

100 Questions To Being In Flow With Your Emotions

“The quality of your life is determined by the quality of the questions you ask yourself.”- Kristen Ulmer

These 100 questions are meant to inspire sharp, certain awareness about the relationship you have with your primary emotions. Each time you contemplate them- expect that your relationship with them will become more and more revealed.

With this reveal, comes self-awareness that will serve to deeply affect not just how you view your emotions, but ultimately how you deal with them. The end goal, is that step by step you will organically over time learn how to feel your emotions in an honest way, and have them help you come alive.

To maximize this opportunity, here's how to best approach these questions:

1. Don't try to power through them all at once. Savor the experience and maybe only explore a few at a time, then come back to the list whenever you're again ready, and continue in a linear order.
2. This is not like a math test. Don't expect to find answers. Especially when it comes to emotions, know that things change so fast that whatever is true for you right now will change very quickly. Which is why, it's better to merely savor and contemplate these questions, rather than grasp for answers.
3. Please don't go through this list just a single time. These 100 questions are meant to be explored over and over again. Each time they will serve you anew, and take your relationship with your emotions to a higher and more magnificent level.

Enjoy.

Dictionary:

HH: Helpful Hint

SQ: Secondary question (within a question)

(HH) before you get started. See each emotion as a person -as if they are a roommate in your life, a child for whom you're responsible, an employee in your company, or spouse with whom you're married. It helps you to access more clarity in your answers. To help you accomplish this, I capitalize the names of the emotions as a constant reminder.

1. What is your current relationship with your emotions?
HH): Primary emotions are Joy, Eroticism (which includes Sexuality but isn't limited by it), Anger, Sadness and Fear.
2. Do you contemplated your relationship with them very often?
SQ: If no, why not?
3. Why do you want to contemplate your relationship with them, now?
4. Do you feel like most days, you have a conscious relationship with your emotions (you are aware of them) or do you feel like they are more under your radar?
SQ: How conscious or unconscious are you, to them?
5. Do you feel like most days, you have a mostly healthy relationship with your emotions, or do you feel like the relationship between you and them, is strained?
6. Let's start with an emotion that you may have an easier time connecting with. Do you have a healthy, considerate relationship with Joy?
HH: Healthy and considerate means many things, including but not limited to: you have an easy time feeling it when it shows up, and are moved in a mature way by the emotion.
7. When Joy shows up, what typically happens next? (check all that strike you):
 - I embrace it
 - I celebrate it
 - I feel relieved, like- finally!
 - It makes me feel uncomfortable
 - I worry it will go away
 - I cling to it and try to make it permanent
 - It sometimes brings up Sadness HH- 'tears of joy' are actually a combination of Joy + Sadness)
 - I'm annoyed by it- either in myself or when I see it in others
 - I'm embarrassed by it
 - I try to tone it down or hide it from others
 - I mistrust it
 - I feel like I don't deserve it
 - It (I)_____ (what else happens?)_____

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