

# How Emotional Logic transforms patterns of stuckness into inner strength

Trevor Griffiths

# SMN Mission Statement

“To heal our fractured culture by co-creating new paradigms to bring truth, beauty, health, and wellbeing into *harmony*.”

Emotional Logic provides insights that can strengthen SMN Members to transform their unique personal experiences into conversations that have the harmonising power to enrich their communities and families.

# Four Mindshifts about Emotion

- Grief is not ONE emotion.  
It is a process.



- Grief emotions all have useful purposes –  
even the unpleasant ones!



- Emotions are not ‘all in the mind’.



- Emotions are about communication.  
They are social.

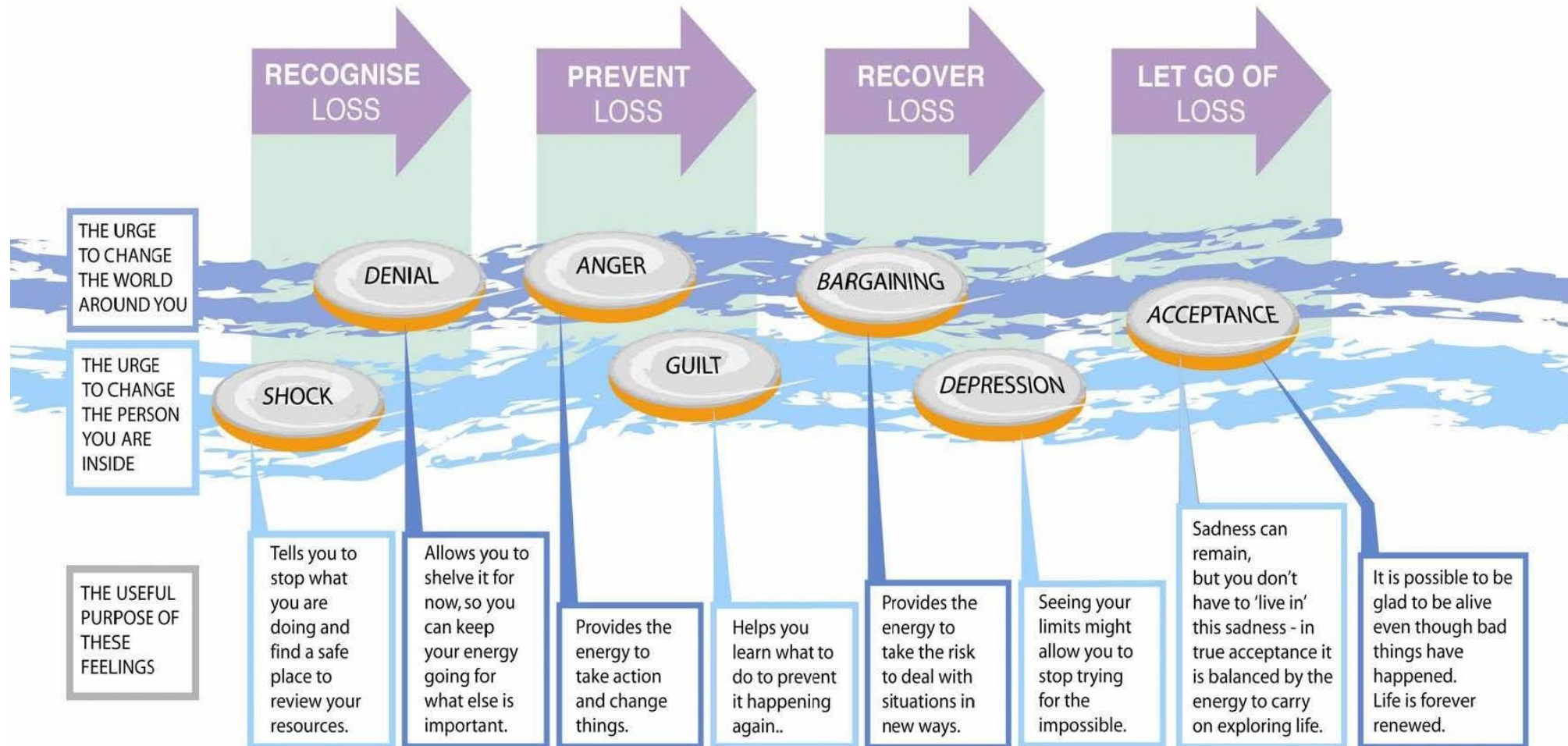


- They are spiritual.



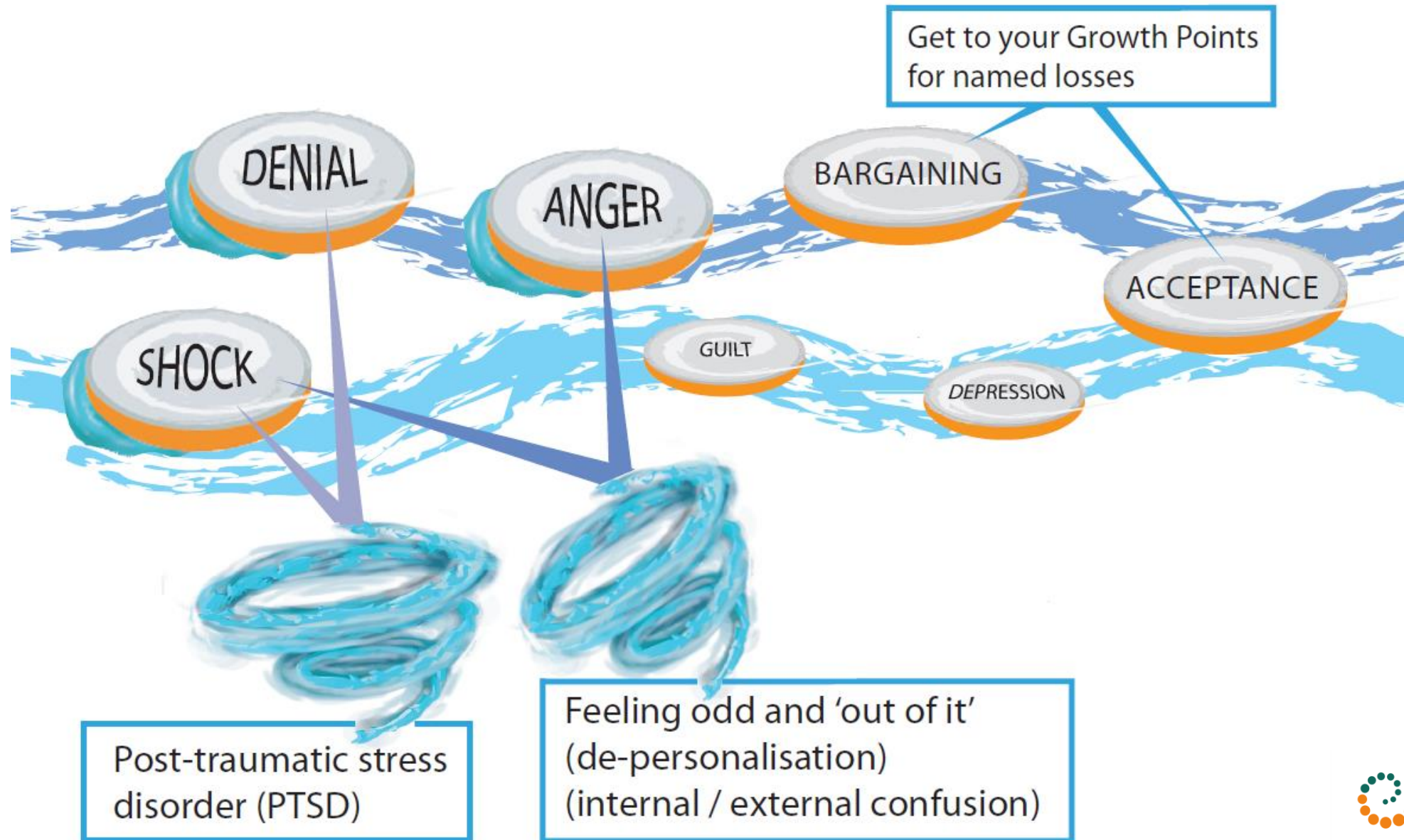
# Healthy adjustment to hidden losses

## Turning Points as you adjust to change

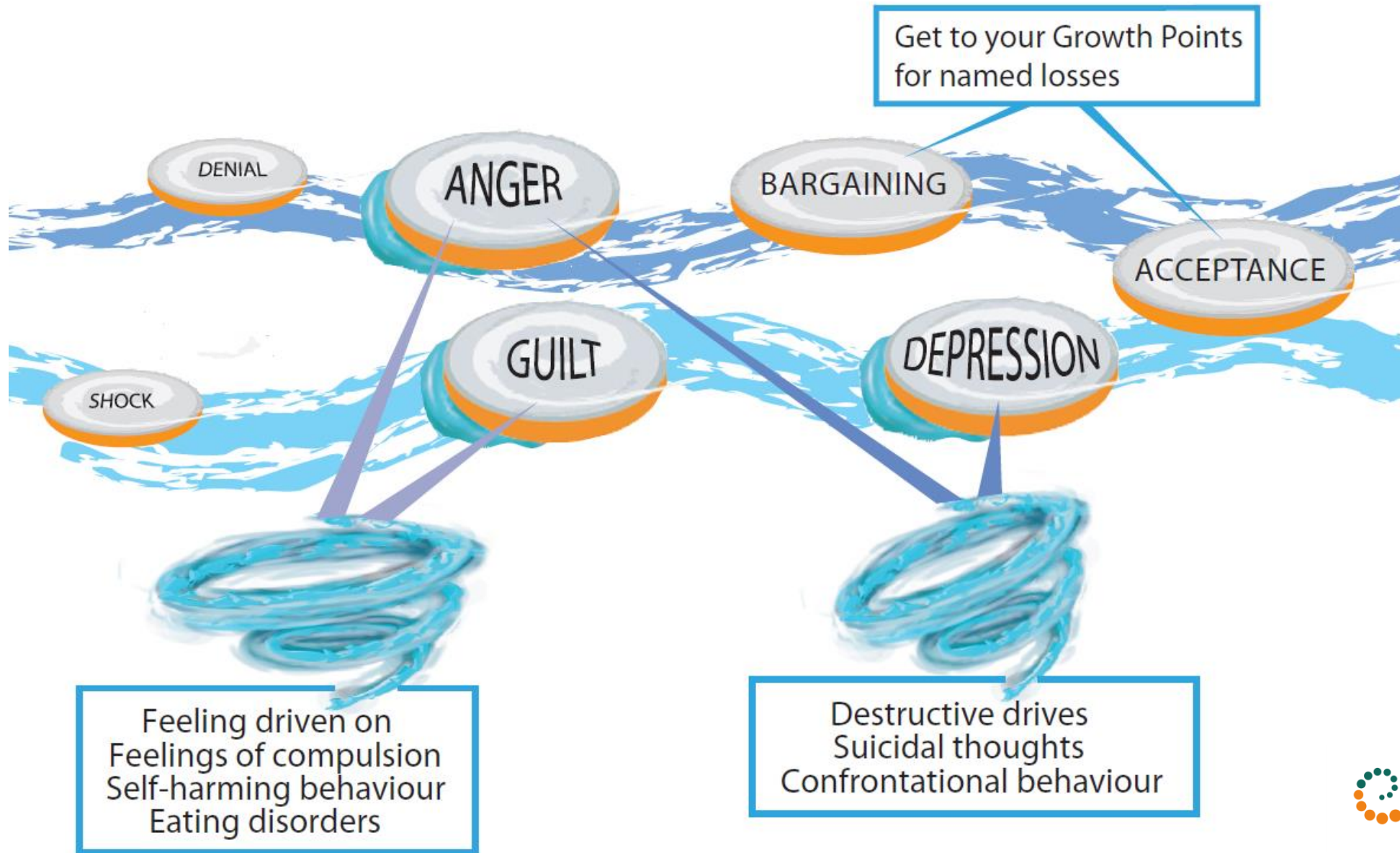




# The Way Out of Confusion Whirlpools



# The Way Out of Irrational Action Whirlpools



# Mapping tensions in the human heart



Show feeling cards    Reveal associations

Reset stepping stone cards   Reset feeling cards

Version 5.1.0

The diagram illustrates the mapping of tensions in the human heart. It consists of a central cluster of colored boxes representing emotions and a timeline at the bottom with stages of grief. A large grey arrow points to the right above the central cluster.

**Emotions (Green boxes):** stunned, panicky, bitter, anxious, sadness, empty, despair, hopeless, ignore it, pointless, full of hate.

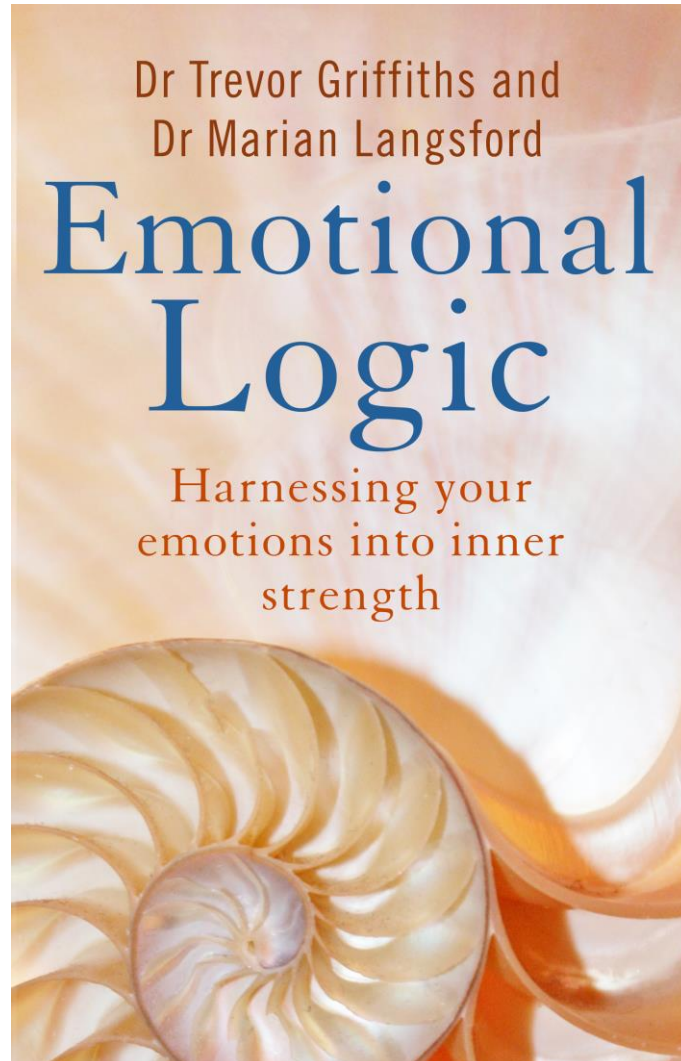
**Stages of Grief (Orange boxes):** SHOCK, ANGER, DENIAL, GUILT, BARGAINING, DEPRESSION, ACCEPTANCE.

**Other Elements:** A large grey arrow points to the right above the central cluster. A timeline at the bottom shows stages of grief: DENIAL, GUILT, BARGAINING, DEPRESSION, ACCEPTANCE, blame, carry on, come to terms with.



# A way forward to harmonious development

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# Loss Reaction Worksheets

## The powerhouse for change!

Outdoor activities instructor injured.  
Caring for ill wife.

Hidden losses = personal values.  
Recovering just one personal value  
transforms the heart and relationship.

Naming hidden losses is a conversational  
process. We can help to transform each  
other by the kindness of sharing insights.

NAMED LOSSES	SHOCK	DENIAL	ANGER	GUILT	BARG'N	DEPR'N	ACCEPT
Dignity							
Comfort							
Going Outdoors							
Canoeing							
Intimacy with Kate							
Independence							
Instructing.							
Filling my time							
Enjoyment							
Adventure							
Caring for Kate							
Hope							
Being Useful							
Being Productive							
Contributing.							
My Earnings							

# A plan for harmonious action



- ✓ Buddy up with a friend or a small group (possibly SMN members?) using Zoom for creative conversations.

Talk about the Online Introductory Course content and use the tools site to reflect on a SMALL SITUATION of change.

- ✓ Read the EL Casebook. Compare thoughts about the cases and stories. Consider a Foundation Award course.
- ✓ Work out how to share also with colleagues/neighbours.

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