

SPARK 206

(Matrix Code: **SPARK206.00** for StartOver.xyz game.)

DISTINCTION: Feelings generate action. Emotions generate reaction.

NOTES: If someone communicates an *emotion* to you, and you interact with that person as if their *emotion* is a *feeling*, you are an untrustworthy friend. By not clarifying the distinction between *feelings* and *emotions* in the moment, you betray this person. You abandon them in the confusion of emotions thinking they are feeling something when they are only experiencing emotional [reactivity](#).

The difference between [feelings](#) and [emotions](#) is as significant a life awareness as the difference between real paper money and Monopoly money. Neither feelings nor emotions are good nor bad, right nor wrong, better nor worse. They simply have entirely different purposes and functions in human life.

Detecting the difference between feelings and emotions is utterly clear:

FEELINGS are anger, sadness, fear, or joy in their pure form (not mixed with any other feeling) between 1% to 100% intensity. A feeling comes up. You say, “Welcome feeling! What do you have for me?” Say, “Thank you feeling,” Write down what is said. Then you decide what you will do with it. As soon as you take action, the feeling is gone completely out of your body forever. That was a feeling.

EMOTIONS are anger, sadness, fear, joy, OR any of the [mixed emotions](#) such as depression, aggression, hysteria, despair, isolation, guilt, shame, disgust, melancholy, jealousy, blame, resentment, schadenfreude, hatred, revenge, etc. The emotion comes up. You try to use it in your current situation. Nothing changes. The emotional reactivity stays in your body for an hour, a day, a week, maybe forever.

Feelings are for *handling* things. Emotions are for *healing* things. The precious healing opportunity in each and every emotional reaction is often overlooked. Why? Your Gremlin. Especially if you have participated in emotional healing processes before, when an emotion arises, you may have this [Gremlin](#) voice in your head saying, “Oh, God! Not another process!” And then you let Gremlin steer you away from reclaiming the treasures that are buried in a new part of your underworld.

EXPERIMENTS:

SPARK206.01 IDENTIFY YOUR EMOTIONS Set aside at least 2 hours to explore <http://4feelings.mystrikingly.com> and <http://4emotions.mystrikingly.com> either alone or with a partner. Less than 2 hours is not deep enough. At the moment you begin diving into the websites, and perhaps for the rest of your life, live intensely in the distinction between feelings and emotions. Make it your first question: “Is this a feeling or an emotion?” For the next week, write *each and every emotion*, big or small, into your [Beep! Book](#) under the heading: **MY EMOTIONS**.

SPARK206.02 PROCESS YOUR EMOTIONS For the next two weeks, or perhaps for the rest of your life, each time you feel an emotion, immediately contact someone online or offline to take you through that emotional healing process. This works best if you pre-arrange your *Emotional Process Support Team* with 3 to 5 competent

facilitators. At <https://possibilitymanagement.org/trainers> you can find Possibility Trainers, and at <http://possibilitycoaching.org> there are Possibility Coaches. This will be a time of rapid learning in your life.

SPARK206.03 CLARIFY THE DIFFERENCE BETWEEN FEELINGS AND EMOTIONS WITH OTHERS For the next month, or perhaps for the rest of your life, the instant you suspect that the person across from you (online or offline) is feeling an emotion and not taking responsibility for it, you say, *“Excuse me for interrupting you, but I am pretty sure you are feeling an emotion and are unaware of it. That emotion is a precious [doorway](#) to emotional healing. I am willing to sit down with you right now (or, for example, at 3pm this afternoon at the café) and explore the radical difference between feelings and emotions and what you can do with them. Do you accept my offer?”* If they say, “No,” then say, “Okay. Thanks for thinking about it. I will be leaving now. See you later.” If they say, “Yes,” then do whatever it takes to make sure the appointment happens. This does not mean you promise to take them through an emotional healing process. This means you commit to going on a journey-of-understanding with them to experience the fundamental differences between feelings and emotions as explained at: <http://4feelings.mystrikingly.com>. Perhaps you will also do some of the [experiments](#) together.

SPARK206.04 TAKE THE STAND THAT YOU ARE NOT AVAILABLE FOR PROMOTING OTHER PEOPLE’S CONFUSION ABOUT FEELINGS AND EMOTIONS For the next month, or perhaps for the rest of your life, the instant you suspect that the person across from you (online or offline) is feeling an emotion and not taking responsibility for it, you say, *“I apologize for interrupting you, but I made a promise to myself that I would not participate in someone else’s confusion about the difference between feelings and emotions. I am pretty certain you are talking to me from emotions and I am not available for that. Let me know when something else is possible for you. Goodbye for now.”* If you have doubts, read [SPARK204](#).

SPARK206.05 EXPLORE TOGETHER THE SOURCES OF EMOTIONAL REACTIVITY For the next month, or perhaps for the rest of your life, the instant you suspect that the person across from you (online or offline) is feeling an emotion and not taking responsibility for it, you say, *“Pardon me for radically changing the subject, but emotional reactivity is a technique for avoiding responsibility and feeding the Gremlin. Are you willing to explore a website with me right now (or, for example, at 3pm this afternoon at the café) to discover the source of your emotional reactivity?”* If they say, “No,” then say, “Okay. Thanks for thinking about it. I will be leaving now. See you later.” If they say, “Yes,” then do whatever it takes to make sure the appointment happens. This does not mean you promise to take them through an emotional healing process. This means you commit to going on the journey with them of understanding and experiencing which [Ego State](#) is the source of their emotional reactivity, what they are getting out of it, and ways to shift out of emotional reactivity if they ever want to. This experiment is to explore: <http://reactivity.mystrikingly.com> together, and perhaps do some of the experiments together.

SPARK206.06 USE EMOTIONS TO LEAP INTO A METACONVERSATION For the next month, or perhaps for the rest of your life, the instant you suspect that the person across from you (online or offline) is feeling an emotion and not taking responsibility for it, immediately [go nonlinear](#) into a [Metaconversation](#) by saying, *“My Gremlin is not hungry enough to join your Low Drama as your Persecutor (or Victim, or Rescuer). I decline your offer. I shift the context of our interaction. My Gremlin offers to [renegotiate](#) with your Gremlin to change the purpose of our conversation.”*