

## Emotional Combat

Default Trap	Counter Trap	Stage 1: Open	Stage 2: Growth	Stage 3: Radiate
Anger, Frustration	Accept	Respect	Kindness	Compassion
Sadness	Acknowledge	Curious	Appreciation	Joy
Fatigue, Boredom	Own it	Engage	Excitement	Passion
Craving	Laugh	Detach	Contentment	Gratitude
Fear, Anxiety	Breathe Out	Relax	Embrace, Present	Equanimity

The table above shows us a practical path to learn how to catch our negative and reactive emotions and how to build more constructive and positive emotional responses. Each practice is broken into four stages: counter the negative, open the alternative, grow the positive, and radiate positive. As you develop these skills you enter the broaden and build process of better health, more happiness, improved thinking and successful relationships.