

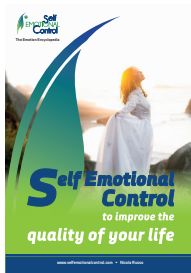


The Emotion Encyclopedia

A woman with long blonde hair, wearing a white lace-trimmed dress, stands on a rocky shore looking up at a bright sunset over the ocean. A large, stylized blue and green leaf-like graphic is on the left side of the image.

Self Emotional Control

*to improve the
quality of your life*



The Emotion Encyclopedia - Kit (Extract)
Self Emotional Control to improve the quality of your life

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Welcome and congratulations for your choice!

You have just purchased the tool that will allow you to develop the Self Emotional Control system.

Sit down comfortably, you are here with this book in your hand ready to study it because you want to understand how, from now, on you can get rid of your hardships and habits that you no longer want to have. As well as living your life to the best of your potential and therefore experience a real sense of satisfaction arising from the good quality of your choices.

Start with a good open mind

Read the book quickly, without dwelling on the details, this will allow you to have a general view of the topic, then read it all over again, but this time, as you scroll down the lines, pause and reflect on what you just read. Do write notes in the form of personal opinions on the concept expressed, and write down what you want to start doing from now on by using what you've just discovered.

A brief hint on how to learn

Some of the things that you decide to put into practice may seem a little strange to be used but, to benefit from them in the best way possible, don't try to focus only on memorizing them on a mental level, start to see how, thanks to the practice, you will become more and more experienced and quick in getting the results you want.

I will give you an example: you can buy a manual that teaches you step by step how to swim with dexterity but, you will not be able to understand what really swimming is about, but only if you jump into the water and start putting into practice what you have learned.

As you see how the suggestions you read will allow you to keep afloat and start moving gradually, then you will be even more convinced of the validity of what you have just learned.

Putting it in practice takes you to a deeper level of understanding, this is because you have tried on your skin how everything works.

Through the exercise of what you discover, you will be able to observe on yourself the emotional and behavioral results you have always wanted to have.

Your mind and your sense of judgment will allow you to develop those kinds of skills that will get you the results you want in life. Think that once you got acquainted with these communication strategies, you can take them with you wherever you want.

They will always be ready to be used by yourself in whatever circumstances you are in.

You will realize that you will often find yourself using this self cleaning system without even being aware of the fact that you are using it, because it will become a spontaneous and indispensable component in your life. Understanding how we personally see and interpret our thinking is one of the first steps to be taken in order to free ourselves from old beliefs and depressing emotions that influence our lives.

It will be pleasant and natural to do it, as it is to have a shower or brush your teeth, while you do it you immediately feel the benefit of your actions and if it happens that you are unable to do that when you feel like doing it, you will really want to run away so to meet your needs!

Repetition is the mother of memory

Since ancient times, it was believed it was fundamental to repeat to do something in order to do in the best way possible. Teachers used to tell students to do something over and over again, even if they didn't understand the importance of it, until the day the teaching became clear to them, and then everything started to work better.

The nuances, which until then might have seemed useless, became details that brought them closer and closer to perfection. This was the process that produced an innumerable number of "masters" who became an inexhaustible source of resources for everyone of us.

The wheel was invented only once

But between the first invented wheel and the latest technological wheels there is a huge difference not only in the design but also in functionality and comfort.

You will notice that the more you do the emotional cleansing on yourself, the more you will be able to do it effectively and quickly.

You will know where to work mostly and how to treat your mind and your emotional sphere.

Directly affecting the symptoms, without doing years of therapy based on “why”, it has allowed many people to have the desired results in a much shorter period of time.

“ Thanks to the practice

***of it you will become more and more experienced
and faster in getting the results you want. ”***

These results did not manifest themselves only when the intervention took place, but they lasted over time, and once an emotion is transformed into a conscious way, it remains transformed, and the suffering it caused has completely disappeared, without ever coming back. Its simplicity and logic makes it easily useble. There is no place or time in which it cannot be done, whether in an isolated place or in the midst of people.

It is not a revolutionary system that changes a person's way of being, it is kind and delicate, as if it were working behind the scenes.

The same thing happens when you feel the need to scratch yourself in a part of your body, if you do not do it your way and in the right place you will not feel the relief you so desire, do you?

The Self Emotional Control method follows the same principle, first learn it at the theoretical level with the study, the first few times you could do it with the help of a professional, then as you practice it, you will become more efficient on how to get the results you want.

You will surprisintly see that you can do things that you were not able to do before: you are improving your "wheel"!

That's all I wanted to tell you before starting. Let's get to work. Life is too short and we have a lot of "DRA-GONS" to be slaughtered! I hope to meet you very soon in one of the seminars I organize, it will be nice to have an exchange of positive experiences from putting this emotional control system into practice.

P.S. A final word on the importance of practicing. A tourist is in New York and is looking for the famous Carnegie Hall concert hall. Wandering through the streets, he realizes that he must ask a passerby: - Sorry, do you know how I can get to Carnegie Hall? - He asks an old hippie who is standing in a corner, after having smacked

his fingers and nodded his head, he replies: - You must practice my friend, you have to practice!
This is the secret. Practice my friend, practice!



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Introduction

Self Emotional Control (S.E.C.)

All this work of mine, which I have the pleasure of sharing with you, aims to show you in a simple and practical way how you can finally change and take your life, and that of the people you care, to a higher quality level.

It will allow you to become the person you want to be and achieve the results you want to achieve for you as a person and for the circumstances that make up your reality.

No doubt, as you read this innovative information, many questions will come to your mind that you would like to have clear and practical answers to.

What I encourage you to do is to continue to study the subject by also visiting my website ***www.selfemotionalcontrol.com*** where you can find updated and deeper information.

It is simply reasonable to have resistance and perplexity about something new that is being learned, such spontaneous questions arise:

“How can this help me? How true is what I’m reading or seeing through the published videos? Can I really trust

that by using this method I will solve my personal hardships or sufferings?"

I don't expect you to trust blindly what I am sharing in this book. The only thing I suggest is not to approach the subject by prejudging it.

First find out properly about the subject and then evaluate what you can do based on your personal experiences.

Two things are absolutely certain:

- 1) It has no other additional cost.** Yes, you do not necessarily have to buy anything else and you do not have to spend money to see tangible and positive results on yourself. You can eventually change the nature of your emotions, your mental attitude and consequently the choice of your actions by simply putting into practice what you will learn from this course.
- 2) There is no side effect whatsoever.** Anything described in this course, once put into practice, is completely harmless. You cannot hurt yourself with Self Emotional Control method.

You'll find out how ultimately all the control of your actions is in your own hands. If others influence you so much to the point that you will act in a certain way, it is always you who allowed it, you who have decided to do it, even if you follow their direction. The way we respond to external stimuli is determined by what we have accumulated within ourselves, and not by the behavior of others.

In other words, it is our internal references which determines the quality of our reactions to external stimuli. When we adopt this concept we are able to change for the better what we have inside of us so, we will influence our circumstances as well as our stimuli and no longer vice versa.

We will no longer complain about other people for how we feel, we will stop blaming them for our “misfortunes” but, we will become the kind of person who knows exactly what we want and who clearly knows how to get it!

“ It is a completely harmless

Self Emotional Control method.

You can't hurt yourself. ”

We will no longer sit in the passenger seat, but on the driver's seat that with dexterity and determination directs its movements towards the goal it deserves.

When we begin to be aware of the way in which we represent the events that happen to us, it will be easier for us to consciously and reasonably influence how we decide to behave.

Also from the site, you can find out about the places and dates of the seminars I organize in different parts of Europe. By attending them you will learn better how to use this self healing technique and if you wish you will learn the secrets to starting your business.

You will be able to book your individual interview through which you will be able to remove from your life all those emotions that cause you suffering and pain.

You will be able to understand in detail how the mind works and how it becomes expert and specialized in creating the problems that afflict your life.

You can do research on Youtube by clicking on “**Self Emotional Control**” and see videos that show how many people have benefited from this training and succeed in winning many mental and physical discomforts. This is a system of self-healing developed in relatively recent times, so it is still little known, I am not surprised if you haven’t heard about it yet.

Being a continuous researcher of everything that can improve the quality of life, as well as a teacher of English, I have put together this method of Self Emotional Control by studying and attending courses held by trainers who are experts in existential changes, which on a conscious level, and without using mystical means or which are rooted in spiritistic practices, help in a practical way all those who want to free themselves from what makes them suffer, from an emotional and physical point of view.

Inside of us a great deal of reactions occur to external stimuli which manifest themselves above all in an unconscious and uncontrolled way.

Thanks to this self-control system, you too can become forever the pilot of your mind, you will be able to control what happens in it and consciously change the kind of emotions you want to influence your life, your entire behavior and finally, the quality of your choices, actions and of course your own future.

You will find out that we actually have our problems not because of others, **but because we are creating them in our mind and then we allow them to inflate our emotions and finally drive our behavior.**

All those, who adopt this way of thinking, become witnesses of changes for the better in their lives and the results they achieve far exceed their expectations.

Another very exciting aspect of this emotional self-control system is that the results come very very quickly, you do not have to wait long time.

*“ It will be easier for us to consciously
and reasonably influence
how we decide to behave. ”*

Study carefully this educational course and do the exercises indicated and without a doubt you will also be among the very long list of people who are better off in all respects in their lives.

The purpose of this book is to help you understand how you can do an emotional cleansing on yourself in order to eliminate the discomfort and suffering that make you the person you no longer want to be, and consequently have the strength and determination to do the things that make you feel well and that are above all healthy for your mind and your body.

This course does not replace the training courses that a person should attend if he wants to develop the skills necessary to start his profession in this area.

This book is composed of 6 parts that give a detailed overview of what you can do about yourself to become the person you've always wanted to be.

Yes, the happy person who is 100% owner of his/her emotions and actions, who in the end always gets what really matters. You will have the possibility of having clear answers, in which are enclosed the fundamental concepts, to the obvious questions that a person asks while studying this book.

I have divided the book into three main sections:

Section A: is the introduction to the 6 main parts which have been discussed and explained in this book.

Section B: is the complete and total explanation of the 6 questions, asked and answers in this book.

Section C: in this final section in which I will briefly summarize the key points step by step. Eventually you can do some exercises that will help you make the best decisions for your future.

PART I:

How can the use of Self Emotional Control help me?

What you are about to learn is called a self help system, which means that you can control the quality of all your emotions related to the experiences you have stored in your memory.

*“ You will be able
to consciously change
the kind of emotions
you want to influence your life. ”*

Self Emotional Control has helped, and is still helping, all those who practice it, to consciously choose the meaning and lessons they have attributed to what they have lived from an early age.

Not only on things that happened long ago, but also on what happens daily in life, this means that you can consciously filter and change the meaning that your mind attributes to the experiences you experience day after day.

PART II: What is Self Emotional Control (S.E.C.)?

Self Emotional Control is a system that allows you to interrupt the negative messages that your mind's control unit, the brain, sends to the rest of your mind, the body. It also allows you to send new messages to your emotional sphere through conscious and well-targeted actions. Our body responds to the commands of our mind in a controlled way with specific actions, such as walking, reading, writing, working, etc.

It also responds in an unconscious and spontaneous way, this happens when we do things without thinking about them, especially when, due to internal emotions, some organs of the body respond in an involuntary or uncontrolled way, for example, when we become red in the face, when we feel a jolt to the heart, when we feel that the circulation of the blood has a surge and so on. Behind Self Emotional Control system, there is a whole mental and emotional evaluation system that we choose to adopt thanks to conscious and well-targeted interventions.

PART III: How do you do Self Emotional Control?

Choose in your mind what you no longer want to have a negative impact on your life: bad memories, unwanted emotions, physical pains. Everything you want to get rid of.

Relive the discomfort intensely, and as you do this, tap on the points where most of the emotional communication between the brain, the central seat of your mind, and the body, which is the remaining peripheral part of your mind, circulates.

*“ They helped
countless amount of people to win
many mental and physical problems. ”*

It's about thinking and feeling again the emotions and discomforts you want to eliminate from your life, and by slightly touching some specific points on the face, hands and body you can change and modify the quality of your life for the better. Doing this on past and recent events allows you to keep your emotions clean from what makes you suffer both mentally and physically.

PART IV: When to practice Self Emotional Control?

This system of Self Emotional Control can be used immediately, as soon as you have discovered it, without any fear, because it has no side effects. You can take away all the past sufferings as well as all those that

can potentially be born because of the experiences we experience day after day. Not having to carry special equipment or application tools with us, we can do it wherever we are.

There is no need to do it necessarily while we are alone so that others do not see us while we are doing a “strange thing”.

We can even do it mentally, it is possible to practice it quietly in the presence of other people, it is enough to do it in the correct way, not because we could cause some damage, but simply because it would have no effect. In other words, we can practice it anywhere and at any time we feel the need to do it.

The secret is to do it repeatedly, only in that way the results will be tangible and lasting.

PART V: The roots and development of S.E.C.

Self Emotional Control system has its roots in techniques for studying and conditioning one’s own thoughts and emotions:

- Neuro-linguistic programming. Its founders Richard Bandler and John Grinder define it as a valid aid to help people transform their lives for the better. They argue that we are all self-programmable, which means that we have the ability to set up mental programs created by ourselves, both consciously and unconsciously.

*“ Eliminate discomfort and suffering from your life
which makes you the person
you no longer want to be. ”*

- On the reflections we make when we think about our past we base what we imagine can happen in our future.
- All the sensations or emotions that are associated with moments already lived or that we could live in the future. The person does not subject himself to the will of someone else in an uncontrolled way. But it is only a system that leads us to relive memories to which we have linked pleasant or painful emotions.
- Meridian points used by the Chinese in the technique of acupuncture. These are located on specific points of our body, they contain the vital energy that follows the blood, reaching the rest of the body.
- Emotional Freedom Tecnique developed by Gary Craig an American engineer and Thought Field Therapy (TFT) in turn created by Dr. Roger Callaham.

They allow, through self-stimulation on the meridians of the body, touching or massaging, to start a process of self-healing from physical and emotional discomfort.

The meaning we attribute, consciously or unconsciously, to our experiences becomes the motivation for which we decide to do one thing or another.

Logically, where research is free, many currents of thought or self-control techniques develop which produce the same result and in more or less times.

Fears are meant to protect us from unnecessary suffering and prevent dangerous situations that have already occurred in our lives.

When we succeed in winning them with the Self Emotional Control system, we still manage to remember what happened, but without acting any longer unwisely.

“Youtube” is a rich source of testimonies of how those who practice Self Emotional control are better off in all aspects of their lives.

*“ It means that you can consciously
filter and change the meaning
that your mind attributes
to the experiences you live day by day. ”*

By reading books and attending training seminars on the subject you can deepen your knowledge on how to use this system to finally be able to become what you want to become.

PART VI: Self Emotional Control to improve the quality of your life

This system will finally allow you to learn how to change the quality of your thoughts and of your emotions. You will know how to communicate better with yourself so that you can consciously choose what you want, be the motivating force of your actions.

With this system you will not have eternal life, but you will be able to lead a life that is far happier and free from heavy loads that lead you to suffer in the mind and in the body.

Too good to be true? Find out about the topic with a wise open mind and then decide whether to apply it in your life or not. Don't let the distrust take over on what this new concept you are discovering.

In equal or similar situations two or more people can react differently, for example some continuously try to alleviate suffering with the use of harmful substances, others may decide to use those experiences in order not to make choices that in future will be a source of further suffering.

***“ You can take away
all past sufferings as well as
all those that
potentially are born. ”***

It is not the harmful substances that we choose to use, the triggering cause of the actions we take. They have no power over us without our permission.

Man's mind, unfortunately, tends to use what it has lived in the past to ruin the beautiful things that can be done in the present and in the future. Now we have the right tools so that this is no longer our case, we can do this by cleaning up the suffering we have been carrying with us for too long, as well as those that could arise daily.

Thanks to what you will learn in this course you can finally get rid of everything that makes you sick and focus your mind better on things that bring you joy and that make you grow for the better.

Our memories are the representation of events that no longer exist, we bring them back to existence through the choice of the emotions we wish to have and the actions we decide to take.

*“ The person does not subject him/herself
to the will of someone else
in an uncontrolled way. ”*

Understanding how this innate mental mechanism works leads us to be more in command of the life we have and be more aware of who we really are.

Becoming the person we want to consciously become, is now within everyone's reach, we will no longer be

focused on reacting about the behavior of other people towards us, but we will be focused on making choices and actions that will consciously influence the quality of our life and that of others.

For long ages we have been in the dark of how our mind really works and how we can avoid so much trouble and pain.

Read and reread the following six main points and you will discover how much you yourself will be able to stop accumulating suffering after suffering in your life and start choosing, with all your senses aroused at most, those thoughts and emotions that give you more and more moments worth living.



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Self Emotional Control to improve the quality of your life

Without realizing it, we have always memorized, in our subconscious mind, both the experiences we have lived and the meaning we have attributed to them. These significances determine how we react to life events. Thanks to the Self Emotional Control method, you can change the meaning of your memories for the better, even those you think you have forgotten. You will be doing this work on your subconscious mind to open up new horizons.

Thanks to the content of this book, you will be able to:

- Begin to take giant steps to eliminate the sense of confusion typical of those who are depressed due to traumas.
- Consciously changing the memories that still make you feel bad.
- Understand how and where to find the roots of your suffering to change the way you face your reality.
- Acquire the scientific evidence demonstrating the validity of existing self-help systems in our minds.
- Get rid of all doubts, uncertainties, and fears that hinder you in dealing with your circumstances in the best possible way.
- Learn how to value the importance of adopting good habits to face difficulties.
- Make use of easy-to-use techniques to operate on the true source of your pains.
- Knowing how to use your internal resources to change how you react to difficult situations while respecting your values.
- Tap into a wide range of emotions and phrases to repeat to yourself for difficult-to-handle situations.



Buy the whole book on
www.selfemotionalcontrol.com



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