

How to minimise bad emotions

1. Most importantly see the bad feeling for what it really is. Put it under a microscope. Thoroughly analyse the process of bad emotions and this will lead to a gradual change in perspective. If we saw the different elements of the bad emotion when we felt bad, we should be able to see that we are currently engaging the Bad Function, therefore a) perceiving an interruption in desire and then b) pretending to feel bad (dispensing to ourselves a 'uncomfortable' chemical) because we want this changed. As babies this sensation made us act in a certain way, which then caused someone else to intervene and affect change. The process stems from a time when a state of equilibrium was the only acceptable state for us as a baby. When we realised 'attractive' things were introduced to our experience, we modified the process and induced a state of disequilibrium when we were unable to interact with these attractions. This meant we felt bad and expressed this bad feeling to prompt intervention.

Every bad feeling is covered. Even if there was something that everybody agreed was bad actually happening, feeling negatively in reaction to it isn't the best response. The bad event is possibly beyond our control but how we respond to it isn't. We're compelled to feel bad because of the Bad Function but how we then respond to that is up to us.

2. Recognise the Bad Function is so ingrained that it will continue running even if you know of its existence and want it to stop, i.e. you will often feel bad when you think something isn't going your way. This process will run unless you make a series of concentrated efforts to replace it with a program that's more sensible, taking all things into consideration.

An iron-clad association was made between feeling bad and getting our own way when this process was run over and over until it became an integral and very frequently used aspect of our behaviour. The process is now far from ideal but its existence proves every moment the brain is doing what it knows best to actualise our desires and remove any obstacles to it. It is now operating in spite of itself so has to be updated so it can do something else to ensure desires are met. To do this we have to break the existing chain of subconscious commands:

3. Separate your emotions from the events that are triggering them: you don't have to feel a certain way because you witness or imagine a certain event. You don't have to be scared whilst watching a horror film on TV. You don't have to be angry because someone queue jumped. You respond in the way you do because of habit. Think about a bad memory or thought and try to break the 'normal' association between the chemical and the event.

4. Separate your behaviour from the chemical: you don't have to automatically engage in certain types of behaviour just because you feel a certain way, e.g. you don't have to say anything to the person who queue

jumped. If you can't easily break the association between the chemical and the event, see if you can break the association between chemical and consequent behaviour. This is the equivalent of ignoring the feeling of fear that comes from seeing a spider and picking it up. Of course you won't feel comfortable doing it but even doing it just once will without a doubt prove that you are empowered above your chemicals, not enslaved by them.

This also goes for good emotions, you don't have to engage in a certain activity because of a good chemical. The quicker these associations are broken, the quicker we will be able to choose how we feel and act instead of being automatically prompted by habit or routine. Start doing things you previously disliked and stop doing some things that you like for a certain period. I'm not suggesting you start engaging in unlikable acts or routinely denying yourself pleasures but disobey your yes and no motivations enough times for you to see how frequently your actions/thoughts are guided by chemical-based programming instead of choice.

5. Surrender yourself to the fact that on a daily basis, events aren't going to go your way. This includes people doing or saying things or acting in ways that you disapprove of or being presented with situations that aren't to your liking. This also includes being in situations where you're unable to act how you think you should. Because the Bad Function is so engrained, you are going to feel bad if these things actually happen or even if you merely imagine them happening, i.e. you can feel bad about past events or worry about things in the future with the same emotional intensity. Think about the bad event itself. Is there anything you can do that will make things better? Acknowledge that feeling bad at the same time isn't the best solution.

6. Question your symbols of contention. Why are you focusing on this instead of something else? There are an infinite number of things you could be thinking about.

7. Acknowledge you're feeling bad because this symbol of contention is triggering a negative concept. You can neutralise that immediately by thinking about counter and pro concepts. If you're feeling a -2 emotion, focusing on a +2 or above concept will cancel it. There are general and specific counter and pro concepts. An example of a general counter concept would be to realise that the thing that you're feeling bad about doesn't matter in the big scheme of things: it's just a present desire for whatever reason. There's a strong chance that you won't even remember what this thing is in the near future, much less a year from now.

Specific counter concepts would be alternatives to concept/symbol that's presently obstructed, i.e. if you missed a train, the thought of the next one coming soon could diminish bad feelings depending on specifics of the journey. If you felt bad about not getting a job, you could feel better about the thought of now having the opportunity of getting a better job that pays more money.

Counter/pro concepts are remedial, i.e. there to solve a problem that has already emerged. Ideally we want to be preventative and you can do this by familiarising yourself with the Bad Function and getting to know it inside out so that when bad feelings come up, you're able to gain rational perspective on the supposedly 'bad' thing as quickly as possible.

8. You can use analogies/metaphors to gain a more rational perspective on the supposedly 'bad' thing if you're not too distracted by the fact that you want something and are apparently unable to get it.

Double analogy

Analogies/metaphors can be preventative and remedial as they can alleviate bad emotions before the bad event or during and after. The first of two analogies I've found most useful is the fact that some Japanese soldiers continued to fight in the Philippines long after WWII had ended. This was because nobody in authority had told them about Japan's surrender. The soldiers were doing a job but that job became obsolete because the situation changed. People tried to tell these soldiers that the war had ended but because these messages didn't come from the soldier's superiors, they were not believed. The soldiers were very disciplined so wanted to do the best job they could so they continued to carry out their orders. The commanding officer of the last surviving soldier had to be tracked down and taken to the person so he could tell him to finally surrender – the war had been over for 29 years.

This is similar to bad emotions for adults because the process is obsolete. Knowing this we can tell ourselves to stop but the command has to come from an authoritative source in a way our subconscious clearly understands. The analogy/metaphor that has so far carried the most authority for me was a magician doing tricks. When I felt bad I knew I was just *pretending* to feel bad but that didn't stop the pretence working so I was sucked into it and had to play it out. I dispensed to myself a drug that felt uncomfortable, which usually forced me to engage in a certain type of 'negative' behaviour/thinking. I questioned why I was still able to fool myself to that extent since I knew full well that it was just a trick. I then equated an adult continuing to 'feel bad' when they know the mechanics of the Bad Function with an audience being fooled or 'wow'ed by a magician even though they know how the trick works. From that moment on, I knew I was not going to be taken in and led by the trick in the future. I might still feel what could be considered a minus but since I can more clearly see the intent behind the process and the feeling, the chances of falling for its spell again are very slim. After realising that, I was able to act how I wanted instead of being automatically forced to act in a certain way. If the Japanese soldiers/illusionist analogies don't work for you, try to generate metaphors and analogies that will.

SUMMARY

1. **Recognise the bad function** at work and see the elements. The bad feeling is the chemical we instruct ourselves to feel because there's something going on that we don't like. We feel bad because we want it changed and this used to work.
2. **Realise this desire actualisation** program is now habitual and apparently out of conscious control. De-program so it can resume actualising desires more effectively:
3. **Acknowledge you are** subconsciously **choosing to feel a certain way** because of an event. You can feel any way you want to about it including indifference.
4. **Acknowledge you are** subconsciously **choosing to act in a certain way** because of how you're making yourself feel. Break existing associations so you have more choice of how you feel and how you respond to events. Don't do things automatically, choose to do them.
5. **Acceptance is a big factor:** come to terms with the fact that events meeting your disapproval will emerge often. Is there anything you can do that will improve the situation, if not, accept it and move on.
6. See if you can **change** your **symbols of contention**.
7. **Counter concepts are pluses** that can transform the minus you're feeling when you're feeling bad.
8. **Use analogies and metaphors to accurately portray what is actually going on.** Adults continuing to use the bad function is the same as soldiers fighting after the end of WWII. Feeling bad because of the bad function even though you know of its existence is the same as falling for a *self-made* illusion even though you know it's an illusion. Familiarise yourself with the parts, the illusion will be less effective the more you illustrate it.

Bad emotion is the first step of a 'manipulation for self-preservation' plan and that is all. Every other reason we've been given for bad emotions are things we've added after failing to realise this baby-orientated fact. Try and prove it wrong, think about a time when you felt bad about something and couldn't immediately identify something you wanted changed. If the trigger isn't immediately identified, search harder. It will be there or there will be absolutely no reason to prescribe to yourself the bad chemical you're currently feeling.