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How to Train your Emotional Dragon

Do you ever feel like you are in a battle with your emotions?
Do they swoop in like an attacking dragon and upend your world?

What would make you really happy? What would need to happen for you to feel really good?

What if you could make friends with your emotions? What if you knew where they came from and could make them your ally? What if you could have those wonderful emotions without anything needing to happen first?

In this experiential workshop we will play with our emotions. We will learn how to release emotions that no longer serve us. Through a series of exercises we will experience our ability to create any emotion we choose.

Bring your favorite pet dragons. Let's play with them, make friends with them, and teach them how to serve us.

Some techniques were adapted from **Ask and It Is Given** by Esther and Jerry Hicks. Numbers in parenthesis refer to the 22 processes in Part III of the book.



How to Train your Emotional Dragon

Make training a habit **before** your dragon is in attack mode

Three laws of dragonology

- Everyone has dragons
- Don't beat up on your dragon
- Recognize you can only train your own dragons, not anyone else's

Dragon training basics

- Lots of positive reinforcement
- Be gentle
- Be kind
- Build a base of positive habits
- Play - make it fun

Positive habits

- Morning appreciation (1)
- Three best things that happened
- Positive aspects (8)
- Create a dragon playground - virtual reality (4)
- Help your dragon find things to appreciate
- Practice feeling good and make it better
- Train and practice Leave It!
- Affirmations
- Montras
- Meditation (6)
- List the things you like best about yourself
- Keep a list of things that have worked out well for you

Get out ahead of it

- Set your intention (11)
- Write your script (9)
- Wouldn't it be nice if (12)

If your dragon is in attack mode

- Shift your perspective



- Take a step back
- What would make this better?
- Reach for a better feeling thought (13)
- Ask questions
 - Why does this feel important right now?
 - What do I **really** want
 - Is this really about me?
- Try using different words that aren't so loaded
- Let go of blame

After a dragon attack or if your dragon is hiding

- Soothe your dragon
- Give your dragon permission to pout
- Shift your perspective
 - What good might come from this?
 - What can I learn from this?
 - Replace judgement with understanding
 - Replace regrets with insights
- Invite your dragon to a meeting with your archetypes
- Recognize what is really important
- Play the alphabet game
- What are things that make you feel good
 - Laugh
 - Music
 - Dance
 - Reading a good book
 - Learn something new
 - Calling a friend
 - Watching movies
 - Playing with my dog
 - Sex
- Do something to make someone else's day better
- Let it be okay not to solve it today
- Be easy about it
 - Be gentle
 - Be kind
 - Be understanding