

THE POWER OF STATE: 3 KEYS TO MASTERING YOUR EMOTIONS

Why are you reading this article? Why are you in, or not in, a relationship? Why do you drive the car you drive?

When you dig beneath the surface, you'll see that the true answer is because of how you think it will make you feel. The only reason you do anything is to change the way you feel.

After moving from New York to Florida in 2002, I decided to lose weight (over 30 pounds!). Why? Because I thought it would make me feel more confident. And when I moved my law practice from Boynton Beach to Boca Raton, I traded in my Acura for a fancy sports car because I thought it would make me feel more successful.

I wanted to feel a specific emotion, and that was driving my actions. But I put off experiencing those emotions until the external event happened – losing weight or driving an expensive car, instead of realizing that I could experience those emotions immediately by changing my emotional state.

That's right; you can feel any emotion you want right now! And the three keys that control how you feel at any moment are your Physiology, Focus, and Language. Together, they make-up your emotional state.

Your state has the power to make you feel happy, depressed, confident, or any emotion just by changing how you use your body, what you focus on, or the words and language you use. I originally learned this concept from Tony Robbins who refers to these three forces as the Emotional Triad.

Physiology

First and foremost, how you feel is dictated by how you use your body. The eminent philosopher Charlie Brown said it best, "This is my depressed stance. When you're depressed, it makes a lot of difference how you stand. The worst thing you can do is straighten up and hold your head high because you'll start to feel better. If you're going to get any joy out of being depressed, you've got to stand like this."

Try it. Slump over, look at the ground, take shallow breaths, and put a frown on your face. How do you feel?

Now stand up straight with your head high, shoulders back, take deep breaths, and put a smile on your face. How did that feel?

You changed your body's biochemistry just by moving your body differently. Next time you feel a negative emotion, change how you're using your body.

Focus

The second factor that determines how you feel is where you direct your focus. I practice divorce law, and some of my clients view their divorce as the end, and some view it as the

beginning. Depending on what they choose to focus on, radically changes their experience and how they feel.

What about you? I'm sure right now in your life some things are going well and some things not so well. Take a moment and focus on what's great in your life. How does that feel?

Now take a moment and focus on what's bothering or annoying you right now? How did that make you feel?

Once again you changed your body's biochemistry but this time just by shifting your focus. Remember, what you focus on, you feel.

Language

The third factor that determines how you feel is the words and language patterns you use. "What is wrong with me?" I used to ask myself that question a lot. And when you ask yourself a question, your brain will find an answer. Unfortunately, the answer to that question made me feel powerless and depressed.

Instead of that question, I now ask myself "What can I do better?" That answer puts me in control and makes me feel empowered.

Here's another example, have you ever said to yourself "I feel tired" or "This is too hard"? Just by saying those words, you will feel tired and that what you're trying to do is too hard. You need to train yourself to use different phrases.

Whenever I face a challenge, I've trained myself to say "Easy day" or "I got this." It may sound simple, but it works. Try it, what have you got to lose? You can always go back to being depressed and tired.

Those are the three keys to mastering your emotions – Physiology, Focus, and Language. Once you understand them, you can harness the power of your emotional state and decide, at any moment, how you want to feel.

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