

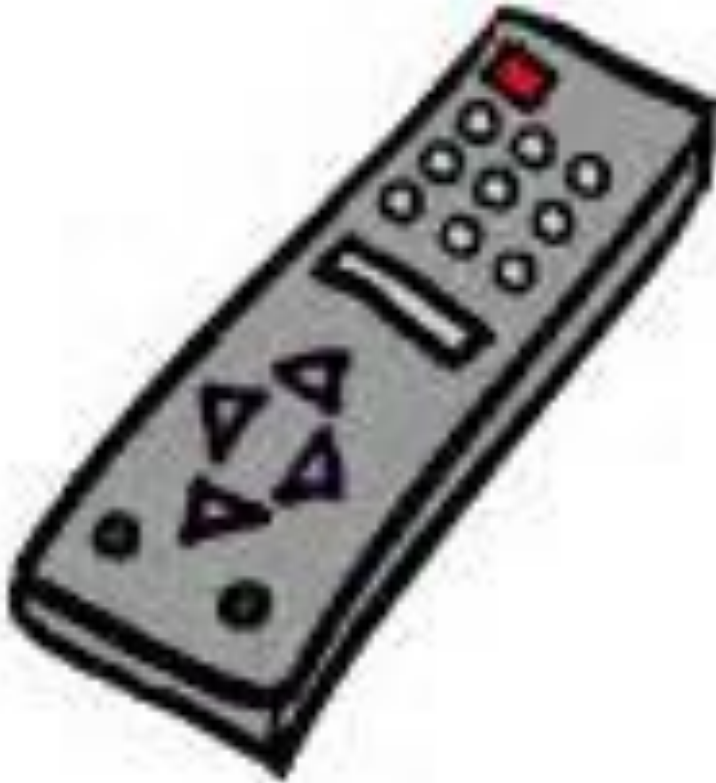
Empowering Yourself through Trauma

Taking Back Your Emotional Remote Control & Keeping It!

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"No one can hurt you without your consent." -Eleanor Roosevelt

Have you ever noticed that when watching television as a family or part of a group that there is a fight over the remote control? Who gets the remote control, why does everyone want it, and why is it so important? Well, whoever has the remote control has ALL the power. They are in control of the situation. They decide if you are going to watch a horror film, sad story or inspiring movie. That's a lot of power!



Well, we all actually have a Remote Control for our emotions with a sad button, happy button, angry button, jealous button, I am going to be okay button, I am going to survive button, etc. We all want to hang onto our own *Emotional Remote Control* and not let anyone else take it from us and hit the angry button, sad button, scared button, etc. We do not want to give our power away and let someone else take our *Emotional Remote Control* and have emotional dominance over us. There are unfortunately many people who like taking other people's Emotional Remote Controls in an effort to dominate them, make them feel inferior and choose their mood state. Just as Eleanor Roosevelt described, "No one can hurt you without your consent." As hard as this might be to really internalize her message and understand that we ultimately have the power to determine our own emotional response in

any given situation or circumstance. So this means, hang on to your *Emotional Remote Control* and no matter how difficult or challenging the circumstances are remember you can hit at the very least the button for "I am going to survive this" or "I am going to be okay." Ultimately, you are the one in charge of your *Emotional Remote Control*! You can choose NOT to relinquish your remote control to someone else and instead choose to empower yourself by selecting a button for a healthier mood state! In sum, no one can hurt you without your *Emotional Remote Control*! Don't give up your *Emotional Remote Control*!!

So the next time you find yourself getting mad or sad, "Ask yourself who has my *Emotional Remote Control*?" Your response to this question will tell you how to move forward in the healthiest way possible.