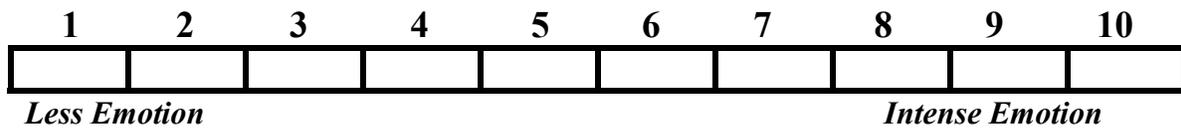


THE EMOTIONAL MEASURING STICK



The purpose of the emotional measuring stick is to learn how to experience and express emotions moderately. Many times we just feel what we feel and there is too much or too little emotion associated with the experience.

Sorrow

We may feel too much sorrow over a situation at work. If we start to judge what situations in life would be a #10, like a death in the family, an unfavorable health diagnosis, or an attack on one's physical safety we begin to see that we have too much feeling for this situation.

Fear and Panic

This works well for fears and panic. If one is have a panic attack and they are in a safe situation, i.e. there is not bear ready to attack them, we see that the feeling is a 10 when it should be lower. Our feelings give us information about what is going on around us. But, there are many factors which can affect feelings that sometimes affect how much we feel. Sleep, exercise, food, time of day, our beliefs and thoughts all affect how much we feel.

Anger

This is a great tool for dealing with anger. Most problems with anger is that we express too much. There is too much expression which tends to blow people away. No one moves towards someone who is really angry. We tend to disconnect and distance ourselves from it.

Examples:

A couple is arguing over a situation about their son. If the anger expressed is a 8, this might be appropriate if the son is having trouble with drugs, has stolen and car and is sitting in juvenile detention. But if with this much anger, it is usually not helpful to express it as it tends to disconnect us. You might ask why is it not higher? We need to save the 9 or 10 for things like: "someone is raping someone," or there is a "serious injustice." If we express too much anger too much of the time, we are like crying wolf. There is no more room to express a greater intensity. On the emotional measure stick there is no room for abuse. Throwing things or shoving someone is not a 10, while not doing those things is a not a 2. The scale itself is a full healthy expression of feeling. When we go off the charts with the feeling, this is something else.