

draw on your emotions

Draw on your emotions is a powerful technique that can significantly enhance your communication, creativity, and personal growth. Whether you're an artist, a writer, a speaker, or someone seeking to connect more deeply with others, understanding how to effectively tap into your emotions can lead to more authentic and compelling expressions. In this article, we will explore the concept of drawing on your emotions, why it matters, and practical strategies to harness this skill for various aspects of life.

Understanding the Power of Emotions

What Are Emotions and Why Do They Matter?

Emotions are complex psychological and physiological responses to internal or external stimuli. They influence our thoughts, behaviors, and decisions, often serving as vital signals that guide us through life's challenges and opportunities.

- Emotional Intelligence (EI): The ability to recognize, understand, and manage our own emotions, as well as influence the emotions of others.
- Emotional Awareness: Being conscious of your feelings at any given moment.
- Impact on Communication: Emotions are central to authentic storytelling and persuasive speech.

Drawing on your emotions allows you to communicate more sincerely and resonate more deeply with your audience. When you connect emotionally, you foster trust, empathy, and motivation.

The Significance of Drawing on Your Emotions in Different Contexts

In Creative Work

Artists, writers, and performers often draw on their emotions to create works that evoke genuine reactions. Authentic emotion adds depth and relatability to creative outputs.

In Personal Relationships

Expressing genuine feelings helps build intimacy and understanding. Sharing your emotions can strengthen bonds and foster mutual empathy.

In Leadership and Public Speaking

Leaders who connect emotionally inspire loyalty and motivate action. Public speakers who evoke feelings of hope, urgency, or compassion leave a lasting impact.

Strategies to Draw on Your Emotions Effectively

1. Cultivate Emotional Awareness

Before you can draw on your emotions, you need to recognize and understand them.

- Practice mindfulness to stay present with your feelings.
- Keep a journal to track your emotional responses over time.
- Learn to identify physical sensations associated with different emotions.

2. Tap Into Personal Experiences

Your own life stories and memories are valuable sources of authentic emotion.

- Reflect on moments that stirred strong feelings—joy, sadness, anger, or hope.
- Use these memories to add depth to your creative or communicative endeavors.
- Share personal anecdotes that illustrate your message or theme.

3. Practice Emotional Expression

Expressing your emotions openly can reinforce their authenticity and help you become more comfortable with vulnerability.

- Use descriptive language to convey feelings vividly.
- Employ body language and facial expressions to complement your words.
- Engage in activities like acting or improvisation to enhance emotional expressiveness.

4. Use Visualization Techniques

Visualizing emotional scenarios can help you access genuine feelings more readily.

- Imagine a situation that evokes the emotion you want to express.

- Engage all your senses to make the experience more real.
- Allow the feelings to surface naturally before channeling them into your work.

5. Harness Empathy

Understanding and empathizing with others' feelings can deepen your emotional connection and enhance your ability to draw on emotions.

- Listen actively to others' stories and experiences.
- Put yourself in their shoes to feel what they might be experiencing.
- Use empathy to inform your emotional responses and expressions.

Applying the Technique: Practical Tips and Examples

For Writers and storytellers

- Incorporate personal feelings into characters' development.
- Write from a place of genuine emotion to create compelling narratives.
- Use sensory details to evoke emotional responses in readers.

For Public Speakers and Presenters

- Share personal stories that relate to your main message.
- Use vocal variation and gestures to convey emotion.
- Address the audience with sincerity to foster connection.

For Artists and Creatives

- Channel your emotional state into your artwork or music.
- Use colors, textures, and forms that reflect your feelings.
- Allow your work to serve as an emotional outlet and communication tool.

Balancing Authenticity and Professionalism

While drawing on your emotions can be impactful, it's important to maintain authenticity without oversharing or overwhelming your audience.

- Be genuine but considerate of context.
- Practice emotional regulation to avoid extremes.
- Use emotions strategically to support your message.

Benefits of Drawing on Your Emotions

Engaging with your emotions offers numerous benefits:

- Enhances authenticity and trustworthiness.
- Deepens personal insights and self-awareness.
- Increases empathy and emotional intelligence.
- Boosts creativity and innovation.
- Strengthens connections with others.

Overcoming Challenges in Drawing on Your Emotions

Many people find it difficult to access or express their emotions fully. Here are some common challenges and solutions:

Fear of Vulnerability

- Practice in safe environments.
- Start with small disclosures.
- Remember that authenticity often resonates more than perfection.

Emotional Overwhelm

- Use grounding techniques like deep breathing.
- Take breaks when needed.
- Seek support if emotions become too intense.

Difficulty Recall or Access Emotions

- Engage in mindfulness or meditation.
- Use prompts or questions to trigger memories.
- Keep an emotional journal for ongoing reflection.

Conclusion: Embrace Your Emotions for Greater Impact

Drawing on your emotions is a vital skill that can elevate your communication, creativity, and relationships. By cultivating emotional awareness, practicing expressive techniques, and embracing vulnerability, you can create more authentic and compelling work that resonates deeply with others. Remember, your emotions are a powerful resource—tapping into them thoughtfully and intentionally can lead to personal growth and meaningful connections.

Start today: reflect on a recent experience that evoked strong feelings, and consider how you might incorporate that emotion into your next project, conversation, or creative endeavor. The more you practice drawing on your emotions, the more natural and impactful it will become.

Frequently Asked Questions

What does it mean to 'draw on your emotions' in creative work?

Drawing on your emotions means using your personal feelings and emotional experiences to inspire and inform your creative process, making your work more authentic and impactful.

How can I effectively tap into my emotions when creating art or writing?

To effectively tap into your emotions, try reflective exercises like journaling, mindfulness, or recalling personal experiences that evoke strong feelings, then channel those emotions into your work.

Why is drawing on emotions considered important in storytelling?

Drawing on emotions helps create relatable and compelling stories by allowing audiences to connect deeply with characters and narratives on an emotional level, enhancing engagement and empathy.

What are some techniques to safely access intense emotions for creative purposes?

Techniques include mindfulness meditation, emotional recall exercises, talking with a therapist, or engaging in activities that evoke specific feelings, all while maintaining emotional boundaries to prevent burnout.

Can drawing on emotions improve the authenticity of my work?

Yes, integrating genuine emotions into your work often results in more authentic and resonant creations that genuinely connect with your audience.

Are there any risks associated with drawing heavily on your emotions in creative projects?

Yes, over-relying on intense emotions can lead to emotional exhaustion or affect mental health. It's important to practice self-care and seek support if needed.

How does drawing on emotions enhance performance in fields like acting or music?

It allows performers to deliver more genuine and expressive performances by connecting deeply with the emotions underlying their characters or pieces, thereby engaging the audience more effectively.

Additional Resources

Draw on your emotions: Unlocking the Power of Emotional Engagement in Personal Growth, Creativity, and Communication

In an increasingly complex and fast-paced world, the ability to connect with our emotions—and to draw on them intentionally—is becoming a vital skill across various facets of life. Whether in personal development, creative pursuits, or effective communication, harnessing our emotional landscape can lead to deeper understanding, greater authenticity, and more impactful interactions. The phrase “draw on your emotions” encapsulates a process that invites individuals to tap into their inner feelings, using them as a wellspring of motivation, insight, and expression. This article delves into the multifaceted nature of this concept, exploring its psychological foundations, practical applications, benefits, potential pitfalls, and strategies to effectively harness emotional energy in meaningful ways.

Understanding the Concept: What Does It Mean to Draw on Your Emotions?

Drawing on your emotions involves intentionally accessing and utilizing your feelings to inform actions, deepen understanding, or enhance expression. Unlike suppressing or ignoring emotions, this approach encourages acknowledgment and integration—viewing emotions as valuable resources rather than obstacles.

Key Aspects of Drawing on Emotions:

- Awareness: Recognizing and identifying what you feel.
- Acceptance: Embracing your emotions without judgment.
- Utilization: Using these feelings to inspire, motivate, or inform your behavior.
- Expression: Communicating emotions authentically in words, art, or action.

This process can be spontaneous or deliberate, often varying based on context, individual temperament, and goals. For instance, artists may deliberately channel grief or joy into their work, while leaders might draw on passion to motivate teams.

The Psychological Foundations of Drawing on Emotions

Understanding the psychological basis helps clarify why this practice is effective and how it can be cultivated.

The Role of Emotional Intelligence

Emotional intelligence (EI)—the ability to perceive, understand, manage, and use emotions—serves as a core framework for drawing on emotions effectively. High EI enables individuals to:

- Accurately identify their emotional states.
- Regulate feelings to prevent overwhelm.
- Use emotions to facilitate thinking and decision-making.
- Empathize with others, enhancing interpersonal connections.

By developing EI, individuals learn to access their feelings as a strategic resource rather than a hindrance.

The Connection Between Emotions and Memory

Emotions are intricately linked to memory formation. Emotional experiences tend to be more vividly remembered and can influence future behavior. When you draw on emotions, you're leveraging a powerful mechanism for:

- Reinforcing learning.
- Creating lasting impressions.
- Inspiring action rooted in personal significance.

For example, recalling a moment of triumph can energize future endeavors, while remembering heartbreak may fuel creative expression.

The Neuroscience of Emotional Engagement

Neuroscientific research highlights that the amygdala and prefrontal cortex work together to process and regulate emotions. Engaging these brain regions allows individuals to:

- Access emotional memories.
- Use feelings to guide decision-making.
- Enhance empathy and social understanding.

Practically, this means that consciously drawing on emotions can activate neural pathways that

promote resilience, motivation, and authenticity.

Practical Applications of Drawing on Your Emotions

The ability to draw on emotions manifests in numerous domains, each benefiting from a nuanced understanding of how feelings can be harnessed.

Personal Growth and Self-Discovery

- Emotional Reflection: Journaling about feelings can reveal underlying beliefs, fears, and desires.
- Resilience Building: Recalling emotional challenges and how they were overcome fosters strength.
- Motivation Enhancement: Tapping into core passions and values sustains perseverance through obstacles.

Creative Expression

Artists, writers, musicians, and performers frequently draw on their emotional states to produce authentic work. This process involves:

- Channeling feelings like love, anger, or sorrow into creative output.
- Using emotional depth to evoke responses in audiences.
- Exploring personal identity through emotional themes.

Effective Communication and Leadership

Leaders and communicators who draw on genuine emotions tend to foster trust and inspire others. Techniques include:

- Sharing personal stories that resonate emotionally.
- Demonstrating empathy and understanding.
- Using emotional cues to motivate and influence behavior.

Therapeutic and Healing Contexts

Therapists often encourage clients to connect with their emotions as a pathway to healing. Strategies include:

- Emotional exposure to process trauma.
- Mindfulness practices to acknowledge feelings without judgment.

- Art and music therapy to facilitate emotional expression.

Benefits of Drawing on Your Emotions

Harnessing emotions consciously brings numerous advantages:

- Enhanced Authenticity: Being true to one's feelings fosters genuine interactions.
- Increased Motivation: Emotions can serve as powerful drivers for action.
- Deeper Connections: Sharing feelings fosters empathy and bonds.
- Improved Decision-Making: Emotions provide valuable information, especially when balanced with rational thought.
- Creative Flourishing: Emotions fuel originality and innovation.
- Resilience and Stress Reduction: Engaging with emotions can help process stress and recover from setbacks.

Potential Pitfalls and Challenges

While drawing on emotions has many benefits, it also involves risks if not managed thoughtfully.

Common Challenges:

- Overwhelm: Excessive emotional engagement can lead to anxiety or depression.
- Repression: Avoiding feelings might cause internal conflict or physical symptoms.
- Manipulation: Emotions can be exploited or misused, leading to insincerity.
- Emotional Bias: Over-reliance on feelings may cloud judgment.

Strategies to Mitigate Risks:

- Cultivate emotional awareness and regulation skills.
- Practice mindfulness to observe feelings without becoming overwhelmed.
- Seek balance between emotion and rationality.
- Use emotions as signals rather than sole decision drivers.

Strategies to Effectively Draw on Your Emotions

Developing proficiency in accessing and utilizing emotions involves intentional practices:

1. Mindfulness and Meditation: Cultivate present-moment awareness to recognize emotional states as

they arise.

2. Emotion Journaling: Regularly record feelings and their contexts to deepen understanding.
3. Visualization Techniques: Recall emotional memories vividly to energize your intentions.
4. Creative Outlets: Engage in art, music, or writing to express and process emotions.
5. Empathy Exercises: Practice imagining others' feelings to enhance emotional insight.
6. Therapeutic Support: Work with mental health professionals to navigate complex emotions.

By integrating these strategies, individuals can make drawing on emotions a deliberate, constructive practice.

Conclusion: Embracing the Power of Emotions

Drawing on your emotions is more than a poetic notion; it is a vital skill that, when cultivated thoughtfully, can transform the way you live, create, and relate. Emotions are not mere reactions but rich sources of insight, motivation, and authenticity. By understanding their psychological underpinnings, applying them across diverse areas, and employing effective strategies to manage and harness feelings, individuals can unlock profound personal and interpersonal growth.

In a world that often encourages emotional suppression or detachment, choosing to draw on your emotions signifies a commitment to living authentically and fully. It invites a deeper engagement with oneself and others, fostering a life characterized by genuine connection, resilience, and creativity. As with any skill, mastery requires practice, patience, and self-awareness—but the rewards are well worth the effort: a richer, more vibrant experience of life rooted in emotional intelligence and authenticity.

[Draw On Your Emotions](#)

draw on your emotions: Draw on Your Emotions Margot Sunderland, Nicky Armstrong, 2018-02-13 Draw on Your Emotions is a bestselling resource to help people of all ages express, communicate and deal more effectively with their emotions through drawing. Built around five key themes, each section contains a simple picture exercise with clear objectives, instructions and suggestions for development. The picture activities have been carefully designed to help ease the process of both talking about feelings and exploring life choices, by trying out alternatives safely on paper. This will help to create clarity and new perspectives as a step towards positive action. Offering a broad range of exercises which can be adapted for any ability or age from middle childhood onwards, this unique book explores a range of emotions surrounding a person's important life experiences, key memories, relationships, best times, worst times and who they are as a person. This is an essential resource for therapists, educators, counsellors and anyone who engages other people in conversations that matter about their relationship to self, others and life in general. This revised and updated second edition also contains a new section on how to use the superbly emotive The Emotion Cards (9781138070981) to facilitate deeper therapeutic conversations.

draw on your emotions: Draw on Your Emotions Book and the Emotions Cards Margot Sunderland, Nicky Armstrong, 2018-04-19 Combined set of Draw on Your Emotions and The Emotions Cards. Draw on Your Emotions is a bestselling resource to help people of all ages express,

communicate and deal more effectively with their emotions through drawing. Built around five key themes, each section contains a simple picture exercise with clear objectives, instructions and suggestions for development. The picture activities have been carefully designed to help ease the process of both talking about feelings and exploring life choices, by trying out alternatives safely on paper. This will help to create clarity and new perspectives as a step towards positive action. The second edition of Draw on Your Emotions contains a new section that explains how to get the most out of combining the activities in the book with these cards to encourage meaningful conversations and take steps towards positive action. The Emotion Cards are 48 emotive and artistic images designed to help people to review their emotions and their relationships in a meaningful and often transformative way. The cards are designed to capture the deeper truth of how people experience their life, offering poignant descriptions for what someone may be feeling. </I> The Emotion Cards are 48 emotive and artistic images designed to help people to review their emotions and their relationships in a meaningful and often transformative way. The cards are designed to capture the deeper truth of how people experience their life, offering poignant descriptions for what someone may be feeling.

draw on your emotions: Draw on Your Emotions Margot Sunderland, Philip Engleheart, 1993
A selection of structured picture exercises with the aim of helping children and adults to express, communicate and deal more effectively with their emotions in everyday life.

draw on your emotions: Draw Your Feelings Rukmini Poddar, 2023-10-10 An interactive guide to help readers connect with, learn, and process their emotions creatively. Our emotions add color to our lives. Happiness can feel like bright sunshine. Anxiety can feel like a gray cloud. Even though it may be uncomfortable at first, it's clear that sitting with your emotions, feeling them fully, and exploring their depths can teach you more about yourself and help you better anticipate and process big feelings when they come. In this mind-opening and beautifully illustrated guide, popular artist Rukmini Poddar guides you through the steps to creative self-reflection, giving your emotions a physical representation through lines, shapes, colors, and more. With exercises tailored to beginners and experts alike, readers will learn basic drawing skills and take them all the way to mapping their emotional landscape. Draw Your Feelings will stretch creative muscles you didn't know you had. At the end of the journey, you will transform the way you interact with yourself and the world.

draw on your emotions: Draw on Your Relationships Margot Sunderland, Nicky Hancock, 2017-07-05 Written by the award-winning author of Draw on Your Emotions, this book is designed for professionals to help people explore, communicate and learn more about themselves in light of their relationships. Many children, teenagers and adults never sit down to reflect on their relationships. As a result, they can endlessly repeat destructive relationship patterns, pick people who are bad for them, stay in deadening relationships, or destroy the lovely relationships they do have. Consequently, this book is designed to empower people to improve their quality of life by improving their relationship life.

draw on your emotions: Energize Your Emotions for Life Kenneth A. Fox, 2018-11-08 Ken Fox writes, Walking a path of emotional health is the most significant thing I can do if I want to nurture and promote a culture of change and growth across the tapestry of my life. Energize Your Emotions for Life is entirely about what we can do to bring change to our lives. It is about becoming our own best friend, not in some self-absorbed way, but as a foundation for cultivating satisfying relationships with others. Instead of seeing emotions like anger or fear as harmful, the author shows how our emotions can be a friend who has incredibly much to offer each one of us. Based on extensive interdisciplinary research in affective neuroscience, biblical studies, leadership, philosophy, and psychology, this practical, easy-to-understand, self-leadership book is written for anyone who wants to walk a path of emotional health and self-care. As a biblical scholar, Ken Fox has done a thorough, critical study of emotions in the Bible. Energize Your Emotions for Life is also informed by years of pastoral ministry, mentoring and counseling students, and the author's own journey of living transformative self-leadership.

draw on your emotions: Characters, Emotion & Viewpoint (Write Great Fiction) Nancy

Kress, 2005-03-15 Create Complex Characters How do you create a main character readers won't forget? How do you write a book in multiple-third-person point of view without confusing your readers (or yourself)? How do you plant essential information about a character's past into a story? Write Great Fiction: Characters, Emotion & Viewpoint by award-winning author Nancy Kress answers all of these questions and more! This accessible book is filled with interactive exercises and valuable advice that teaches you how to:

- Choose and execute the best point of view for your story
- Create three-dimensional and believable characters
- Develop your characters' emotions
- Create realistic love, fight, and death scenes
- Use frustration to motivate your characters and drive your story

With dozens of excerpts from some of today's most popular writers, Write Great Fiction: Characters, Emotion & Viewpoint provides you with the techniques you need to create characters and stories sure to linger in the hearts and minds of agents, editors, and readers long after they've finished your book.

draw on your emotions: Professionalism and Self-Management Godfred Boahen, Fran Wiles, 2018-11-19 Dr Godfred Boahen is a Policy and Research Officer at the British Association of Social Workers (BASW), UK. Dr Fran Wiles is a qualified social worker registered with the Health and Care Professions Council and Senior Lecturer in Social Work at the Open University, UK. What does it mean to be 'professional' in social work? Which professional skills and values should you develop as a social worker or student of the field? Can developing self-management help social workers to refine their professional skills? This accessible yet rigorous text, written by authors with extensive social work experience, advances the theory that there is one guiding thread behind the skills and capabilities associated with professionalism: self-management. This novel insight gains its relevance from the fact that social workers are increasingly expected to demonstrate high standards of professionalism when working with service users and colleagues but often lack the support to achieve this end. The authors also show that professionalism entails the deployment of appropriate skills to motivate and empower service users to change problematic behaviours. Whether the reader is a student of social work, working with children and families or with adults, or looking to draw on self-management skills in planning their continuing professional development (CPD), this concise effort offers the reader a rich exploration of professional practice. Divided into theory and practice, the book includes:

- Sociological theories on professionalization and the role of values in practice.
- Advice for developing self-management, emotional intelligence and self-efficacy through an exploration of evidence-based literature, research notes and case studies.
- Guidance on professional social work communication skills, with particular attention to power relations in selecting appropriate communication methods in different contexts and with diverse people.
- Safeguarding in the light of professionalism and critical analysis.
- Leadership skills, and professional development to achieve leadership within a wider team or agency.

*** This book forms part of the Social Work Skills in Practice series. The series focuses on key social work skills required for working with children and adult service users, families and carers. The books offer both theoretical and evidence-informed knowledge, alongside the application of skills relevant to day-to-day social work practice. They are an invaluable resource for pre-qualifying students, newly-qualified social workers, academics teaching and researching in the field, as well as social work practitioners, including practice educators, pursuing continuing professional development.

draw on your emotions: Embrace Your Emotions Jennifer King Lindley, 2024-04-23 Develop a deeper understanding of your emotions and nurture your most precious relationships in this science-backed, illustrated guided journal that includes 100 easy write-in exercises. Our emotions are a powerful part of us but, too often, we don't take time to listen to them. With this journal as your guide, plus advice from leading psychologists and researchers, you'll discover how to pinpoint specific emotions and how they drive your thoughts and actions, manage big feelings in healthier ways, nurture close relationships, and cultivate authentic happiness. Inside you'll find: The purpose of emotions and the benefits of becoming more aware of them Why we avoid our emotions and tools to identify obstacles in facing our emotions Ways to boost your emotional vocabulary, regulate overwhelming feelings, and take back control Practical strategies for acknowledging and processing

difficult emotions such as anger, regret, or grief and for amplifying positive emotions like joy, awe, and gratitude How to manage emotions in close relationships and fearlessly live your best life With beautiful color illustrations and a soothing design, this guided journal offers plenty of space to gain wisdom and insight from the full range of your emotions so you can clarify your values and live your most authentic life.

draw on your emotions: Building and Sustaining a Teaching Career Narelle Suzanne Lemon, Sharon McDonough, 2020-05-26 Professional experience in initial teacher education programs can be both a challenging and rewarding experience. As student teachers take their first steps in the classroom, they often encounter stresses that compromise their teaching and learning. Within this context, well-being, resilience and self-efficacy are critical to their success. Building and sustaining a teaching career introduces the coping strategies, informal and formal practices, time management and organisational skills, and positive psychology critical to self-care for professional experience. The text uses case studies, 'fill your bucket' strategy building solutions, reflection activities and discussion and journaling questions designed to build capacity and develop reader knowledge, while pre-service teacher voices highlight key elements through real-world perspectives and experiences. Drawing upon a combination of teaching experience and education research, Narelle Lemon and Sharon McDonough present thoughtful, practical approaches that equip pre-service teachers with the necessary skills and knowledge for embarking on a successful teaching career.

draw on your emotions: How to Troubleshoot Your Magic Taylor Ellwood, 2019-09-28 Do you want to get consistent results with your magical practice? Of course you do... But you can't get consistent results when you don't understand how magic works. And there's nothing more frustrating than doing a magical working and not getting the result you worked for... You're left wondering what you did wrong, or trying to figure out why the magic didn't work, even though you did everything in the magick spell book. In How to Troubleshoot Your Magic, I share my method for troubleshooting magical workings that aren't getting the right results. And I show you how to fix your magical workings and get the results you deserve. This is a practical magic book that helps you understand why your magic isn't getting you the results you want... and shows you how to fix your magic workings so you get the results you want.

draw on your emotions: Drawing from the Heart Barbara Ganim, 2004-06-01 A step-by-step program shows readers how to survive any trauma--illness, retirement, violence, death, or divorce--using the author's work in nonverbal imagistic therapy and split-brain research to heal the mind and body during periods of intense anxiety and stress. Original.

draw on your emotions: Be Your Own Healer Chi Sing Cheng, 2017-12-14 Drawing is our basic instinct. In Be Your Own Healer, you will know how to use drawing as a tool for receiving messages from the subconscious, releasing negative emotions, freeing yourself from the past and regret, allowing yourself to express your emotions, realizing your true potential, and manifesting your desired reality.

draw on your emotions: CBT for Beginners Jane Simmons, Rachel Griffiths, 2017-10-02 This book provides the ideal starting point for trainees and practitioners needing a no-nonsense, clear guide to the basics of CBT. It will equip them with the knowledge and know-how, covering all the main theory and competencies to help them practice CBT effectively and confidently. Focusing on case formulation, the authors show readers how to build a 'picture' of each client, using their case history to inform interventions. Features such as exercises, case dialogues, summary boxes, and further reading lists help to enhance and cement learning. This third edition includes updated references, further reading and exercises, and new content on: · The difficulties and drawbacks of CBT · The differences between formal CBT and informal CBT · The therapeutic relationship · Further discussion of specific formulations · Compassionate interventions with negative thoughts.

draw on your emotions: Understanding Emotional Intelligence Gill Hasson, 2015-01-06 Drive your emotions - don't let them drive you! We all know people who are brilliant at managing their emotions. They never get overwhelmed in difficult situations; they are great decision makers; they

know when to use their intuition and they express empathy, compassion and understanding towards other people. But most of all, they are excellent communicators. Want to be like this? Understanding Emotional Intelligence shows you how. Understand how emotions work and how to use them effectively Know how to build rapport and motivate others Influence and persuade; leave a positive, lasting impression The full text downloaded to your computer With eBooks you can: search for key concepts, words and phrases make highlights and notes as you study share your notes with friends eBooks are downloaded to your computer and accessible either offline through the Bookshelf (available as a free download), available online and also via the iPad and Android apps. Upon purchase, you'll gain instant access to this eBook. Time limit The eBooks products do not have an expiry date. You will continue to access your digital ebook products whilst you have your Bookshelf installed.

draw on your emotions: Emotion Efficacy Therapy Matthew McKay, Aprilia West, 2016-06-01 In this groundbreaking guide for clinicians, best-selling author Matthew McKay presents emotional efficacy therapy (EET)—a powerful and proven-effective model for treating clients with emotion regulation disorders, including depression, anxiety, post-traumatic stress disorder (PTSD), bipolar disorder, and borderline personality disorder (BPD). Using the brief, transdiagnostic, and exposure-based approach in this book, clinicians can help their clients manage difficult emotions, curb negative reactions, and start living a better life.

draw on your emotions: Pop culture Magic 2.0 Taylor Ellwood, 2018-09-30 In Pop Culture Magic 2.0, Taylor Ellwood delves deeper into the power of pop culture magic and shows how the modern mythology of pop culture can be used to create magical workings that get you consistent results. You will learn: How to develop deeper and stronger relationships with pop culture spirits. How to develop your own system of pop culture magic How to integrate social media and modern technology into your magical practice. How to use contemporary holidays in your magical workings How role playing games can help you with your identity work and much, much more! Pop Culture Magic 2.0 can help you develop a modern system of magic that is relevant to you and allows you to take the pop culture you love and turn it into a spiritual practice that gets results and changes your life.

draw on your emotions: More Hold'em Excellence Lou Krieger, 1999 This is a new expanded edition which goes beyond the basics; it takes you into the mind and decision-making processes of professional poker players by providing solid information and advice on a broad spectrum of sophisticated topics. Krieger covers the importance of proper decision-making; why patience and position are vital; the flop; early, middle, and late position; common mistakes; how to play in loose, aggressive games; tells and much more. Includes the Lou Krieger full color Start Chart, showing which hands are playable in which situations.

draw on your emotions: Drawing as a Sacred Activity Heather Williams, 2010-11-30 In the tradition of such successful books on creativity as *Drawing on the Right Side of the Brain* and *The Artist's Way*, artist and teacher Heather Williams presents a step-by-step approach to personal development — and artistic satisfaction. Many people — including Heather Williams — were never encouraged to embrace their creative side, and this shutting down of part of their inner life can create conflict. This book is an invitation into each person's creative instincts and is designed to lead gently toward developing both artistic and spiritual qualities. The book is divided into three sections: Pencils & Perception (observing and drawing what you see in the physical world); Crayons & Consciousness (drawing the interior landscape of memories, emotions, dreams, and patterns); and Ink & Intuition (drawing on the intuitive wisdom within yourself). This book is not intended to make everyone a commercial artist, but it will help readers to see and be in their world more fully.

draw on your emotions: The Complete A to Z Dictionary of Dreams Ian Wallace, 2015-02-10 If you've ever woken up thinking 'What was that about?' This fascinating dream dictionary with over 12,000 definitions will explain everything and help you become your own dream expert. Written by highly respected Dream Psychologist Ian Wallace, this comprehensive guide will help you interpret the imagery you see in your dreams and analyse the hidden meaning and messages within them. By

exploring your dreams in this way, you'll reach a deeper understanding of what you really want in life - and work out how to achieve it. Whether you dream about flying above canyons, your teeth dropping out, missing the bus or standing naked in a crowded room, Ian will help you understand what your unconscious is trying to tell you and how you can use your dreams to help you live a rich and fulfilled life. After all, dream is just a dream until you put it into action ...

Related to draw on your emotions

Sketchpad - Draw, Create, Share! Sketchpad: Free online drawing application for all ages. Create digital artwork to share online and export to popular image formats JPEG, PNG, SVG, and PDF

Quick, Draw! See how well it does with your drawings and help teach it, just by playing

Draw: Free Online Drawing Tool | Canva Unleash your creativity with Draw, Canva's free drawing tool. Draw lets you add customized drawings and graphics to your designs, so they stand out from the crowd. Or, you can use it to

Kleki - Paint Tool Paint online with natural brushes, layers, and edit your drawings. Open-source, free. Import, save, and upload images. Inspired by Paint Tool SAI, Oekaki Shi Painter, and Harmony

AutoDraw Fast drawing for everyone. AutoDraw pairs machine learning with drawings from talented artists to help you draw stuff fast

Draw, Collaborate & Create with Artists Around the World | Magma Welcome to Magma: a collaborative drawing website where artists can paint together on a shared canvas. Chat and sketch with friends online and make new connections. Draw something for

- **Drawing and Painting** Perspective guides help you draw shapes from one-point, two-point, or three-point perspectives. Additionally, a 2D grid and an isometric grid are available to help you position your strokes

- **PaintZ** MS Paint for Chromebooks. Create and edit drawings and other images. Simple, fast, works offline, touch- and mouse-friendly, and no plug-ins required!

Security-first diagramming for teams. Bring your storage to our online tool, or save locally with the desktop app. Describe your diagram: No login or registration required. Diagram generation

Draw - Online & Free Drawing Tool | Picsart Draw online with natural brushes. Express your creativity with Picsart Draw, an easy-to-use online drawing tool

Sketchpad - Draw, Create, Share! Sketchpad: Free online drawing application for all ages. Create digital artwork to share online and export to popular image formats JPEG, PNG, SVG, and PDF

Quick, Draw! See how well it does with your drawings and help teach it, just by playing

Draw: Free Online Drawing Tool | Canva Unleash your creativity with Draw, Canva's free drawing tool. Draw lets you add customized drawings and graphics to your designs, so they stand out from the crowd. Or, you can use it to

Kleki - Paint Tool Paint online with natural brushes, layers, and edit your drawings. Open-source, free. Import, save, and upload images. Inspired by Paint Tool SAI, Oekaki Shi Painter, and Harmony

AutoDraw Fast drawing for everyone. AutoDraw pairs machine learning with drawings from talented artists to help you draw stuff fast

Draw, Collaborate & Create with Artists Around the World | Magma Welcome to Magma: a collaborative drawing website where artists can paint together on a shared canvas. Chat and sketch with friends online and make new connections. Draw something for

- **Drawing and Painting** Perspective guides help you draw shapes from one-point, two-point, or three-point perspectives. Additionally, a 2D grid and an isometric grid are available to help you position your strokes

- **PaintZ** MS Paint for Chromebooks. Create and edit drawings and other images. Simple, fast, works offline, touch- and mouse-friendly, and no plug-ins required!

Security-first diagramming for teams. Bring your storage to our online tool, or save locally with the desktop app. Describe your diagram: No login or registration required. Diagram generation

Draw - Online & Free Drawing Tool | Picsart Draw online with natural brushes. Express your creativity with Picsart Draw, an easy-to-use online drawing tool

Sketchpad - Draw, Create, Share! Sketchpad: Free online drawing application for all ages. Create digital artwork to share online and export to popular image formats JPEG, PNG, SVG, and PDF

Quick, Draw! See how well it does with your drawings and help teach it, just by playing

Draw: Free Online Drawing Tool | Canva Unleash your creativity with Draw, Canva's free drawing tool. Draw lets you add customized drawings and graphics to your designs, so they stand out from the crowd. Or, you can use it to

Kleki - Paint Tool Paint online with natural brushes, layers, and edit your drawings. Open-source, free. Import, save, and upload images. Inspired by Paint Tool SAI, Oekaki Shi Painter, and Harmony

AutoDraw Fast drawing for everyone. AutoDraw pairs machine learning with drawings from talented artists to help you draw stuff fast

Draw, Collaborate & Create with Artists Around the World | Magma Welcome to Magma: a collaborative drawing website where artists can paint together on a shared canvas. Chat and sketch with friends online and make new connections. Draw something for

- **Drawing and Painting** Perspective guides help you draw shapes from one-point, two-point, or three-point perspectives. Additionally, a 2D grid and an isometric grid are available to help you position your strokes

- **PaintZ** MS Paint for Chromebooks. Create and edit drawings and other images. Simple, fast, works offline, touch- and mouse-friendly, and no plug-ins required!

Security-first diagramming for teams. Bring your storage to our online tool, or save locally with the desktop app. Describe your diagram: No login or registration required. Diagram generation

Draw - Online & Free Drawing Tool | Picsart Draw online with natural brushes. Express your creativity with Picsart Draw, an easy-to-use online drawing tool

Sketchpad - Draw, Create, Share! Sketchpad: Free online drawing application for all ages. Create digital artwork to share online and export to popular image formats JPEG, PNG, SVG, and PDF

Quick, Draw! See how well it does with your drawings and help teach it, just by playing

Draw: Free Online Drawing Tool | Canva Unleash your creativity with Draw, Canva's free drawing tool. Draw lets you add customized drawings and graphics to your designs, so they stand out from the crowd. Or, you can use it to

Kleki - Paint Tool Paint online with natural brushes, layers, and edit your drawings. Open-source, free. Import, save, and upload images. Inspired by Paint Tool SAI, Oekaki Shi Painter, and Harmony

AutoDraw Fast drawing for everyone. AutoDraw pairs machine learning with drawings from talented artists to help you draw stuff fast

Draw, Collaborate & Create with Artists Around the World | Magma Welcome to Magma: a collaborative drawing website where artists can paint together on a shared canvas. Chat and sketch with friends online and make new connections. Draw something for

- **Drawing and Painting** Perspective guides help you draw shapes from one-point, two-point, or three-point perspectives. Additionally, a 2D grid and an isometric grid are available to help you position your strokes

- **PaintZ** MS Paint for Chromebooks. Create and edit drawings and other images. Simple, fast, works offline, touch- and mouse-friendly, and no plug-ins required!

Security-first diagramming for teams. Bring your storage to our online tool, or save locally with the desktop app. Describe your diagram: No login or registration required. Diagram generation

Draw - Online & Free Drawing Tool | Picsart Draw online with natural brushes. Express your creativity with Picsart Draw, an easy-to-use online drawing tool

Sketchpad - Draw, Create, Share! Sketchpad: Free online drawing application for all ages. Create digital artwork to share online and export to popular image formats JPEG, PNG, SVG, and PDF

Quick, Draw! See how well it does with your drawings and help teach it, just by playing

Draw: Free Online Drawing Tool | Canva Unleash your creativity with Draw, Canva's free drawing tool. Draw lets you add customized drawings and graphics to your designs, so they stand out from the crowd. Or, you can use it to

Kleki - Paint Tool Paint online with natural brushes, layers, and edit your drawings. Open-source,

free. Import, save, and upload images. Inspired by Paint Tool SAI, Oekaki Shi Painter, and Harmony **AutoDraw** Fast drawing for everyone. AutoDraw pairs machine learning with drawings from talented artists to help you draw stuff fast

Draw, Collaborate & Create with Artists Around the World | Magma Welcome to Magma: a collaborative drawing website where artists can paint together on a shared canvas. Chat and sketch with friends online and make new connections. Draw something for

- **Drawing and Painting** Perspective guides help you draw shapes from one-point, two-point, or three-point perspectives. Additionally, a 2D grid and an isometric grid are available to help you position your strokes

- **PaintZ** MS Paint for Chromebooks. Create and edit drawings and other images. Simple, fast, works offline, touch- and mouse-friendly, and no plug-ins required!

Security-first diagramming for teams. Bring your storage to our online tool, or save locally with the desktop app. Describe your diagram: No login or registration required. Diagram generation

Draw - Online & Free Drawing Tool | Picsart Draw online with natural brushes. Express your creativity with Picsart Draw, an easy-to-use online drawing tool

Related to draw on your emotions

The First Step to Tackling Your Emotions (Psychology Today1y) As someone who practices psychology both as a researcher and a counselor, the most frequent question I hear from friends, family, and colleagues is, "How do I struggle with X?"—where X can be anything

The First Step to Tackling Your Emotions (Psychology Today1y) As someone who practices psychology both as a researcher and a counselor, the most frequent question I hear from friends, family, and colleagues is, "How do I struggle with X?"—where X can be anything

The Right Way to Manage Emotions on Your Team (Harvard Business Review1y) A conversation with Michigan Ross's Lindy Greer and Christina Bradley on handling uncomfortable situations. Many managers don't know what to say when a team member appears angry, frustrated, or sad

The Right Way to Manage Emotions on Your Team (Harvard Business Review1y) A conversation with Michigan Ross's Lindy Greer and Christina Bradley on handling uncomfortable situations. Many managers don't know what to say when a team member appears angry, frustrated, or sad

Related Articles

- [the isle of the lost a descendants novel](#)
- [the book on the taboo against knowing who you are](#)
- [mathematical methods in the physical sciences mary l boas](#)

[Back to Home](#)