spelling, low self-worth, constant complaining, frequent illness, headaches, and mild depression. Cleaning up my emotional and energetic fields has resulted in:

- Increased self-awareness
- Self-acceptance
- Greater self-confidence
- Living more authentically
- Self-assuredness
- Feeling comfortable in my own skin
- Increased polite-assertiveness
- Additional ideal clients

- More enjoyable work
- Greater passion in my relationship
- Increased appreciation of others
- Improved patience and understanding
- Loving relationships with my children
- Achievement of goals
- More laughter and joy
- Greater personal peace

What I have learned is that quite often one specific technique will be the perfect antidote for the pain or frustration you are experiencing. At other times, that same technique may not be as effective. If this occurs, simply try a different one. However, before you implement any of the methods, take a few moments to clearly define the feeling, the pain, or the issue as best you can. One of the best ways to force yourself to be clear is to describe the issue in writing, and then list all the feelings and thoughts associated with the issue. Describing it in written form will force you to use precise language. The more precise you are, the more effective the technique, and the better the results.

As you read the chapters that follow, you will find that each chapter includes a story. The story is intended to put the technique in context of how it may be used. Most stories also include the results the person achieved by using the technique, so you can know what kind of outcome you might expect. Of course, results vary. You may receive something even better than what the person in the story received. Two common reports from those working with these techniques include that their confidence soared, and they reported feeling "calm." As they became more self-aware and became a master of their emotions fewer things bothered them, they felt happier more often.

From personal experience, I can tell you that since I started dissolving my own negative emotions and limiting thoughts, barriers, and beliefs, I feel more positive, confident, and in control of my life. Resolving the persistent, unsupportive assumptions and self-talk caused me to feel that there were more possibilities than ever before. I've also noticed an increase

in the number of wonderful opportunities coming my way since I started improving my emotional state and my thinking.

These techniques have positively influenced my perspective of the world and my place in it. They have helped bring me out of a pattern of self-doubt, depression and despair. Today, I feel optimistic, hopeful and happy ninety-eight percent of the time. Because these tools were so effective, I continue to use them regularly to maintain a positive attitude and a feeling of joy. It is because these tools worked so well for me that I truly believe they will work well for you, too.

Are you ready to master your emotions and feel enough? Let's get started!

Introduction
Mastering Your Emotions

As Pollyanna as it may sound, my mission in life is to bring greater peace to the world, one person at a time. When I say, *peace*, I mean *peace* within an individual, organization, or business so that each can contribute fully and joyfully.

Cultivating personal peace and ultimately, personal power and confidence, is challenging when we live in a society that continually fuels self-doubt and destroys self-esteem with criticism, bullying, and blatant disrespect. We witness ugliness in politics and in corporations. In business, employees spontaneously throw one another under the bus just to divert the boss' attention. Cultivating personal peace begins with learning to reclaim your own power and self-confidence through emotional self-mastery. Becoming a master of your emotions means not only recognizing when you have been triggered but also means choosing how you will react and feel. Emotional self-mastery places you squarely in control of yourself, your feelings and your power.

At one time or another, everyone experiences feelings of frustration, hurt, helplessness and even self-pity. These negative feelings become problematic when they're experienced on a frequent or ongoing basis. Receiving regular verbal jabs or sarcastic quotes from a spouse, a parent, or coworker reinforces an individual's secret fear of unworthiness. The more the fear is reinforced, the more believable it becomes, and the more the individual starts to criticize herself.

The longer you allow negative thoughts and emotions to linger, the more you will convey the same negative energy to those around you. Experiencing emotions of a low vibration, like anger, guilt, or shame on a regular basis will draw similar negative energy to you. If this pattern continues for some time, you will find yourself stuck in a constant low vibrational state of harmful thoughts and unsupportive self-talk. When you are stuck in this kind of negative energy pattern, it undermines your confidence and causes you to act in ways that are not congruent with your true-self. Changing your thoughts, emotions, and self-talk is possible. It

requires self-awareness and deliberate action to shift yourself to a higher vibrational frequency.

Shifting your thoughts and emotions is what this book is all about—innovative techniques to transform your thoughts, emotions, and self-talk out of the lower vibrational emotions such as sadness, helplessness, and anger, to the higher vibrational emotions of contentment, confidence, and optimism. This transition makes it easy to love your life again.

I recommend that you experiment with and practice these techniques regularly. Before you know it, you'll strengthen your control over your feelings and become a master of your emotions. You'll feel happier, more relaxed, and more joyful. You'll have more energy, excitement, and enthusiasm for all aspects of your life. Other positive people will gravitate toward you, while negative people will fall away.

Are you ready to experience more joy and happiness in your life? Is it time for the negativity in your life to get the heck out? Are you willing to take charge and master your emotions so you can live more balanced and free?

Great! I thought you would say—yes. Let's get started!

The Influence of a False Assumption
My Story

I believe that some of the very best teachers are those who have the first-hand experience of what they set out to teach. Therefore, I am sharing that which I know personally.

Negative thoughts and emotions, and how to change them, is a subject I know plenty about. From an early age, I struggled with self-defeating thoughts and emotions. My challenge began with an assumption formed right after my birth that I had been abandoned. That assumption led me to hold two core beliefs: I'm not good enough to be loved, and I must please others to receive love.

This may sound weird, but I can remember events from the day I was born. I don't mean the birth process, but events that happened in the hours following my birth. My arrival was difficult for my mother. To make matters worse, she was ill (with what, it is not clear). Adding to the challenge, she suffered a broken tailbone. The delivery, illness, and tailbone made it hard for her to care for me in the hours immediately following my birth. Because the nurses were concerned about my under-developed immune system, they quarantined me to the nursery for the first day and a half. During the time alone, surrounded by unfamiliar sounds and faces, I concluded that I had been abandoned. Unfortunately, this conclusion was not easily overwritten even after I was released to go home with my parents. Instead, the false assumption became subconscious programming that ultimately led to my fear of being left behind.

It wasn't until I was in my early twenties that I learned about the details surrounding my birth. I was working with a counselor to figure out why I continued to feel depressed, uneasy and generally disenchanted with my life. At that point, I should have been having a ball. I was in college. I was working, making enough money to pay bills and still play on the weekends. But I wasn't happy. The counselor invited me to try something called regression hypnotherapy. She explained that it was a little like hypnosis, but the client is totally aware throughout the process. I agreed, and we began. I was willing to try just about anything to feel better.

I don't remember the exact details of the process, but what I do remember is that I identified the main feeling as abandonment and her asking me to

remember a time when I experienced that feeling. After I had located an event in my teen years, she asked me to find another event that was before the one I had just recalled. She continued to ask me to find an earlier and earlier event until I remembered the day I was born. I could recall each event as if it had taken place yesterday. I could see all the details in my mind. I could remember being in the nursery looking up at the fluorescent ceiling lights. I could see the sides of the plastic bassinet. I could recall thinking that no one was coming back for me. That was the day I began to write the story that I had been abandoned.

A day or so after meeting with the counselor, I visited my mother to ask her a few questions about the day I was born. Without prompting or suggestion, she shared that the day she went into labor, she was sick and was in a lot of pain. Because of all the complications, she was unable to care for me. She went on to explain that I spent a lot of time in the nursery as the doctors tried to get her infection and pain under control. This information validated what I recalled in therapy and explained my fear of abandonment but did not resolve the issues.

Even though I understood what caused the false belief, I didn't have the knowledge or skill to change my interpretation. Nor did I recognize how it influenced in my daily life.

I continued to struggle with the fear of not being enough and of being abandoned. These beliefs took a toll on my relationships and career. Holding these beliefs caused me to crave attention, to look for acknowledgment, and to live in a constant state of trying to please others. I read self-help books, went to counseling, and attended intensive workshops and retreats to try to resolve my problem. Gradually, things improved as I learned to master my emotions and release false beliefs.

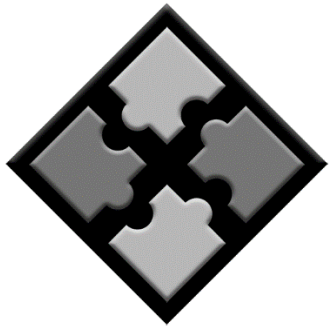
My job today as a professional speaker, trainer, and personal coach affords me opportunities to work with individuals of all backgrounds and careers. Many of whom have shared their own stories of struggle. Those stories often echoed the experiences I faced at one time or another. Don't get me wrong. I don't believe that all these people suffer from abandonment. However, it is likely that they too carry false beliefs that have skewed their expectations of themselves and the world around them.

More than ever, people are acting out their unhappiness, frustration, and hurt. They find fault, fight with others, and engage in behavior that is self-sabotaging. They blame their boss, coworker, or spouse. They set low expectations for their own performance, avoid learning new skills, and wait for

someone else to take the initiative. Then, they complain. They say they are mistreated and claim ethnic or gender bias. Yet, if they were to take an objective look inside their own minds, they would soon see the one treating them poorly, is themselves.

It begins within. When we learn and practice emotional self-mastery, we will live more peacefully and attract positivity into our lives. We also regain our personal power and self-confidence. And, who doesn't want that? Join me. Won't You? Turn the page to get started.

Section One
Emotional Self-Mastery Leads to Happiness



Emotional Self-Mastery Assessment

How well do you know yourself? I expect that you would say, "I know myself pretty well." But do you? Do you know yourself well enough to know what things trigger a negative emotional response within you? Are you able to recognize the thoughts that cause you grief? Many people are aware of *when* they get emotionally triggered, but few are aware of the thought patterns *behind* the triggers, which were actually the originating cause of their emotional discomfort.

Let's look at what may be triggering you. Think about your answers to these questions.

- Do the actions or words of others easily affect you emotionally?
- What do others do that causes you frustration or anger?
- Do you have a co-worker who drives you nuts?
- Does your boss, family member, or partner say things that get under your skin?
- Have you ever been told that you're "too sensitive"?

Take the following self-assessment to help you determine how often your emotions are running your life. It will also give you an idea of how well you manage your responses to negative triggers. Using a scale of 1 to 5, rate each statement to indicate how often you've experienced the feeling or scenario.

Rating Scale

1. 1 Frequently
2. 2 Often
3. 3 Occasionally
4. 4 Rarely
5. 5 Never

1. How often do you feel overwhelmed at work or at home?
2. With what frequency do you get irritated by the actions or attitudes of others?
3. How much of the time are you trying to make others happy?
4. How often do you fight or argue with a partner or a family member?
5. How frequently do you feel that your life or destiny is out of your control?
6. How often do you complain about family members, your partner, or work?
7. How much time do you spend telling others what's wrong with your life or relationship?
8. How frequently do you become defensive when others correct you?
9. How often have you been told that you wear your feelings on your sleeve or are too sensitive?
10. With what frequency do you feel like you'll explode in either anger or tears?
11. How often do you become mad at work?
12. How often do you criticize your appearance or your body?
13. How often have you hung on to an unhealthy relationship for fear of being alone or never finding someone else?
14. How often have you been involved with conflict or controversy at work, with neighbors, or with friends?
15. How often do you blame others for you not meeting expectations?
16. How frequently does teasing from co-workers or friends get under your skin?
17. How often do you lose your patience with a co-worker, boss, or family member?

18. How often have you had the thought that you are not living the life you deserve?
19. How often do you cut others off when they are talking?
20. How often do you worry about feeling rejected by someone important to you?

Your Emotional Self-Mastery Score

Total the points for each of your answers to determine your emotional self-mastery score:

80 or higher - **You're a Super Star!** – You have a high level of self-awareness and are likely on your way to emotional self-mastery. You are not easily triggered by the actions, words, and attitudes of others. You likely take the behavior of others in stride and not personally.

70 – 80 - **You're Better Than Most, Good Job!** – You have an above-average level of self-awareness and are making headway toward emotional self-mastery. Continue to stay conscious of your thoughts and assumptions, and recognize the role they play in triggering your emotions.

60 – 70 - **You're Doing OK, Could Be Better** – You are ripe for more happiness. There is room for increased self-awareness. You may want to make a list of the things that cause you the most frustration and apply the techniques in this book to learn how to avoid getting triggered so often.

60 or below - **You're Struggling, Aren't You?** – You are likely experiencing many emotions daily, and you may feel out of control at times. Be aware that your emotions may be a liability in your interpersonal relationships and could be causing you problems at work and home. You may want to seek professional assistance to dissolve the internal anger, hurt, or resentment that may be causing you frustration. The techniques you find within this book will help you get started. Good luck!

For more information on how you can master your emotions, go to Amazon.com to purchase the book. You'll learn about vibrational frequencies and their roles in your emotions. You will also gain 12 techniques to start rewiring your brain to increase your success and happiness.

I wish you the very best!

Cheryl C Jones, Author, Speaker, Coach