

# Paul Solomon Lectures

## Emotions

### NINE STEP PROCESS

#### THE NINE-STEP PROCESS FOR MASTERING EMOTIONS

**This outline of the Nine-Step Process is designed to be used as a Guide in assisting another in using the Process or in using it yourself.**

##### **STEP 1. RECOGNIZE YOU ARE BEING EMOTIONAL**

Determine the earliest moment of recognition that you were not feeling as you would like to feel. Notice where this disharmony is expressing in your body.

##### **STEP 2. LABEL NEGATIVE EMOTION NEGATIVELY**

Describe your emotion as being socially unacceptable, which it is. Use the list of Emotions Definitions for this Step.

##### **STEP 3. ACCEPT RESPONSIBILITY FOR YOUR EMOTION**

Assume total responsibility for your decision to express an emotion. Realize that it was your choice; that you can choose to respond whatever way you choose regardless of what “they” did.

##### **STEP 4. IDENTIFY THE CATALYST**

Ascertain the exact incident or communication that caused you to decide to respond with an emotional reaction. Describe this experience objectively. This catalyst is What you used to call the “cause” of your emotion.

##### **STEP 5. IDENTIFY THE CAUSE**

The real cause of your emotional reaction is a belief that you hold about the catalyst. Because of your belief about the catalyst, you feel you must respond in a certain way to get a particular result or to rectify the situation.

##### **STEP 6. IS YOUR BELIEF VALID? DOES IT SERVE YOU?**

Now examine the validity of the belief. Is your belief about the catalyst rational? Does this belief serve you? Does this belief bring more joy into your life? If it doesn't, decide to get rid of it.

##### **STEP 7 IDENTIFY THE CARROT**

What is the cause/effect relationship of your emotional reaction? What did you hope to get?

**STEP 8. DID YOU GET YOUR CARROT?**

What is the cause/effect relationship of your emotional reaction? Did the emotion produce the result you wanted? If not, what did it produce instead? If it did produce what you wanted, do you still want that result?

**STEP 9. NEW RESPONSE**

If the emotional reaction did not work for you; if it caused suffering to yourself and the other person, you will want to choose a new response to bring the desired results. Make a decision. What can you do to make your life work more effectively?

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