



ACTIVE RATIONAL TRANSFORMATION

## **Module 2.**

### **Purposes Of Common Unpleasant Emotions**

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In this Module, I want you to learn that emotions are not magical. We don't just feel emotions because we are the way we are. The truth is: **We choose how we feel.**

We don't do so consciously, but with a subconscious intention.

95% of our actions are driven by our subconscious thoughts.

In Adlerian Theory humans are seen as goal-orientated creatures, and to understand your subconscious goals is crucial. It leads to self-competence! Our therapy, counseling, and coaching are successful because we don't ask the questions WHY is someone doing what he or she does, but WHAT is the purpose of his or her actions (the goal).

To enable transformation, one must understand him- or her- self first. We will explore our 'self' through Module 4. Then, Module 5 will put you on the transformation process. **I encourage you to take enough time to learn lots from the first 4 modules, as the more you understand about yourself, the more you will be able to transform later on.**

Anticipation is often a way to try to find a quick fix! We often run after the "important and urgent", instead of focusing on the "important but not urgent". I know this might not feel urgent to you, but it's very important for successful change. Urgent is the quick fix, and it is possible to have that, but in psychology it rarely brings sustainable results.

Once you have learned to understand the intentions of your 'gremlins' it's like spitting in your own soup (sorry for being a bit gross here), which will remove the motivation to continue using destructive behavior (continue to eat the soup). So give yourself time to understand and acknowledge your 'gremlins'.

Look at the chart below and separate out your actions to make a reflection upon the price you pay for the purpose of your emotions.

What do purpose of your emotions lead to?

What does it cost you, if you reflect on the short or long-term consequences?

Does it really bring the results you want?

What is the reaction of others, in case they are involved?

And what quality of confidence would you need to replace it with?

What thoughts would be more beneficial to you in moments where you usually use a negative emotions?

You might recognize many emotions you use. You can't remove them all at once, so choose one. You don't need to choose the hardest to change, but one you feel capable of having control over next time.

I encourage you to write a journal during this program. The main thing to write down are your wow's and aha's! Everything that has an encouraging quality will help you progress.

**Important:** don't judge yourself negatively for using emotions to get what you want. This is a normal human behavior. We don't do it because we want to do it, we do so, because we don't know how to act otherwise. And don't judge others for doing so either. Be emphatic to yourself and others. **We are all equally imperfect.**

Emotion	Purpose	Explanation
Anger	<ul style="list-style-type: none"> <li>• Control</li> <li>• Win</li> <li>• Get even</li> <li>• Protect rights</li> </ul>	If you aren't getting what you want, you may generate anger to force compliance. This may involve trying to establish control, win (e.g., an argument), or get even if you think your desires have been thwarted. You can also use anger to protect your rights. The anger is then used to get the other person to "back off". Anger at yourself often is used in an attempt to force yourself to do something or to punish yourself.
Annoyance	<ul style="list-style-type: none"> <li>• Show disapproval</li> <li>• Stop a distraction</li> <li>• Create movement</li> </ul>	Annoyance is a mild form of anger. It's often used when someone's behavior is a nuisance. It can be used to show disapproval, stop a distraction or create a movement – all methods to establish control, but it's not as intense as anger which attempts to force compliance.
Apathy	<ul style="list-style-type: none"> <li>• Rebel subtly</li> </ul>	Apathy is often misunderstood. To be apathetic is not just not to care. Apathy is a subtle form of rebellion – a passive power movement by a person who lacks the courage to rebel openly.
Boredom	<ul style="list-style-type: none"> <li>• Get someone to create excitement for you</li> <li>• Show you don't like something</li> </ul>	When you are bored, you may refuse to take the responsibility for your own entertainment – you want someone else to make things exciting for you. Boredom indicates you don't like the present situation, but aren't willing to do anything about it.
Confusion	<ul style="list-style-type: none"> <li>• Show lack of understanding</li> <li>• Avoid making a decision</li> <li>• Avoid an expectation</li> </ul>	Confusion can simply mean you don't understand something. But it can also be used to avoid making decisions or complying with expectations. Example: You explain something several times and the other person says, "I'm still confused." You feel exasperated and give up. Your feeling of exasperation suggests the possibility that the purpose of the person's confusion is to avoid the task. His/her confusion has succeeded in defeating you.
Despair	<ul style="list-style-type: none"> <li>• Give self permission to</li> </ul>	A feeling of despair usually indicates one has tried and failed several times.

	give up	Despair is a deep level of discouragement which allows the person to give up. (See “Discouragement” below.)
Depression	<ul style="list-style-type: none"> <li>• Express anger</li> <li>• Control</li> <li>• Take time out</li> <li>• Get service</li> <li>• Express grief</li> </ul>	<p>Feeling “depressed” does not always mean one is in a depression. Everyone feels depressed at times, but to be in a depression is a complicated psychological and physical phenomenon.</p> <p>Feeling depressed is a strong feeling of sadness. Sometimes depressed feelings can be a silent temper tantrum. The person who is target of your anger may then feel guilty and responsible. In this way you’re in control. Being depressed may allow you to take some time out from life- to get others to take over your responsibility, or to not expect anything from you. In grief, feeling depressed is a natural part of the healing process.</p>
Disappointment	<ul style="list-style-type: none"> <li>• Express dissatisfaction</li> <li>• Show disapproval</li> </ul>	<p>Feeling disappointed is a way to show dissatisfaction when you don’t get what you want. You can be disappointed in another person, in a situation, or in yourself. Sometimes disappointment is mixed with annoyance to show disapproval.</p>
Discouragement	<ul style="list-style-type: none"> <li>• Give self permission to take time out or quit</li> </ul>	<p>When you’re discouraged, you re dissatisfied with your performance or that of someone else. People who are easily discouraged are often highly competitive, lack courage and are overconcerned with status. Risk taking is very difficult for such people – they want guarantees and fear failure.</p> <p>Being discouraged allows one to take time out or to quit.</p>
Embarrassment	<ul style="list-style-type: none"> <li>• Get self off hook</li> <li>• Make self look better than another</li> <li>• Control person’s future behavior</li> </ul>	<p>If you do something you don’t like, you may generate embarrassment to get yourself off the hook. By proclaiming your embarrassment, you hope someone will excuse you.</p> <p>If you are embarrassed by another, you may view the other person as stupid for behaving in such a way; therefore, you are superior to the other person.</p> <p>You may use embarrassment to make sure another person behaves the way you want him to: “Don’t do that; it will embarrass me”. If someone does embarrass you, you, may get angry to get even.</p>

Fear and Anxiety	<ul style="list-style-type: none"> <li>• Protect self</li> <li>• Create excitement</li> <li>• Create movement</li> </ul>	<p>These feelings are closely related. They may serve to protect you – and sometimes to keep you from performing because you think you'll fail. The fear of failure is much more devastating than actual failure.</p> <p>These feelings can also be used to create excitement or movement – they can charge you up and get you to move.</p>
Guilt	<ul style="list-style-type: none"> <li>• Punish self</li> <li>• Defy obligation</li> <li>• Excuse self from acting appropriately</li> <li>• Show superiority</li> <li>• Protect self from strong angry feelings</li> <li>• Express “good” intentions we really don't have</li> </ul>	<p>Guilt is a complicated emotion. We are taught to feel guilty when we do wrong. Guilt can be used for self-punishment.</p> <p>Sometimes guilt is used to defy obligation without open admission of defiance. You know what you should do, but you don't want to do it. So when you don't behave yourself you feel guilty – hoping to get off the hook for bad behavior.</p> <p>You can use guilt to excuse yourself from acting appropriately. This is similar to using guilt to defy obligation except that in this case when you feel guilty you're already suffering. Why should you add the burden of changing?</p> <p>Sometimes guilt may be used to express superiority. When you do wrong, you “have the decency to feel bad.” So, you look down on others who don't have the integrity to feel bad when they sin. They're not as good as those of us who suffer!</p> <p>Guilt can serve to protect yourself from anger. Instead of acknowledging anger, you feel guilty, believing it's better to feel bad about your response to a person than to let the person know you're angry.</p> <p>In general, we feel guilty when we want to look good. But if your intentions were really pure, you wouldn't act inappropriately in the first place!</p> <p>Guilt feelings are a signal that something needs to be changed. If you make the needed change, <u>guilt is healthy.</u></p>
Hurt	<ul style="list-style-type: none"> <li>• Give self permission to get even</li> </ul>	<p>We think others hurt us. In reality we hurt ourselves. When a person does something you judge as hurtful, you first may devalue yourself, thinking you must be a terrible person or the other would not have treated you so. You instantly turn your thinking around, stoop blaming yourself and blame the other for treating you so. Then you generate anger to get even with the other person.</p>
Pity	<ul style="list-style-type: none"> <li>• Avoid action</li> <li>• Show superiority</li> </ul>	<p>When you feel sorry for yourself, you devalue yourself and keep yourself from taking any positive steps. “If I am a pitiful creature, what can I expect from myself?”</p>

		When you pity others, you demonstrate your superiority. You devalue the person and either do things for the person or doesn't expect anything from her. Pitying others is not compassion. Compassion or empathy shows genuine caring while preserving the person's self-esteem.
Sadness	<ul style="list-style-type: none"> <li>• Express disappointment</li> <li>• Get others to take our responsibility</li> <li>• Show compassion</li> </ul>	<p>Sadness can show disappointment with ourselves, others, or a situation. Combined with self-pity it is used to pass responsibility to others.</p> <p>Sadness can be a mild form of depression.</p> <p>You can show your compassion with sadness. You feel bad about something that has happened to someone and empathizes. Sadness about a situation is different from pity. Pity communicates that the person is unable to handle it. Sadness acknowledges that the situation is bad but does not see the person as incapable.</p>
Worry	<ul style="list-style-type: none"> <li>• Express concern</li> <li>• Express fear</li> <li>• Attempt to keep something from happening</li> </ul>	When you worry, you're expressing concern and fear about the future. Worry often expresses "magical thinking." You think that if you worry about it long enough and strong enough, it won't happen! And, if you don't worry about it, it's bound to happen!

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