

Feelings (Keeping in Touch with family and friends)

Hi! I'm Ellen Yale, Master Certified Coach and founder of "The Nest", an online program to help you thrive in college.

In this video we're talking about feelings.

Even people who don't like talking about feelings are doing everything they do in life to either try to get a feeling or try to escape a feeling.

You might go see a friend because you want the feeling of connectedness.

You might avoid someone because you don't want to risk feeling rejected.

This is true even with winning the lottery.

No one **really** wants to win the lottery.

People want the feelings they think the lottery will give them.

One person might want to win so they feel relief that they have the money to pay their bills.

Another person might want to win the lottery so they can buy a big house and fancy car so they will feel admired.

Someone else might want to win so they could give the money away and feel charitable.

In order to figure out how to change your feelings, let's start by defining them:

Feelings are only one word, and they represent a sensation in your body.

Like confident, embarrassed, glad, lazy, fear, mad... it's a huge list.

The part you are trying to get or avoid is the sensation that a feeling creates in your body.

In our society, I find the majority of people haven't stopped and noticed how a particular emotion feels in their body.

For a lot of people, with happiness or joy their body feels lighter and their muscles relax.

When you feel sad, you may have a knot in your stomach and tense muscles.

But the sensations are different for different people.

Get to know how your body experiences feelings, because this is the reason you do everything you do.

Seriously. Feelings are the reasons you do everything you do.

If you are avoiding making a decision about college, figure out why.

Maybe you feel fear.

Maybe you are afraid that you will pick the wrong one.

Everything you **do** in life is because of a feeling.

Feelings are important because they are how you perceive the world, and they drive your actions.

You might choose a certain college because it makes you FEEL **accomplished**.
You might choose a college because the classes are easier, and you hope to feel **relief**.

All your feelings are created by a thought, so
to CHANGE to a better feeling, pick a thought that makes you feel better.

If you are thinking about being away from your family and friends when you go to college, and it makes you sad, you are probably thinking about how much you will miss them.

Try out some different thoughts.

Think the thought, "I can text them any time I want." See how that feels.

Or, "Separation from parents is a part of growing up. This is how it's supposed to be."
There are lots of thoughts that would feel better.
Just keep trying them out until you find a thought that creates the feeling you want.

Try this:

Think of the top three feelings in your life.

That's the three feelings you feel most often in your life right now.

I'll give you a few seconds to think about this.

Now, what are the top three feelings you would **like** to have?

Why aren't these the same?

If they ARE the same, awesome! You are living your dream life.

But for most of us, the feelings we have and the feelings we want are different.

So remember, your feelings are always optional.

You create your feelings by thinking a thought.

If you aren't feeling the way you want to feel, change your thoughts and you will change how you feel!

This will be fundamental in Lesson 4, where you learn to create different results in your life.

I want to leave you with your thought for the day...

How would your life be different if you lived with the feelings you want instead of the feelings you have?



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