

AGEING WITH EXPECTATION – A.W.E

Friday 1 June, 2018

FINDING SOME HEALING FOR YOUR DAMAGED EMOTIONS

1. NAMING THE HAZARDS:

- (a) Reinforced talking of it
- (b) Visiting reinforcing (over sympathetic) people
- (c) Not knowing HOW to move on, so you stay put
- (d) Storing memories – storing emotions
- (e) Imagination “What’s happening to them-they get off-I suffer”!

2. WHERE IS THE DAMAGE?

- (a) Generalised
- (b) Relationship
- (c) Body mind spirit
- (d) Self-worth
- (e) Emotions
- (f) Growth path
- (g) World view
- (h) Memories

3. TIME TO HEAL:

Focus	Filter	Fantasy of the future	Faith Factor!
Friends	<u>Fence</u>	Flourish	

4. IMPLANT POSITIVE EMOTIONS

- Positive experiences
- Good objects

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5. RELEASE PROCESSES

- (a) Recognise the need for release
- (b) Reposition – past, present, future
- (c) Resist revisiting regression
- (d) Regulate your emotions, thoughts and behaviour
- (e) Refocus
- (f) Reshape
- (g) Rise above
- (h) Re-join
- (i) Recall
- (j) Rejoice

6. LOOK FOR:

- 1. Strengtheners
- 2. Softeners
- 3. Support(ers)
- 4. Spirit resources

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Next AWE Session – Friday 6th July 2018 - 1.30-3.30pm

WHAT HAPPENS TO YOUR PERSONALITY AS YOU GET OLDER?

Can you have a flourishing personality?
Can you avoid becoming discontented?
What will help you cope better?

Come and hear this and more!

Dr Francis Macnab - Kew Library