



# THE MASTERHEART

Men helping one another to thrive in relationships

# HOLDING the PARADOX:

How to **transform** negative emotions  
quickly, deeply *and* permanently...

# PART 1: ID TRIGGER + CHOOSE FOCUS

## WHY IDENTIFY your TRIGGERS?

I cannot transform something I refuse to see. Naming it is the beginning of taming it. Knowledge is the *gateway to power*.

| <b><i>My TRIGGERS</i></b>   | <b><i>Emotion</i></b>   | <b><i>Intensity = 1 - 10</i></b> |
|---|---|----------------------------------|
| <input type="checkbox"/> SAFETY<br><input type="checkbox"/> Betrayal trust<br><input type="checkbox"/> Abandonment<br><input type="checkbox"/> Confidence   | <input type="checkbox"/> DISTRUST<br><input type="checkbox"/> FEAR<br><input type="checkbox"/> DOUBT  |                                  |
| <input type="checkbox"/> FREEDOM:<br><input type="checkbox"/> Too Needy<br><input type="checkbox"/> Too predictable   | <input type="checkbox"/> ANGER<br><input type="checkbox"/> SUPHOCATION<br><input type="checkbox"/> BOREDOM  |                                  |
| <input type="checkbox"/> POWER:<br><input type="checkbox"/> Bossy<br><input type="checkbox"/> Controlling<br><input type="checkbox"/> One upping            | <input type="checkbox"/> ANGER<br><input type="checkbox"/> FRUSTRATION<br><input type="checkbox"/> SHAME (ie: WEAK, INNADEQUATE)<br><input type="checkbox"/> GUILT                            |                                  |
| <input type="checkbox"/> LOVE:<br><input type="checkbox"/> Rejection<br><input type="checkbox"/> Disapproval<br><input type="checkbox"/> Jealousy           | <input type="checkbox"/> HURT<br><input type="checkbox"/> SADNESS<br><input type="checkbox"/> SHAME (ie: Not good enough, Unloveable)<br><input type="checkbox"/> JEALOUSY                    |                                  |
| <input type="checkbox"/> IMPORTANCE:<br><input type="checkbox"/> Critical<br><input type="checkbox"/> Inattentive<br><input type="checkbox"/> Self-absorbed | <input type="checkbox"/> HURT<br><input type="checkbox"/> SADNESS<br><input type="checkbox"/> ANGER<br><input type="checkbox"/> SHAME (ie: NOT IMPORTANT)<br><input type="checkbox"/> ENVIOUS |                                  |
|   |   |                                  |
|   |   |                                  |
|   |   |                                  |

# WHY transforming PAINFUL EMOTIONS *quickly and effectively* matters:

1. The longer we feel a painful emotion *without* resolving it, the deeper it's roots take hold in our inner soil (nervous system).
2. **WARNING:** The most common reaction is disconnecting from our bodies. This is a quick way to AVOID the pain but does not resolve it. Only increases FEAR of the pain as well as disconnecting us from our body (source of all POSITIVE emotions and felt intelligences).
3. We were not taught how to resolve and transform negative emotions quickly and effectively growing up. Doing so, at any time, especially now, is a game changer -- that reaps benefits in every aspect of life (home, work, play, finances, etc.).

What would be the positive impact for you if you learned to do this and if you already know how, to get better at doing it more quickly and deeply?

**Next, lets** establish what you will do IF you get triggered with strong emotions and either STUCK in them (flooded and overwhelmed) or wanting to ESCAPE them (getting heady - distant).

## My RESET Button

*How do I reset my nervous system when I am over or under aroused?*

| <i>Reset Button</i>                      | <i>How I like to do it...</i> | <i>Outcome?</i> |
|--|-------------------------------|-----------------|
| <input type="checkbox"/> Breathing:      |                               |                 |
| <input type="checkbox"/> Grounding:      |                               |                 |
| <input type="checkbox"/> Penciliculation |                               |                 |
| <input type="checkbox"/> Movement:       |                               |                 |
| <input type="checkbox"/> Shaking:        |                               |                 |
| <input type="checkbox"/> Tapping:        |                               |                 |
| <input type="checkbox"/> Heartfulness:   |                               |                 |
| <input type="checkbox"/> Other:          |                               |                 |

# HOLDING PARADOX

## 1. CONNECT to NEG. Felt Sense (hold in non dominant hand)

GET SPECIFIC and identify...

Colour...

Shape...

Quality...

Emotion...

Size...

**INTENSITY:**

## 2. Evoking IDEAL Felt Sense (hold in dominant hand)

GET SPECIFIC and identify...

Colour...

Shape...

Quality...

Emotion...

Size...

**INTENSITY:**

*DEEPEN this state by focusing on...*

*Impact on Self...*

*Impact on Partner...*

*Impact on Relationship...*

**INTENSITY**  
After answering  
deepening questions

### 3. HOLD the PARADOX

Hold the two hands holding the two states together and notice...  
WHAT EMERGES...?

And when you wish to stop or take a pause, be sure to note...

Remaining Strength of NEG. EMO...

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | 0 |
|---|---|---|---|---|---|---|---|---|---|

POTENCY of new STATE emerging...

|   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

# Part 2: TAKING it HOME + Increasing IMPACT

## SET UP CUE + MEANING

1. Go to your PARTNER or a TRUSTED FRIEND.
2. Let them know (ahead of time if possible) that when they see you or if come to them with your HANDS CLASPED, it means:
  - a. That you are TRIGGERED by something that evoked powerful NEG. EMOTION.
  - b. You are now in the midst of holding the NEG. EMOTION and helping to transform it with another more powerful state.

## ASK for VALIDATION

When they see you Holding the Paradox, ask them if they would be willing to validate you by saying something like the following to you...

*I see and appreciate that you are taking  
100% responsibility for yourself, inside and out.*

## Set-up more SUPPORT

Ask them if they would also do this in the moment...

Ask you:

*"Is there any way I can  
support you now?"*

Just do the following...