

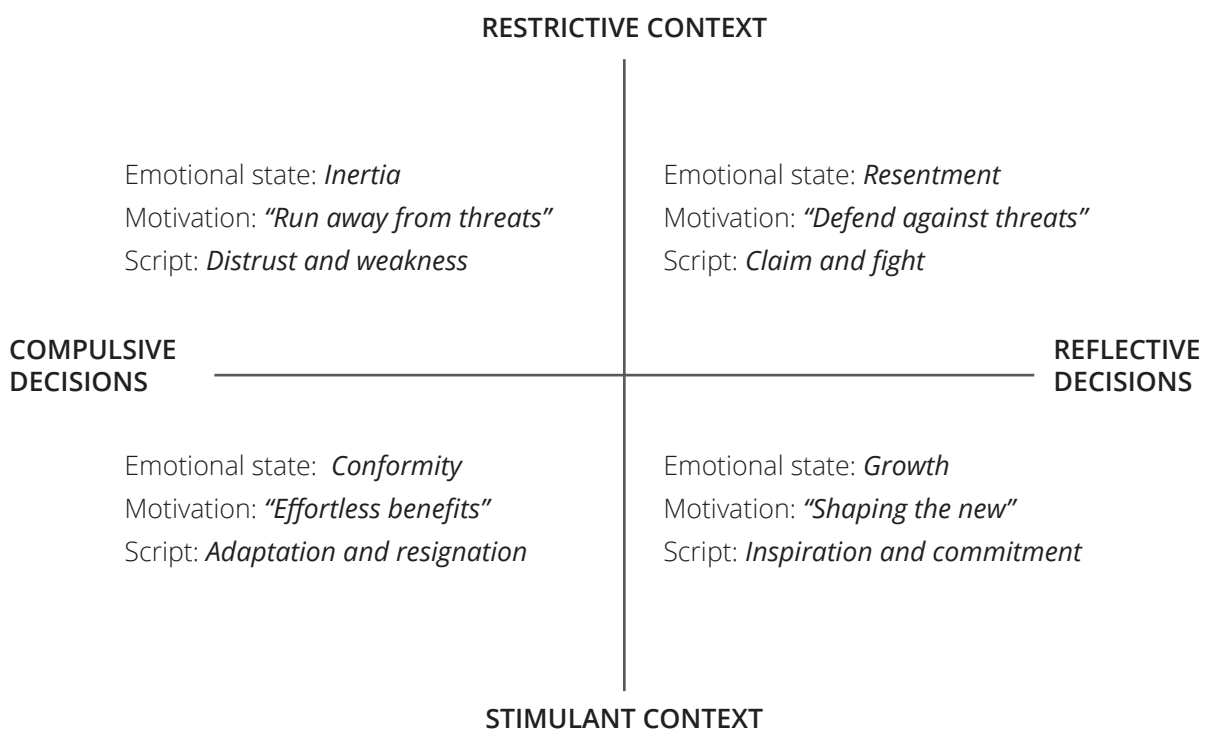
Emotional Territories

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The quality of your emotional states is a consequence of the way you approach life. The transformation of your inner landscape is not a confrontation with the context. It refers to the ability to develop more choices (more colors = more feelings) coping with different situations. The battle is fought within you because you must emotionally expand your possibilities of life to extend your alternatives to face new situations.

The Moods of Our Motivations

Emotions are primarily responsible for the image of the landscape that we live in. We define the limits of the places where we interact through a chemical process (remember the mammals) and explanations about the characteristics and possibilities of these contexts. This combination of emotions and thoughts transform the spaces of the outer world in virtual territories. We create these personal territories based on two processes:



INERTIA. This is an emotional state that derives from compulsive decisions based on a perception of a restrictive context. Fear becomes victimization because the environment is experienced as a hostile and threatening territory.

RESENTMENT. This is an emotional state that emerges from reflective decisions based on an image of a restrictive context. Anger becomes revenge and claim. People have thoughtful responses, but this attitude relies on a perception of the dangerous circumstances.

CONFORMITY. This is an emotional state that arises from compulsive decisions despite the characteristics of stimulant context. The sadness finds in the positive features of context reasons for temporary relief.

GROWTH. This is the emotional state that results from reflective decisions base on a stimulating context. In this state, joy materializes in different projects and ventures. People have a thoughtful attitude that gives them more choices to address the possibilities of their context.

Subtleties to Transform Your Territories

REDEFINE THE LIMITS OF YOUR HORIZON

This point is related to your personal inspiration or purpose because this definition sets the characteristics (stimulating or restrictive) of your landscape. To transform the weakness, you need to establish an inspiring horizon that moves you towards a different landscape. You can define your inspiration in a few words. Share this inspiration with other people who can enrich it. And keep this inspiring horizon in mind to decide in the present.

TAKE CARE OF THE EMOTIONAL FRAMEWORK OF YOUR RELATIONSHIPS

This point is related to the quality of your links because they define the sign (positive or negative) of your landscape. Caring for the emotional context of your relationships allows you to clear the framework of your everyday scenes. Do not neglect your energies in relationships that contaminate you emotionally. On the other hand, do not harm your links with harmful behaviors.

ENRICH THE MEANING OF YOUR ACTIVITIES

This point refers to the impact of what you do in the lives of others because, what you do, affects the quality of interdependence: what you generate and what you receive. Your actions have an impact on the lives of other people; you are responsible for the dedication you offer to each person in your daily activities. Have you thought about the contribution that your activities have in the lives of others? You can look for areas of personal growth that would allow you to enrich and innovate in your actions.

TAKE RESPONSIBILITY FOR YOUR SCRIPT

This point refers to the justifications of your decisions because they affect your personal commitment to move away from stereotyped positions. This point refers to two important aspects of your emotional quality. First, avoid assuming a state of victimization. Second, move away from the area that hurts, because it is a comfortable trap. Look for alternative thoughts (change the narratives) and new habits (try other behaviors) that allow you to explore different moods to change your answers to the same situations.