



UNBOUNDED

Break through your limitations and step into personal freedom

EMOTIONAL LIMITATIONS

Emotional limitations include:

- giving our power over to the emotion
- what we do and what we don't do when we feel
 - our emotional intelligence
- the language that we have around our emotions
- our understanding of emotions and how to process them
 - vulnerability and connection with others

Most emotional limitations fall into one of two categories:

Reaction
Resistance

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EMOTIONAL LIMITATIONS

#1: Reaction: When our emotions cause us to take action

Emotional reactions include fight, fix, hustle, and people-pleasing type of actions. On a subconscious level, the brain addresses acute stress (emotions) by attempting to eliminate danger through increased action.



Fighting is different from advocacy, which is a rational, thought-out action we take to stand up for our values. Reactive fighting might cause us to move towards the problem and approach it emotionally, but it also might show up as judging, criticizing and critiquing. These are emotional reactions where we fight against something without engaging in actual conflict.

Another reaction is to fix. When our problems cause emotions, we might rush in to try to resolve it as quickly as possible. When we do this, we don't take the opportunity to learn from the problem or allow ourselves to build resilience. We attempt to take control of the situation to avoid feeling discomfort, rather than taking control of how we feel about the situation.

Hustle is a reaction where we increase our efforts to change our results, when we're not really thinking about why we're taking action. We decide that the problem lies in HOW we are doing things, rather than taking time to get intentional and strategic about WHY we are doing them.

People-pleasing (also known as fawning) happens when we're feeling uncomfortable, and seek validation and reassurance from others. We put the ownership of making ourselves feel better on others, and we start to act in a certain way to try to earn approval and acceptance, because really what we want to feel is belonging.

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#1: Reaction: When our emotions cause us to take action

You will truly believe that the problem is you, your actions, your feelings, your value, your worth, how you're showing up, etc.

When our emotional limitation is to take more action, your brain will try to convince you that you have to fix the problem. It will present itself as thoughts such as:

- I didn't do it right
- I'm the problem / it's my fault
- I have to fix this, make it better, apologize
- Maybe they'll want me if... (true for all types of relationships, including professional)

Feelings that might come up include:

Disappointment, restlessness, despair, envy, and irritability

All these thoughts come from lack of self-concept, and limiting core beliefs such as:

- *I'm not worthy*
- *I'm not enough*
- *I'm not important*
- *I don't belong here*
- *I can't make this work*

Feeling vs Processing Emotions:

- Feeling is momentary. We notice how uncomfortable it is and then keep going. **This keeps the emotion in control.**
- Processing is getting curious and trying to understand the emotion. This can take several sessions over days/weeks until it fully leaves. **This is how we regain control.**



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#2: Resistance: When our emotions cause inaction

Resistance is where we withdraw and pull away from, shut down, freeze, and avoid. On a subconscious level, the brain addresses acute stress (emotions) by attempting to eliminate danger through flight or freeze responses.

Flight: escaping

This looks like withdrawing and avoiding (escaping), typically by indulging in other behaviors. Similar to buffering (see the Physical Limitations section), we are not engaging with that which makes us feel uncomfortable, and instead are keeping ourselves occupied with activities that numb us. These types of activities can be outwardly perceived as positive or negative, and include things such as watching television, playing video games, drinking or drug use, even running and working out. On a subconscious level, the brain is defaulting to desiring these activities because it does not feel safe in feeling the discomfort of negative emotions. This can present as cravings, urges, and addictions. The individual will feel like they need these actions in order to feel 'normal' or calm.

Freeze: becoming immobile

This is when we shut down altogether, we clam up and can't even find words to communicate. Physically we might cave in, cross our arms, and pull back. We might feel the desire to leave the situation but not be able to move. This can sound like 'I cannot do that. I literally cannot do it. I can't face it, I can't feel it, I can't talk about it. I don't even know what to do.' It goes beyond confusion.

The reason this happens is because the critical thinking part of our mind shuts down, and the limbic brain (fight, flight or freeze center) is activated. When the emotion is so strong or feeling emotions is so painful, the brain perceives this as an actual threat to survival.



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Summary:

We spend a lot of unconscious energy trying to cover our feelings up and trying to avoid them, or doing things to distract from them. It may look like hustling and overworking to avoid feeling insufficiency around money, or yelling at our partner to deflect the frustration we feel about not being further along and not having belief in ourselves. When we buffer, we don't allow ourselves to get uncomfortable enough to make change, to figure it out, to decide and commit to getting what we want.

When you are resisting the feeling, it clouds the highest functioning part of your brain. You lose access to your logic and your knowledge and your critical thinking. This is why we get caught up in confusion and "I don't know". **Once you feel an emotion, it loses power over you.**

Limitation:

The limitation here is that we don't allow ourselves to stop and feel the emotion. This means that we will never process (release) the emotion, or learn the pattern of thought behind the emotion and the pattern of behavior that we take from the emotion. We will continue to stay in the cycle of: the unprocessed emotion surfaces, we take more action, we feel more lack, the power of the emotion increases.

Emotions are simply the body's reaction to stimuli.



We call them feelings because we *feel* them in the body, but they come from the thoughts our brain is having about a circumstance. One tool is to use body mapping to identify where in the body you feel the emotion, and sit with the sensation and fully feel it.

Do this in an environment where you feel safe, and shift your focus back and forth between the sensation in the body and your awareness of your safety in your surroundings.

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