

IMPERATIVE-SELF ELICITATION

Phase I

Please identify the **five to seven emotions** that you commonly experience during a **TYPICAL** one or two week period. Be sure to evaluate a "typical" time period. That is, not during your vacation, after you have just started a new job, or just after a divorce or marriage. While emotions experienced during these situations are certainly revealing, we (you and I) want to know about those emotions that constitute the emotional themes of your life.

The "Emotional States Menu" provided on the next page, will assist you in recalling and identifying your own most commonly experienced emotions. Please keep in mind that this "menu" is not an exhaustive list. You are encouraged to utilize those words which best describe **YOUR** experience. Furthermore, you are welcome to use your own personal description/ definition for an emotional state if you find that it deviates from the more generally know emotional terms. For example, some people have emotions that they identify and describe as "fresh", "ready for action", "dreary", etc.

Once you have made an initial list (by circling some of those emotions listed on the "menu" or writing in your own), check it for any missing emotions. For instance, what do you feel while absorbed in your work? Often we are engaged in activities that take up a substantial portion of our day, yet which also typically leave us unaware of any emotions. However, if you attend closely, you will discover that there **IS** an emotion going on. (Perhaps anticipation of the results our completed work will bring, or perhaps a feeling of being pressured and hassled about the scarcity of time left to complete the task).

Remember, there are not right or wrong emotions, and there are no "good" or "bad" emotions either. Let your list reflect those emotions that you truly experience rather than a self-judged or censored list that reflects what you **THINK** you should experience or feel. This list is a crucial step in a very life-enriching process. Congratulations on taking the first step!!!

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Phase II

Once you have listed the emotions you frequently experience, identify what was going on that initiated each emotion. For this step, think back over the last three or four times you experienced each emotion and discover what the circumstances were.

Write down two examples, which are clearly representative of time(s) you have experienced that emotion. Two examples are provided below.

o [Sample 1] **Anger:**

1. Sam didn't do what he said he would and it messed up our plans.
2. The airline cancelled our flight to Hawaii without giving us time to reschedule.

o [Sample 2] **Affectionate:**

1. Joanna brought me dinner at work when I had to stay late.
2. My son remembered my birthday and that my favorite flowers are daffodils.

This list and these descriptions will give us a "window" through which your Virtual Theme and Question can be revealed. Attached is a completed sample page of this step to assist in clarifying the objective of this exercise.

This questionnaire will begin your journey in self-discovery and will put you in greater contact with your emotional life. The exercises provide you with the opportunity to consider your life's emotional patterns; it also allows us to use our time together most productively. When we meet, I will go over your list of emotions and examples and will show you the patterns and information contained within them. Then we will be able to proceed to identify your core patterns and your individual needs and answers for complete personal fulfillment.

EMOTIONAL STATES MENU

Anxious	Hopeful	Confused
Purposeful	Affectionate	Dread
Happy	Fear	Grief
Amused	Responsible	Joy
Anger	Resentment	Frustration
Patient	Satisfied	Capable
Apathy	Curious	Motivated
Concern	Ambitious	Thrilled
Fulfilled	Embarrassed	Resourceful
Anticipation	Disappointment	Bored
Delight	Guilty	Depressed
Excited	Lonely	Cranky
Disagreeable	Ashamed	Resistant
Hurt	Longing	Determined
Regret	Amorous	Apprehensive
Dissatisfied	Inadequate	Challenged
Enthusiastic	Worthwhile	Secure
Sexy	Connected	Playful
Passionate	Grateful	Furious

Trusting
Annoyed
Envy
Jealous
Creative
Friendly

Naughty
Irritated
Wary
Confident
Inspired
Assertive

Acceptance
Content
Suspicious
Sad
Awe
Greedy

Emotions I experience that are not listed above:

EMOTIONAL STATES MENU

NAME: _____

Using your list of emotions, identify a specific characteristic example of a context in which the emotion is found in your life. Again, select only the five to seven (5 to 7) emotions that you habitually as well as frequently experience. Also, make sure the emotions represent feelings rather than behaviors.

EMOTION: CONTEXT/CONTENT:
