
**HOW WE CAN RECREATE
THE EXPERIENCES OF OUR LIVES**

CLEAN THE COLORS OF YOUR MOODS

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We are screenwriters of events. We need to explain the phenomena of daily life to contain the emotional impact they generate in our inner landscape. We are the authors of the arguments that shape of our own experiences. Have you ever stopped to think what stories you are writing about the events around you? Emotions are automatic responses of the body which stabilize or disappear when the situation is resolved. Why emotions endure over time? Especially negative feelings. Our thoughts transform the ephemeral reactions of the body into emotional states that spread like a blanket covering everyday experiences.



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DISCOVER

THE WAY WE FEEL OUR SITUATIONS

When you describe the facts, you unfold an experience about them. Thus, the description of events is not a neutral narrative. Between the words that you choose to describe the circumstances (content), there are emotions (chemistry) that influence in the shape (the meaning) and colors (the emotional states) that you bring to your experience.

You cannot control the dynamics of many situations in which you participate. In the same way, you also cannot control the emotions that generate those situations. However, we can rewrite the script that affects our experiences. If you want to change the color of your personal experiences, you must rewrite the script to transform the quality of the thoughts. When experiences are dark, your decisions are restricted to compulsive choices. When experiences are clear, you can find more opportunities.

Experiences are subjective representations which involve two dimensions: the content that gives shape to the events and the emotions that define our reactions to these situations. In this sense, recreating your experiences does not mean the control of external phenomena. The control does not change the characteristics of circumstances.

You can recreate the experiences which define the meaning of your scenes, and you can transform them. Expand the color palette to create new emotional responses to the everyday world. According to what you want to explore, you can use a single point, or you can combine them to deepen the analysis of the scenes.

To change the colors of your personal experiences and recreate your personal situations with new elements, you must take care of two aspects. First, rewrite the script that you unfold to redefine the characteristics of the space where you live. Second, redefine your personal exposure in the scenes to protect yourself from negative emotions and harmful relationships.

SCRIPT

EMOTIONS

RESPONSES

EXPERIENCES

APPLY

HOW

■ Rewrite Your Script

Preserve the value of words. This point refers to taking care of the quality of your thoughts. Therefore, caring for your word means taking care of your inner world. The clarity of your thoughts will allow you to discern what conversations you engage in and what you are willing to share.

Recognize what you project. This point refers to the care of the contents of your interpretations, both the contamination that you generate and you receive from the arguments of other people. You can enrich your narrations, or you can become confused or comfortless with other realities.

Protect what is important to you. This point refers to protecting your privacy from the invasion of the daily routine. Framing your routine refers to taking care of the value of time and space for you. Otherwise, the routine will define how you must live your time.

■ Take of Care Your Scenes

Get away from harmful situations. Aggression transforms your landscape into a battlefield or in a minefield. Do not accept aggression as a natural part of a scene. Identify some patterns of its dynamics to anticipate future responses facing the same situation. Do not to respond with more aggression.

Transform frustration into learning. Do not underestimate the discomfort that generates the frustration in your expectations; they can be a learning point because it brings the new into our lives. Follow an inland route to identify what bothers you. What really bothers you? Does the real situation bother you?

Nourish your inspiration. Enthusiasm defines the extension of our horizon. The horizon is the expression of the future in our landscape. What are the essential questions in your life? ¿ Where do these questions lead you? Use the daily subtleties to transform the routine into moments of inspiration.