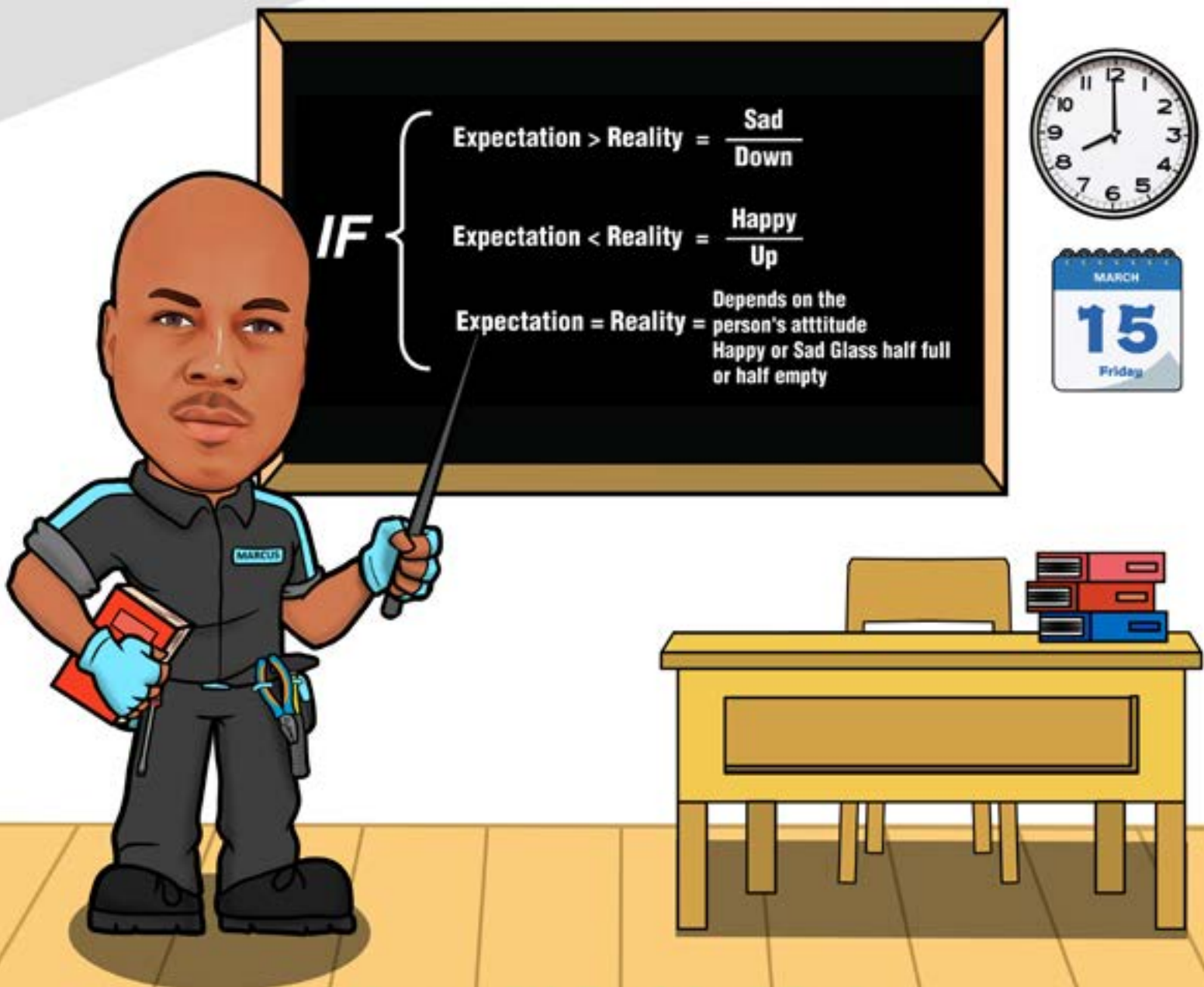


HOW TO FIX YOUR EMOTIONS



Marcus "M-Positive" Parker

(From the author "Find the Lie and Fix the Problem" Book and Workbook)

CONTENTS

ABOUT THE AUTHOR	4
Step 1: State the Problem	6
Step 2: Break the problem down to its lowest form (Expectation vs. Reality)	7
Step 3: You know you are healed when the trigger goes away.	9
“The Emotion Technician”	11
“Find the Lie and Fix the Problem”	12
“The Workbook”	13
“The Audiobook”	14



HOW TO FIX Your EMOTIONS

BY Marcus “M-Positive” Parker”

ABOUT THE AUTHOR

Hello Friend,

My name is Marcus “M-Positive” Parker or “The Emotion Technician” and I would like to thank you for taking the time to download this e-book. I want to make sure that I state that this e-book is not and was never intended to be a substitute for mental health screenings by licensed professionals. This e book was designed to open you to the possibilities of being able to finally take control of your emotions and essentially FIX them. “The Emotion Technician” idea came to me as I was hanging some of my old Air Force awards on my wall and realized that I have been a technician all of my life. In the Air Force I worked on air traffic control radios, then afterwards I worked on semiconductor tools and finally got to work on an electronic water heater. In my days as a technician I was always the most determined worker to want to fix the problem. I would take it personally if I couldn’t repair an electronics device or circuit. I remember a guy saying once that I would one day figure out how to fix humans. At the time I thought that was so funny because even though I was great at fixing electronics I could never seem to



troubleshoot and FIX my own emotions. I started to realize that I was using work as an excuse to never look myself in the mirror and start the process of healing myself. As a matter of fact, I had so many triggers that would be set off by the smallest thing. Someone could say something, and next thing you know my internal temperature has gone up and I'm ready to snap at anyone around me. It was like I was always living in fear of someone saying something that would trigger me. I avoided watching certain shows on television because they would trigger me. So, there I was, a master technician who could fix any electronic problem, but couldn't stop myself from being triggered all of the time. My journey to fixing my emotional triggers started when I finally started to look at my emotions in digital terms, just as I would troubleshoot an electronic device. I started breaking down my emotions into two categories which were expectation vs. reality. Just like an electronic circuit, or emotions have expectations that we create in our heads. When those expectations fall short, we are usually down. But if those expectations are exceeded, most of us feel a positive boost to our emotions. So, it was based off of these steps that I developed the "Find the Lie and fix the Problem" technique. The "Lie" that I speak of is actually the inaccuracy, or the break. In electronics we might call it the short. But it is the spot where the problem occurred.

Simply put, it's no different than a lamp in your

house that worked properly until it got a short in the cord. Now to get it to work you have to wiggle the cord to just the right spot, so it works. In this scenario the short in the cord is just like an emotional trauma. If you touch it at all, the lamp won't work. Now the tender spot in the cord is the exact spot that needs attention. Our minds work the exact same way. Whenever we experience any kind of mental trauma, we may hide it and act like it doesn't exist, like the short in the lamp's cord, but anytime the spot it touched, there is a trigger, or a reaction to it. No different than the cord, we have to fix the problem in order to get rid of that trigger. So, we need to go to the exact spot where the damage occurred, find the lie and fix it. So, we can put a new light bulb in that lamp, or a new lamp shade, but it will never work right until we fix the spot on that cord. Now maybe someone wiggled it to get it in just the right spot where it worked, but we know that it will happen again. No difference with emotional triggers, we can decorate them to make it look good, but as soon as that spot is touched, we start all over until we make up our minds to fix it.

I was I got excited about emotional intelligence and wanted to share what I had learned to help me deal with my own emotions.

Let me tell you that this road to discovery for me has been long and complicated, but I am proud to say that I have done something that most people would like to do but don't know the proper steps. That something that I have done was to FIX my emotional triggers and live free of unneeded emotional pain. Not saying that you will never have a bad day in life, but I am saying that you will have the tools to deal with those issues when they arrive.



Step 1: State the Problem

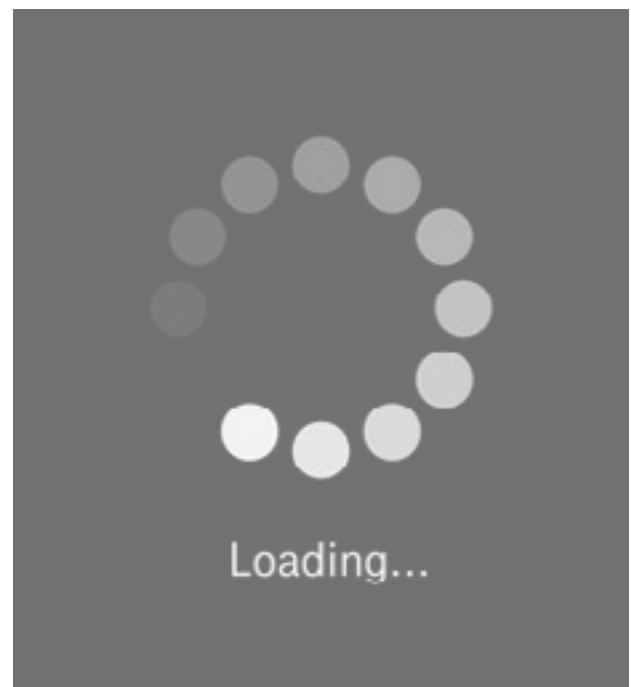
What is the issue? What is giving you the blues? Every time you find yourself triggered, stop right then and identify what made you trigger? What was said, what happened, what did you see, what did you hear? When you can stop and identify what exactly was the cause of your emotional trigger, you can start to move towards that issue so you can solve it. Go back to the lamp earlier mentioned. It is a perfectly good lamp, just as you are a perfectly good person. One day something happened to the lamp (in this case someone pinched the cord with furniture), and ever since then, we have to handle the lamp differently in order for it to work. Just like in your life, something happened one day, which changed the way you handle certain situations. The person who pinched that cord on that lamp, did not take the value away from that lamp. The incident only left a place that needed healing in order for it to work properly again.



Step 2: Break the problem down to its lowest form (Expectation vs. Reality)

Remember, just like in math, you need to break the problem down to its lowest form. There are only 2 major factors involved in any emotional issue. Those are Expectation vs. Reality.

Let's just say as an example someone is reacting to a partner cheating. The brain instantly starts to think of 10000000000 things which usually crash the mental system leaving us mentally stuck and usually raging in emotion because we can't think straight. The mind is loading just like a computer when too many programs are running at the same time.



Thoughts like:

- When did this happen?
- How did they meet?
- How long has this gone on?
- I thought they loved me?
- How could they do this?
- Who else knows?
- Someone told me to watch out for them?
- They said they loved me?
- We were going to have a future?
- Why would they do this?
- Is this the first time?
- Has it happened before?
- What's so special about the other person?
- Did they not think I would find out?
- Where did we go wrong?
- Is it because of something I did?
- What didn't I do?
- What will my family think?
- What will my friends say?
- Now what am I going to do?
- Should I forgive them?



Now imagine all these screens open and running at the same time in someone's head but yet they still have to carry on with life as if nothing is happening. Although this is just an example, you can get the point of what I mean. Let's break it down in a simpler form.

Expectation- I expected my partner not to cheat.

Reality- My partner cheated.

Now **FIND THE LIE:** The lie will always be in the Expectation. Now let's say, what about my partner made me feel like they wouldn't cheat. Because there is where the reality resides. Was it something they said? Are they known to tell the truth? Was it something that I just assumed? Is it something I never really discussed was a boundary for me? You can't change the reality of what happened, but you can dig deeper into where and how you created the false expectation in your mind.



Step 3: You know you are healed when the trigger goes away.

I like to think that I've healed a situation when I can think about it or even talk about it without being triggered. Depending on what it is, sometimes I can laugh to myself about some things that used to cause me to lose sleep. I know that you won't be able to laugh about everything that you've gone through, but it does give you a sense of peace to understand the issue, and what really happened.

When using our lamp cord analogy, the problem is fixed when we have gone to the place of the problem and fixed that part. You have done the work that makes the cord work

like new again, no matter which direction we bend the cord, it still works like new. This is the exact same thinking process that we need to adopt to get rid of our emotional triggers.

You will always know when you have healed and are ready to move on in life without fear of that trigger. If you continue with this process every time you feel emotional triggers coming on, you will be ready to get over it, but now you can get to the root of that problem and eliminate its emotional pull on your mind, spirit and body.

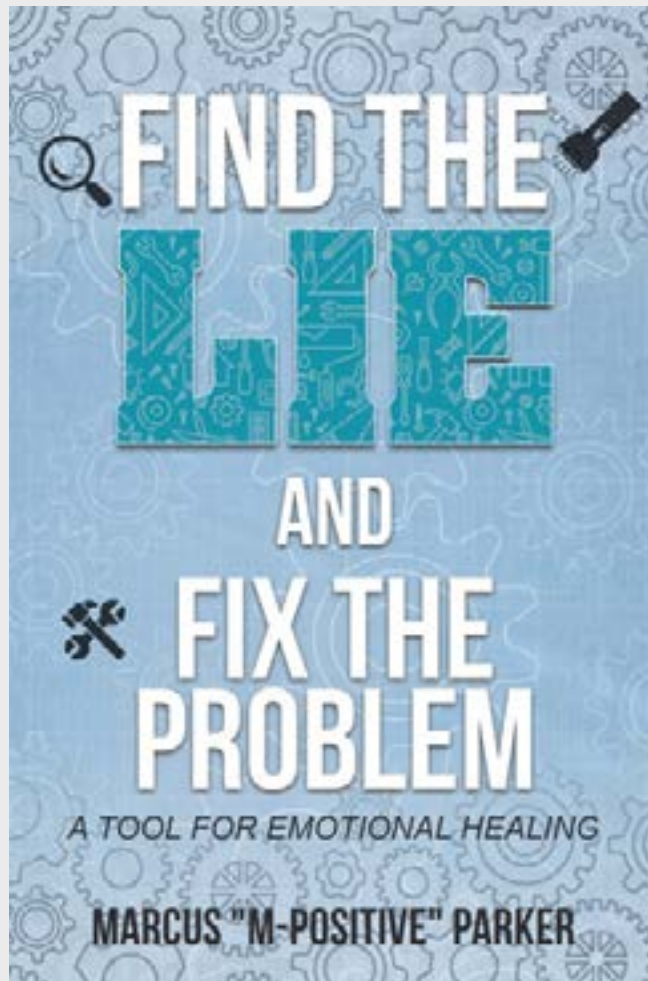




-Preview the new song-

“The Emotion Technician”

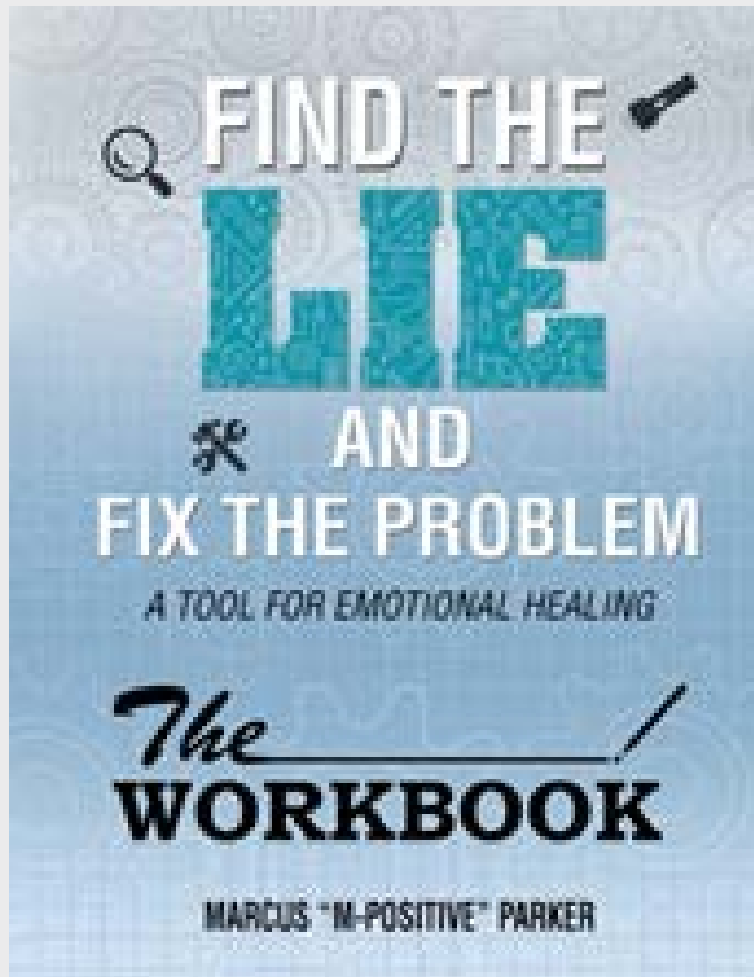




-Preview the book collection-

“Find the Lie and Fix the Problem”

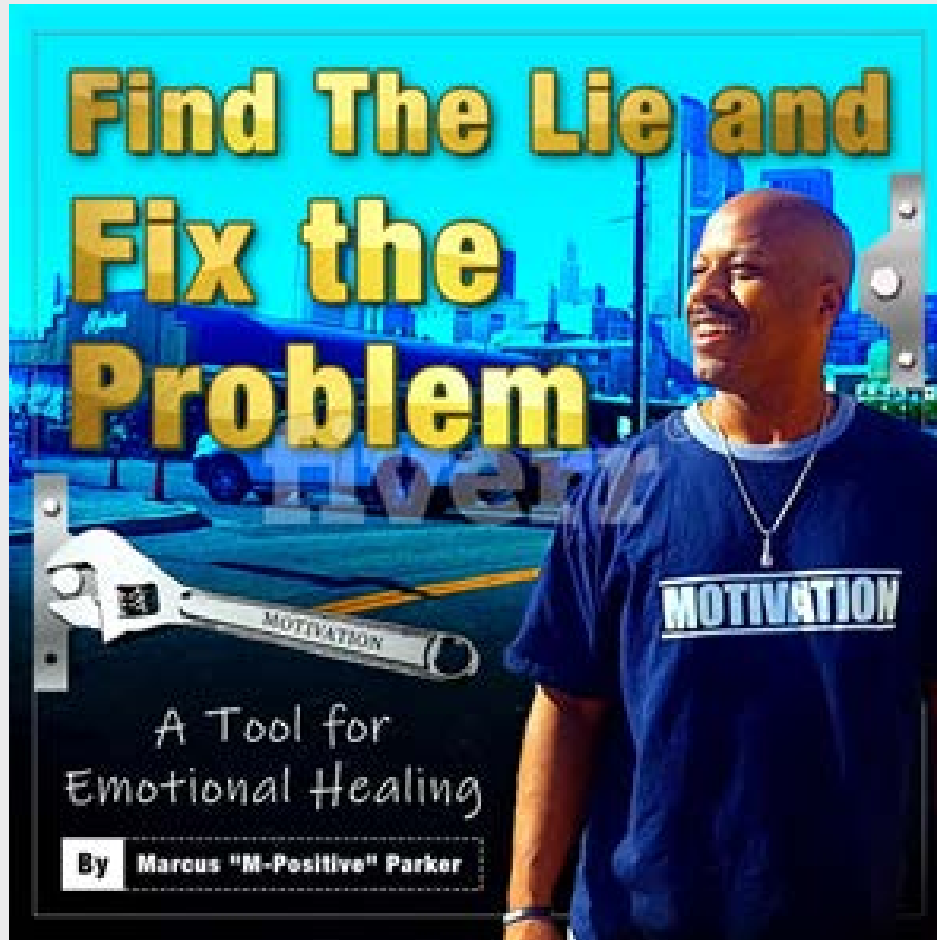
-A tool for emotional healing



-Preview the book collection-

“The Workbook”

-A tool for emotional healing



-Preview the book collection-

“The Audiobook”

-A tool for emotional healing

If you are a QR person, you can also access my full library of books and music by scanning here:



THANK YOU

Thanks again for downloading, and I truly hope that you've learned some valuable tools to manage your emotions.