



Dear Chief

By Jeff “Chief” Urbaniak
COLUMNIST

DEAR CHIEF: My emotions and feelings drive me nuts sometimes. I do all I can to suppress them because I’m constantly reminded by friends and family to “keep it together” and that my feelings don’t matter, especially when they are so negative. I don’t know. I’m not happy and the feelings I have are telling me it’s time to make wholesale changes in my life now that my kids are all grown up. Maybe a new job, a divorce, or a new place to live are what I need to be happy. I’m really tired of being miserable.

EMOTIONAL WRECK



DEAR EMOTIONAL WRECK: Life can be quite daunting at times. Before you make wholesale changes in your life, though, I recommend you seek counsel from someone who can help you understand your feelings and why you may feel the way you do.

In the meantime, here’s a segment written by Mandy Evans, author of *Emotional Options: A Handbook for Happiness* and *Traveling Free: How to Recover from the Past by Changing Your Beliefs*. She offers great advice on how your feelings and emotions can manifest certain results in your life. Perhaps her wisdom can be of great value to you. She writes:

“Lots of people just plain flat out do not want to deal with their emotions. They don’t want to feel them. They don’t want to talk about them. Often they wish they would just go away...you learned early on that expressing your feelings led to trouble. We learned to hide, overcome, repress, suppress, and deaden our feelings any way we could... however, the feelings keep coming...I thought the way to change how I felt was to change the circumstances in my life.

Feelings really do matter

Most people I know learned the same approach. And so begins the struggle to improve everything! Lose weight, earn more money, get a better car, find your true love, get rid of your old true love, move to a bigger house.

Here’s the lesson I think we should get early on: How you feel really does matter. How you feel is up to you.

Before you make a life-changing move in the hope of feeling better, always deal with your feelings first. Before you quit your job or leave your marriage in anger, find out about your anger. What is it about? Why is that the way you feel? Before you go on a diet, leave town, buy a new car, or get married so you can stop emotional pain, deal with your feelings first...regardless of whether we like it, emotions are the rocket fuel of manifestation. We hear it from people who teach visualization techniques to overcome serious illnesses and from motivational speakers...the word is out: Whatever it is you want to achieve, you’ve got to feel it first.

This mysterious law of the universe works regardless of whether you are aware of it or regardless of whether you believe it...your emotional state always has and always will have a profound effect on what happens next in your life.

The choices you make and actions you take when you are afraid lead down a different road from the choices and actions you take when you are happy. The solutions you find to a problem when you feel guilty will not be the same ones you use when you feel peace.

We all know people who stand out for their talent, financial achievement, beauty, or mighty deeds but are not happy. The mind-boggling part is that they do not want to be happy--yet! They do not know that happiness is a real option for them and they do not know how to choose it.

Your emotional experience of life is

so important. When we feel curious, grateful, loving, or happy, life seems like a precious gift. But if you are ridden with guilt, filled with fear, so angry that no love can enter your heart, or so resentful that joy is only an irritating word, then life is more like hell on earth.

As we wander about this paradise called Earth, the perception of what happens to us combines with our thoughts and beliefs about what life means. That ever-changing combination produces emotional responses. When we judge events and circumstances as good for us, we usually respond with some form of happiness. When we think bad things are happening we respond with anger, fear, guilt, sorrow, and the other so-called negative responses.

What happens when you suspend that judgment? When life becomes a fascinating mystery, unfolding in the midst of infinite possibilities, you become more and more free to choose your feelings. You can allow more love, creativity, and joy into your life than you may have dreamed possible. Simply by asking yourself from time-to-time, ‘If I could feel any way I wanted to feel, what would it be?’ You may come up with answers that will astound you.

Exercising your emotional options allows you to experience life on your own terms in the most real way possible. It’s like magic. You can create the result first. You can be happy even before you change all of those things you want to change.”

More information on this and other life skills topics can be found on line at www.MandyEvans.com.



For an opportunity to have your question, issue or concern addressed in the Dear Chief column, go to www.DearChiefAdvice.com and submit your comments or email them to Jeff@DearChiefAdvice.com.