

understanding emotions

Posted by simonsamuel - 05 Nov 2013 15:17

when you are on a way to....you know what...just think of two things:

- I have the freedom to do that, but I have also the freedom NOT to do that

- what kind of emotions lying there: solitude? fear? anxiety? try to analyse these emotions at these very moments and you will see that they will disappear. To understand what is vital for you at these moments will prevent you to do ...you know what

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Re: understanding emotions

Posted by cordnoy - 06 Dec 2013 11:14

any particular reason you are knocking everything on this site?

you're here for several minutes, and nothing is correct!?

there are many people here that have improved drastically based upon the behaviors and methods they have learned here.

Welcome to the group.

Perhaps you would want to tell us what brought you here.

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Re: understanding emotions

Posted by skeptical - 08 Dec 2013 08:32

simonsamuel

I'm clean totally for 6 months since my sessions with therapists

Be careful not to become complacent. I too, was clean for 6 months before I had a fall. Numbers are really nice, and we can feel we "have it under control," but often, if we get overly confident, the rough patch is just around the corner.

simonsamuel

And 2-3 falls from 2 years befor ethis period.

You fell 2-3 times in 2 years? Maybe you didn't really have a serious problem to begin with.

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Re: understanding emotions

Posted by simonsamuel - 09 Dec 2013 14:51

I had a real problem, it was 3 times a day before GYE, long life to GYE!!!

And after this therapy, it's done and I improve in various way in my life as a man, a husband and father

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Re: understanding emotions

Posted by skeptical - 10 Dec 2013 01:37

I agree with you regarding the greatness of GYE. My life and marriage has improved tremendously since being on here.

But still, be careful not to become too complacent. We still need to take things a day at a time.

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Re: understanding emotions

Posted by SIB101854 - 10 Dec 2013 06:53

I would suggest that we all have to look at each day as a struggle-that is a great way at guarding against complacency.

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Re: understanding emotions

Posted by simonsamuel - 10 Dec 2013 19:21

I am sorry but there is no complacency at all in my words, just the happiness that I express after these 6 months of freedom. Coming from 2 years and more of struggle each day.

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Re: understanding emotions

Posted by Joenoahi - 27 Mar 2014 19:43

Understanding emotions is such an important part of recovery. I personally have lists of all the major emotions and what makes me feel them. But what's more important is to express them properly, I think a great way to express them is through conversation and sharing or being a little more vulnerable with others. What do you guys think are some of the best ways to get to know your emotions and expressing them?

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Re: understanding emotions

Posted by Hope - 27 Mar 2014 20:49

One way to get to know your emotions is, that when they come up allow them to be and just experience them. Don't try and move on with something else. Like when you feel sad just feel the feelings.

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