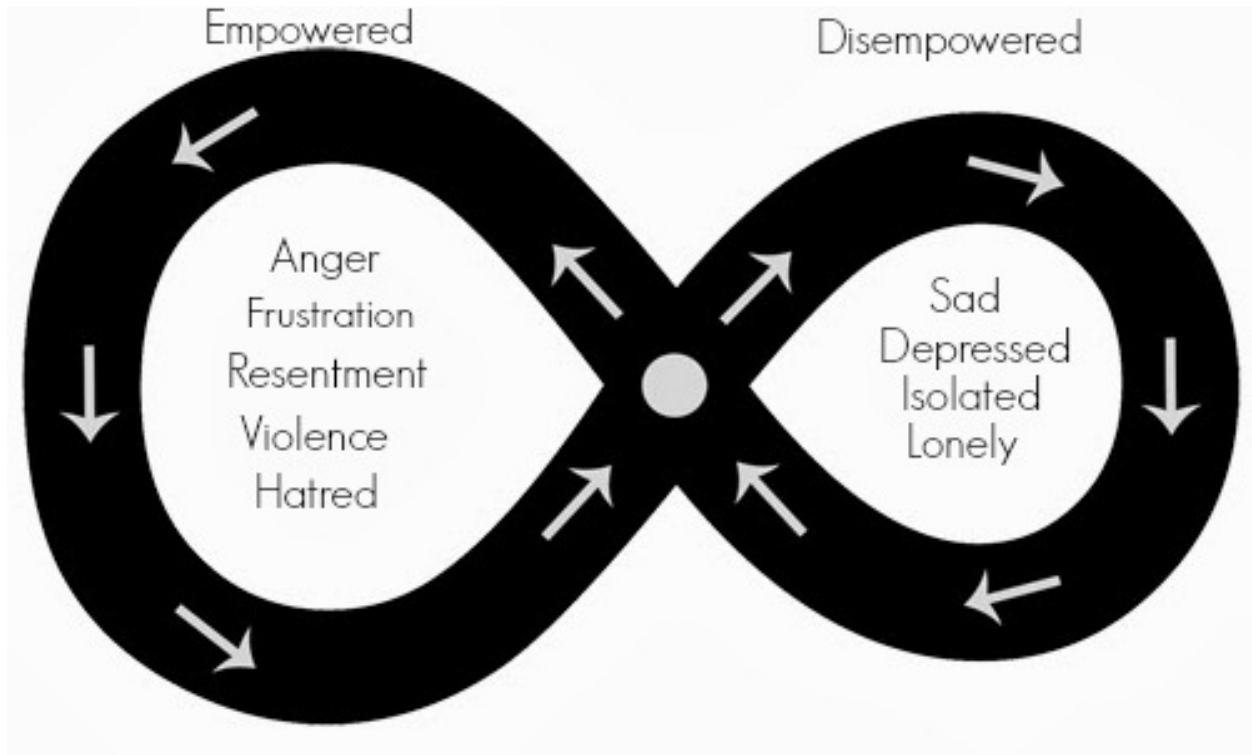


The Crazy Eight



The crazy eight can be a great tool to help us become aware of the emotions that we go habitually to and that are consistently shaping our lives.

When we go to anger and its related emotions, we find ourselves very motivated and ready to physically move and expend energy. This is the place where we can make a change because we're tired of feeling stuck, trapped and/or sad.

When we find ourselves in Sadness and its related emotions it's often a place where we can find self-love. Also, the people around us tend to pay better attention to us when we're sad. This can create a feeling of connectedness. The negative side to sadness then is we can go to that emotion to get our need of community, love and connection instead of through more positive emotions such as happiness and contribution.

The quickest way to break the cycle is to recognize that you're in it. Gently observing yourself and how you're reacting to what's going on in your life will tell you if you're in a Crazy 8 pattern.

“The only way out is up”.

You will notice the arrows at the center of the 8 are all going up. You will also see that they cross each other. This can be the best moment to make an exit from the craziness, when your crossing from one emotion to the other.

Just stop! Make the conscious decision to stop moving back and forth. Notice what your body is doing. Is it tight and ready for a fight or is it loose and ready transduce? (a bit of humor helps!) Choose to move to a different emotion. Do something different (maybe even goofy) with you body. Jump, yell, tighten your muscles(feel your feet!)

Awareness is the key. Become friends with all of your emotions. They are your best tools and greatest gift(if you let them).