

# Transcript

## Template 6 – GO – Emotion

So we're now at step 6 and to use the GO tool to move from non-conductive emotions to conducive emotions specifically for a situation or many different situations, so by using the tool at this step, you would have known how to evidence any non-conductive emotion in a particular situation and how to envision or imagine what may be conducive instead. So, the techniques that we may use is to increasingly move from the non-conductive to conducive with several different techniques.

Before we go into the techniques, let's just do a recap on what may be non-conductive and conducive emotions. You probably have already by now an idea of what these may be from having observed yourself and concluded for yourself.

So basically, non-conductive emotions could be such as: fear, anger, guilt, sadness, etc. Or what is more commonly called negative emotions and there are many other variants, other types of negative emotions. So generally, these are non-conductive to happiness as you probably have concluded yourself.

The conducive emotions could be joy, serenity, calm, love, optimism, so these are examples of such and there are also others such as kindness or gratitude. These are what are more commonly described as positive emotions.

So, the techniques is to basically shift but also cultivate more and more these conducive emotions by using the GO technique, so GO which stands for "opt for". So, opt for the positive or conducive emotions and give up the non-conductive or negative emotions and we will talk about techniques to opt for or cultivate the positive emotions.

But first, in the use of the GO tool. So, what is important actually is to keep opting or choosing or cultivating positive emotions and therefore be able to move from a negative emotion to a positive emotion and not simply be, let's say, in a state of negative emotion and try to be less angry, for example.

So, when one is angry or has fear, try to lessen fear. The problem is that it's between a negative emotion, and less of a negative emotion. Which means it's still in the negative state, so the technique is more to cultivate the positive emotions and when we experience a negative emotion then just acknowledge it. But then redirect to a positive emotion which we've been practicing to experience anyhow. So therefore we're not stuck into a state of negative emotion and less negative emotion by repressing it or fighting it. But rather we just accept it right away and shift right away to a positive emotion that we've been practicing to cultivate.

So, in terms of cultivating a positive or conducive emotion. There are many techniques that can be used. So simply some here could be the acronym R.I.V.A.:

- Recalling conducive or positive emotions.
- Inducing.
- Visualizing

- Affirming.

And these techniques are described in the instruction booklet,

Basically, Recalling is remembering a conducive emotion or positive emotion, for example, remembering joy or a moment of joy and through remembering it, reliving it to reexperience joy again.

Inducing meaning using, for example, music that would bring about a positive or joyful calm emotion. Exercise may do that also and use this technique to experience it.

Visualizing is seeing, looking at images that will produce that conducive or positive emotion, sometimes just bright light, yellow, bright light that may produce a positive emotion in oneself.

And Affirming is using words, such as joy is here, calm is here, I have it, I see it and so and so forth. And through these words, just again recall or induce a conducive or positive emotion.

So then, as we are better and better in producing these conducive emotions. We can then use them to switch or redirect from a negative emotion to a positive one. So, going from a non-conductive to a conducive one in any situation, in replaying a situation, for example, and then replay it with conducive emotions. Or preplaying, rehearsing a situation that we may live in the near future and doing the same thing, so increasing the conducive emotions and so on.