

RUTHIE'S WRATH From **Anger** to **Youphoria**

The 3 Key
components in
developing
emotional fulfilment
after abuse



RUTH FELTHAM

As I walked out the door
toward my freedom,
I knew that if I did not leave
all the anger, hatred
and bitterness behind
that I would still be
in prison.



— Nelson Mandela —

MISSION STATEMENT



To educate individuals on the steps to emotional and physical wellbeing through numerous programs aimed at re-programming the brain. We believe repetition equals results and are committed to developing new thought patterns in order to address limiting beliefs, trauma and associated behavior.

We are passionate, driven and educated, with a focus on identifying unhealthy emotional patterns created with past conditioning and then addressing these patterns by creating new neural pathways in order for clients to condition and instill new positive belief systems and behaviors. We believe the existence within you of positive emotion is your greatest measure of success.



THERAPUETIC USE OF SELF IN THIS WORKBOOK

In health-care professions, “therapeutic use of self” describes the ability of a caregiver (ME) to use his or her personality consciously and in full awareness in an attempt to establish relatedness and to structure professional interventions. Professionals must be aware and display an understanding about themselves and their life experiences in order to support the client.

Professional therapeutic use of self involves building rapport, trust, respect, sincerity and empathy with the client.

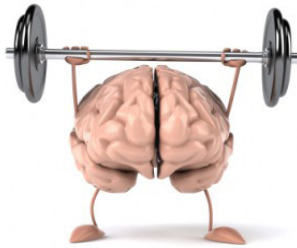
The culture of health care is often based on the disease model, which attempts to force professionals into socially accepted methods of “having a good bedside manner,” meaning the caregiver adopts a position superior to that of the patient. However, when professionals use self in a therapeutic manner, “they focus on mutuality and support.”

I will be using my own personal experiences in this workbook in order to provide examples of what information is required in each activity. It is important to me that individuals see me as a positive, supportive role model despite the presence of multiple trauma in my life.

RUTHIE'S WRATH FROM ANGER TO YOUPHORIA

There is no greater inspiration than 'modelling' and learning from individuals who have been through incredible challenges yet achieve and maintain an incredibly emotionally rewarding life.

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CHAPTER 1:

UNDERSTANDING SELF



EMOTIONAL PATTERNS

Why look at emotional patterns?

Emotions are the fundamental key to leading a healthy fulfilling life both personally and professionally.

Emotional patterns are conditioned genetically and environmentally (family/relationships)

Emotions are the driving force behind our behaviours.

Unhealthy emotion results in unhealthy behaviors

Address the emotion, you address the behavior.

EXAMPLE:

My mother lacked courage to address My Fathers abuse, lived in Fear so now this emotional pattern has been conditioned in the children. The appropriate model of behavior and boundaries were never addressed in the parent, therefore no conditioning in offspring. (Unless

you get therapy which I did at 22 and I'm rock solid in giving fellas their marching orders. This involved role playing and repeating specific statements such as 'your behavior is inappropriate and I'm taking myself out of this equation')

It's incredibly important to go back and do the work (research) on your parents and grandparents. The purpose of this activity is to identify the UNHEALTHY emotional patterns that have been conditioned and instilled from generation to generation. When you think about it, our behavior has been conditioned as a result of our parent's emotions.

We don't need to look into the healthy emotional patterns because they serve us incredibly well, it is the unhealthy emotional conditioning that impedes our ability to function well, particularly in intimate relationships.

The most important mindset to be in when doing this exercise is one of love... this is not about hating and becoming bitter over how our parents or their parents failed to address their emotions. Have empathy for them, bitterness just poisons your own soul, 'pivot' to the positive aspect that your actually becoming AWARE and breaking free from unhealthy patterns of behavior which is INCREDIBLY EXCITING!! I mean how amazing is it to BREAK THE CYCLE and become a happier, emotionally healthier person! Absolutely!

HISTORICAL EMOTIONAL PATTERNS

INDIVIDUAL	EMOTIONAL PATTERN	'DRIVING' EMOTION
Father	Physical Abuse Highly Sexualised Behavior Verbal abuse Emotionally unavailable Lacked emotional courage to address behavior or the past Pride/Ego (fear driven)	Repressed Fear/Anger/Shame from being sexually abused by his own father. Serving in Vietnam and responsible for deaths in combat. Unaddressed PTSD
Grand-Father		
Grand Mother		
Nan		
Pop		
Father		
Mother		
ME		

LIMITING BELIEFS



Sexual Abuse	<ul style="list-style-type: none"> No man will touch me because I have been 'interfered' with Men who love me can't be trusted If my 2 main role models (protection) (Father/ Grandfather) are abusing me then there is no chance that a guy can protect me. I must protect myself. Men are weak when it comes to females and sex. No discernment. 	<ul style="list-style-type: none"> Fear Anger Shame Rejection Hurt 	<ul style="list-style-type: none"> Aggressive 'alpha' female 'kicking guys a**es' mentality was 10000% solid knocked back guys left right and center so they couldn't sleep with me. (Power/ Control)
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These limiting beliefs were programmed at the subconscious level...until now....when you're physically writing them down and becoming AWARE in order to ADDRESS.

First things first though Conscious and Subconscious? What are they?

Conscious Mind: The conscious mind is the part of your mind that is responsible for logic and reasoning. If I asked you about the sum of one plus one it's your conscious mind that is going to be used to make that addition.

The conscious mind also controls all the actions that you do on intention while being conscious. For example, when you decide to make any voluntary action like moving your hand or leg it is done by the conscious mind.

Subconscious Mind: The subconscious mind is the part of your mind responsible for all of your involuntary actions. You're breathing and heart beats are controlled by your subconscious mind.

Your emotions are also controlled by your subconscious mind. That's why you sometimes might feel afraid, anxious or down without wanting to experience such a feeling.

Your subconscious mind is also the place where your beliefs and memories are stored. That's why affirmations make no sense and can never improve your beliefs. Affirmations are done on a conscious level and are always filtered by the subconscious mind because they usually don't match your belief system.

You have to look at these subconscious programs because science has revealed that most of them, seventy percent or more, are really leading to **limiting, sabotaging beliefs that are self-destructive**. And this is why we can't get out of our own way because we didn't even see we were in her own way because we were doing it unconsciously.

The right way to change a limiting belief is to convince the conscious mind logically to accept it so that it can pass to the subconscious mind and reside there.

Does this make sense?

Your turn to identify your limiting/sabotaging beliefs!

EVENT	INTERNAL DIALOGUE	EMOTIONAL RESPONSE	BEHAVIOR

HOW TO ADDRESS THOSE BELIEF SYSTEMS/EMOTIONAL PATTERNS

Welcome to Reframing!

Reframing is the heart of all effective therapy. The way in which a problem or situation is perceived, understood and processed can always be shifted – to offer the possibility of change and a sense of move or time limitation.

Reframing is a linguistic tool used to consciously change your limiting frames to help support your desired goals, beliefs and

behaviors. Reframing does this by interrupting your old unhelpful thought patterns with new interpretations and perspectives of reality that are more helpful and supportive of your desired objectives. In other words, reframing helps you put events and circumstances into a different context that is more favorable. It's as if you're changing the meaning of an event or experience in order to put yourself into a more positive and resourceful state-of-mind. Therefore instead of sabotaging yourself, you are adopting more useful ways of thinking and doing things that will help you to potentially overcome your personal limitations, boundaries, phobias, fears and even trauma.

EVENT	NEGATIVE INTERNAL DIALOGUE (LIMITING BELIEF)	POSITIVE INTERNAL DIALOGUE (NEW BELIEF)
	•	•
	•	•
	•	•

HOW TO PROGRAMME THE REFRAMES

Neural Pathways what are they?

Have you ever noticed that when you drive to work or a regular place that you always go the same way even if there are alternate ways you could go? This is because you have created a neural pathway in your brain that has created this routine.

Some pathways obviously serve us well and there is no need to change these. But some learnt experiences or neural pathways do not serve us well, especially when it comes to relationships with partners, work colleagues, family etc. and in how we treat and respect ourselves-our body, our health, and our own mind.

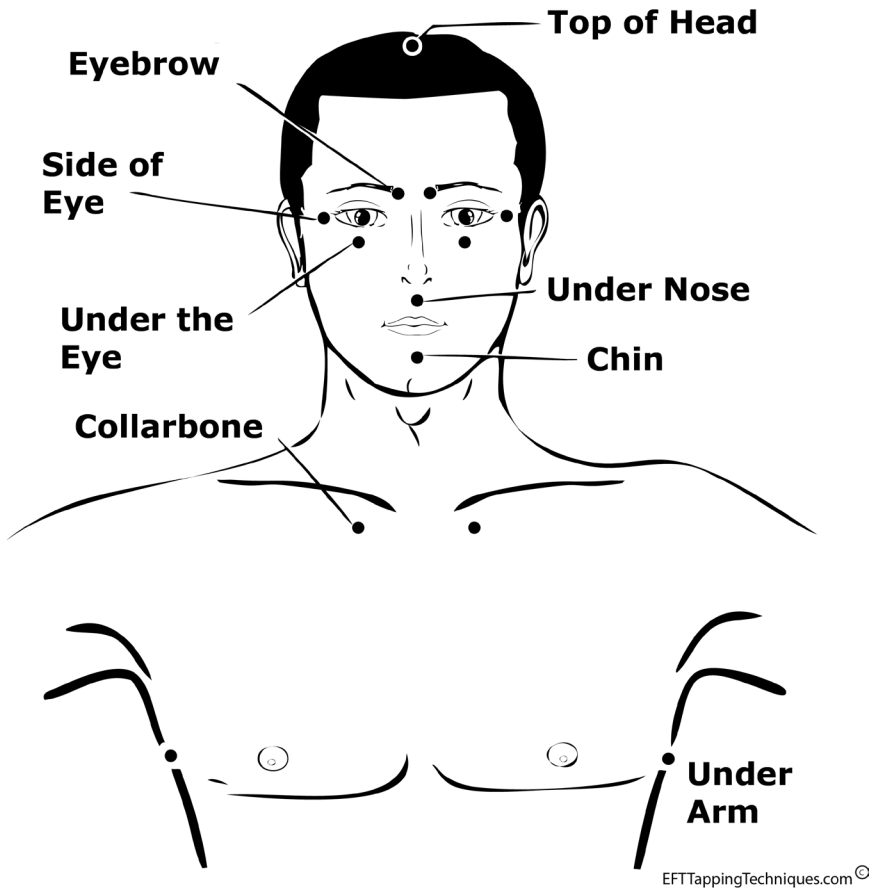
How to change neural pathways-

Just by doing things differently and repeatedly, is the quick way to answer this question. The way to create a new neural program is to decide what changes you want to make, set out a plan of action and do it, over and over till it becomes second nature.

This is where Emotional Freedom Technique (EFT) is a great tool to condition new neural pathways with regards to patterns of thought. EFT is a repetitive based strategy.

RUTH FELTHAM

***Emotional Freedom Technique
(EFT/TAPPING)***



Tapping your Reframes

- 1.
- 2.
- 3.

CAUSE V'S EFFECT

Roughly 80% of the population walks around in a daze of dis-empowerment while the remaining 20% take responsibility for their results and live empowered lives. You can join the 20% by developing conscious awareness of when you are at “Cause” and when you are at “Effect”, deciding if that is where you want to be, and taking action if you need to.

Being at Cause *Cause = Taking Charge = Empowerment*

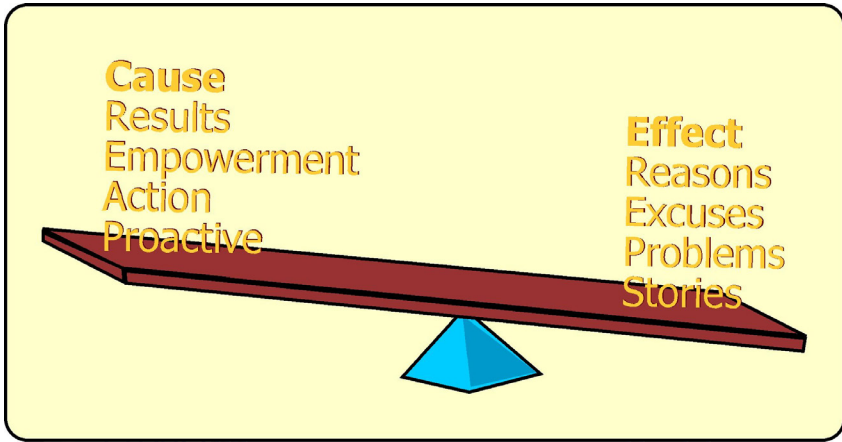
Those who choose to take full responsibility for their current situation and emotional state are living at Cause. This is the life of self-reliance, results, action, possibility and empowerment. To live at Cause you must take responsibility for your results.

Being at Effect *Effect = Victim = Dis-empowerment*

Those who choose to blame their current situation and emotional state on external forces such as another person or event are living at Effect. This is the life of being stuck, making excuses, telling stories, blaming and being dis-empowered.

To find out if you are living at Effect all you need to do is hunt for the excuses you tell yourself and others about the results you are getting in your life.

Excuses are when you blame/credit your results to something that is external to yourself – things you have no control over (e.g. your boss, your genetics, luck, fate, the weather). Excuses can also be disguised as actions that are realistically within your control but you have unconsciously chosen not to take responsibility for them (e.g being too busy, not fitting in). It's as if you have released yourself from taking responsibility for yourself by creating this concept of “too busy” and made it external to you



CHAPTER 2

UNDERSTANDING HEALTH



NUTRITION & COGNITION

So often we think of our nutrition in terms of weight control that we forget that nutrition is about giving our body the nutrients it requires to be at its best. Its time to look at our nutrition from a Neurotransmitter approach, the food we eat contains precursors to those ‘feel good’ chemicals.

Good nutrition is **vital** to optimal brain cognition. Optimal brain cognition means...

THE BRAIN IS BETTER EQUIPPED TO.... THINK POSITIVELY

If you eat crap you're going to think and feel like? Hint.... 4th word in the statement 

Too frequently, stimulants such as caffeine and sugar are relied upon to get us through times of low energy and when we are emotionally stressed, which is probably the worst thing you can do.

Focusing on a diet that helps manage your energy levels and support optimal brain function needs to be a daily goal for all of us. The nutritional requirements for optimal brain health and functioning are not overly complicated and include;

Understanding the role of clean:

Fats (Watch saturated fat content!)

Carbs (low GI)

Protein (High protein content)

Vitamins & Minerals (enzymes)

Things to avoid: Depressants & Stimulants

Alcohol intake

Sugar intake

Soft Drinks

Fatty/fried foods

Treats occasionally!!! This is about you..... LOVE yourself well by taking care of your health. If you're not in a good headspace look at what you're eating 😊

- 5 small meals per day- MUST HAVE BREAKFAST!!!
- Set yourself up for success by having nuts, tins of tuna or protein balls in your car/bag etc.
- Pre-prepare meals in bulk if possible this way you have your meals ready to go
- Substitute where possible e.g. fish n chips (grilled with sweet potato chips) Look for healthier alternatives
- If you're out and have cravings:

RUTHIE'S WRATH FROM ANGER TO YOUPHORIA

- Fatty Food**
- Chicken breast from Coles or chicken shop
 - Grilled fish from fish n chip shop
 - Nuts

- Sweet Food**
- Yoghurt from Coles or grocer
 - Protein bar
 - Dark chocolate bar
 - Punnet of strawberries

HEALTHY FATS	HEALTHY CARBS	HEALTHY PROTEINS	CONDIMENTS	OILS	DRINKS
<ul style="list-style-type: none"> • Avocado • Coconut • Walnut • Cashews • Almonds • Nut meal/ flour • Seeds • All natural peanut butter • Salmon • Trout • Mussels 	<ul style="list-style-type: none"> • All Bran • Oat Bran • Rolled oats • Special K • Natural Muesli • Porridge • Seeded breads • Sough dough • Rye/Wheat • Sweet potatoes • Brown rice • Spaghetti • Wheat pasta • Wheat flour • Oat flour • Chickpea flour • Rice flour 	<ul style="list-style-type: none"> • Egg Whites • Turkey breast • Chicken breast • Fish • Tuna • Mozzarella cheese • Beef Jerky • Lean Beef • Lean Pork • Greek Yoghurt • Cottage cheese • Quinoa • Chia Seeds • Beans • Almond milk • Soy milk 	<ul style="list-style-type: none"> • Herbs • Spices • Apple cider vinegar • Soy sauce • Teriyaki sauce • Herb pastes (garlic/chili) • Tomato paste • Mustard sauces • Salsa 	<ul style="list-style-type: none"> • Sunflower oil • Coconut oil • Walnut oil • Avocado oil • Olive oil • Grape seed oil • Pumpkin seed oil 	<ul style="list-style-type: none"> • Water • Herbal teas especially Green tea! • Milk • Fruit juices (blender) • Fruit smoothies • Protein shakes • Gatorade

MEAL EXAMPLES

BREAKFAST	MID/MORN	LUNCH	MID/AFTER	DINNER
<ul style="list-style-type: none"> • 2 Eggs w grain toast • Oats w berries • Egg + spinach omelet • Scrambled egg whites • Greek yoghurt w berries and sunflower seeds • Muesli + yoghurt 	<ul style="list-style-type: none"> • Banana w almonds • Mozzarella cheese sticks w carrot sticks • Beef jerky • Peanut butter rice cakes • Tuna on rice cakes 	<ul style="list-style-type: none"> • Veggie wraps (brown wraps) • Thai beef salad • Grilled fish with cous cous or Quinoa 	<ul style="list-style-type: none"> • Smoothie with almonds • Handful pepitas with protein shake or smoothie • Greek yoghurt • Veggie sticks and Hummus 	<ul style="list-style-type: none"> • Salmon and cous cous • Baked chicken and veggies • Turkey or chicken burgers served with sweet potato mash • Chicken/Beef/Pork /Tofu stir fry • Frittata & baked veg salad • Steak w sweet potato and kale (greens)

MEAL PLAN

TIME	MEALS
B (Breakfast) 07:00am	<ul style="list-style-type: none"> • • •
MM (Mid-Morning) 10:00am	<ul style="list-style-type: none"> • • •
L (Lunch) 1:00pm	<ul style="list-style-type: none"> • • •
MA (Midafternoon) 4:00pm	<ul style="list-style-type: none"> • • •
D (Dinner) 7pm	<ul style="list-style-type: none"> • • •

EXERCISE & COGNITION

One of your brain's many responsibilities, or "executive functions," is referred to as "inhibitory control." This is what helps you to keep inappropriate or unhealthy behaviors under control, such as making you think twice before eating a gallon of ice cream for breakfast and reaching for the alcohol every time you feel stressed. Food is just another way to self-medicate when we experience undesirable emotion.

Since we are all inundated with temptations around the clock, this function is under constant strain. Plus, it has only limited capacity and will grow fatigued with overuse, similar to your muscles. The end result is reduced will power to control impulsive behaviors, such as bingeing on junk food.

Exercise, it turns out, helps to enhance your brain’s resources for executive functions like inhibitory control, making it *easier* for you to resist unhealthy food and instead choose healthy options that will further your health goals.

Exercise also decreases the stress hormones such as cortisol and increases endorphins. Endorphins are the body’s natural feel good chemicals, and when they are released through exercise, your mood is boosted naturally. As well endorphins, exercise also releases adrenaline, serotonin, and dopamine. These chemicals work together to **make you feel good**.

EXERCISE SCHEDULE

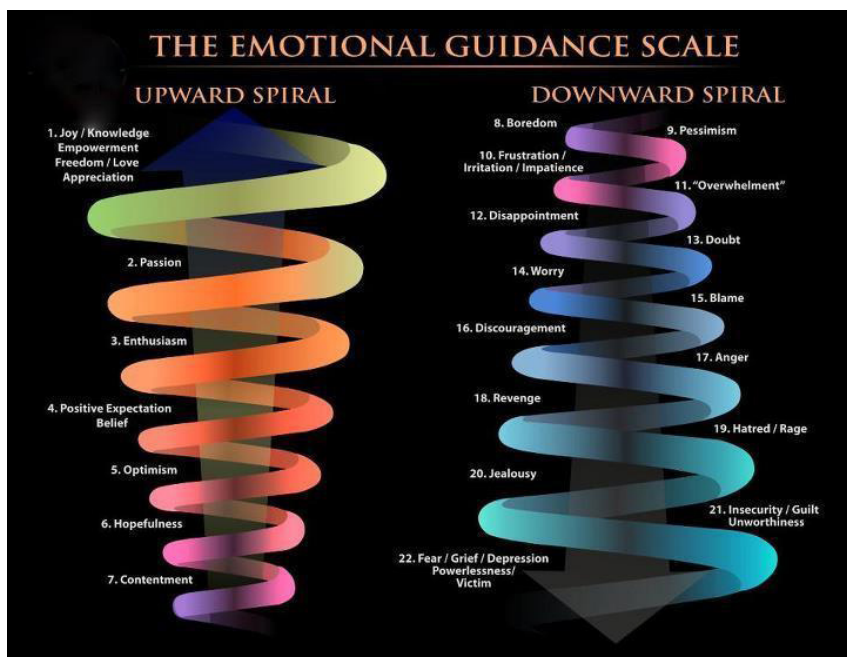
DAY	EXERCISE

CHAPTER 3

CREATING INNER WEALTH



EMOTIONAL GUIDANCE SYSTEM/SCALE



The Emotional Guidance Scale allows the individual to assess where they are emotionally and address accordingly. Our feelings function as a vibrational feedback system and that by changing the way we think, we can take back control over how we feel. It's about ensuring the brain takes control rather than our emotions, because unrestrained emotions can wreak havoc and programme chronic unhealthy behaviors.

When we're born, we're more connected to our true selves than we'll probably ever be again in our physical lives, providing we never learn to live consciously. When you watch children play, you'll notice that they're generally full of joy and enthusiasm for life. This is our natural state. This is how we planned to live our entire lives when we came in. We didn't come here to struggle and to pay our dues, to learn hard lessons or suffer in order to get some reward in the afterlife. All of these are man-made concepts. We came here to play, to feel good, and to experience the physical. We wanted to feel what it's like to run down a hill, ride a bike, breathe, sing, laugh, dance, and create. We knew that our natural state was one of joy, of feeling amazing, and we knew that if we ever turned away from that, we'd have our emotional guidance system to let us know that we'd gotten off track.

The emotions we experience can be mapped out on a scale, from joy to utter despair. The closer you are to who you really are, your TRUE SELF, the better you'll feel.

When we are experiencing negative emotions (lower end of the scale) we need to redirect ourselves back UP the scale. To ask ourselves to simply do a 180, to just start thinking the opposite ("I love myself" instead of "I hate myself") is a bit much to ask. It's much easier to work your way up bit by bit.

So, when you are in a state of negative emotion you are absolutely allowed to feel it BUT then redirect yourself back up the scale onto a BETTER feeling. Give yourself permission to be angry with

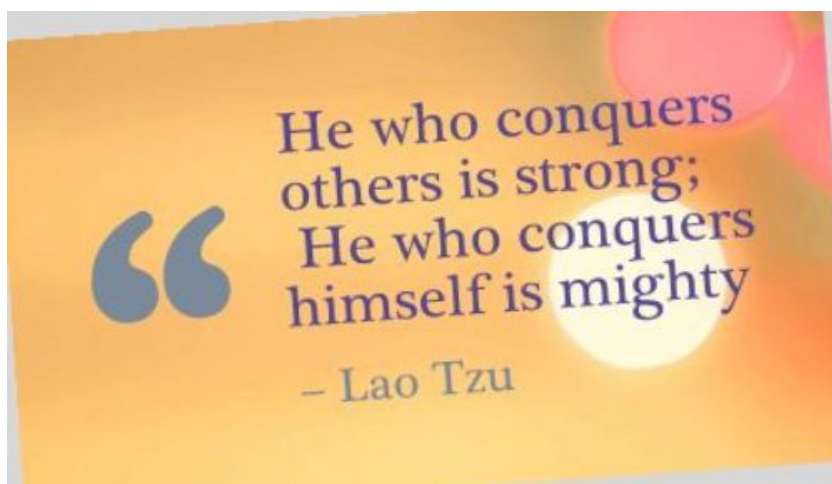
someone, to blame someone, to just hate the world. It might still not feel good, but it will feel better. Stay there for a little while and feel the relief of it... Let off steam. You're getting rid of that lower vibration, that "negative" energy.

THEN your next step is the following statement....

'I'm giving up the struggle (negative emotion) and I'm giving in to support, I'm giving in to calm, I'm giving in to love'. (REPEAT as required)

When we are managing emotions is about resistance ...what you resist, persists. The statement 'I'm giving up the struggle' is 'giving up' the negative energy. Emotion is energy and it's about releasing the 'charge' rather than adding to it.

This is my 'go to' technique whenever I am experiencing negative emotion, and it works a treat! It automatically releases the 'energetic' charge associated with whatever the specific emotion I am experiencing. I continue to repeat this statement until I can sense the releasing of the negative emotion. At this point it is also important to redirect onto another focus, energy flows where attention goes, this could be music, meditation or exercise, look for a distraction. Always have your 'game plan' for negative events/emotions....



PROGRAMMING EMOTIONAL WELL BEING

1. Music
2. Meditation
3. Mantra's
4. Movement

1. Music

Considered as a natural antidepressant, music can give you the euphoric high that antidepressant medications can bring. A lot of people turn to upbeat music whenever they feel sad or depressed, and it comes as no surprise why it is a viable solution for people feeling blue. For several years, music has made a lot of individuals happy. That's because soothing tunes foster the release of serotonin, a hormone that fosters happiness and a general sense of well-being. It also flushes the body with dopamine, a neurotransmitter that makes you feel good. Music also paves the way for the release of norepinephrine, a hormone that brings about euphoria and elation.

Music can – Motivate you, reduce stress and modify your brain waves.

Get your feel good tunes on more often... turn off the radio and put it on when you get home from work.

2. Meditation

Meditation is a great tool for emotion regulation.

You see, when you meditate you begin to access your **subconscious mind**. It is the part of you that you are not aware of in your everyday existence, but what goes on in there affects you greatly as we discussed earlier.

Now being confirmed with fMRI and EEG, meditation has an amazing variety of neurological benefits – from changes in grey

matter volume to reduced activity in the “me” centers of the brain to enhanced connectivity between brain regions. Studies have reported that meditation helps relieve our subjective levels of anxiety and depression, and improve attention, concentration, and overall psychological well-being. ✓✓✓

3. Mantra's

Affirmations, reframes, positive statements, whatever you wish to term them, they get the job done! They all work on the same concept and can be a powerful tool to help you to change your mood, state of mind and manifest the change you desire in your life. Programme your ‘internal dialogue’ for positivity!

4. Movement

An excellent book I have read personally is by Dr. John Ratey called ‘*Spark: The Revolutionary New Science of Exercise and the Brain*’ (2008). One of the greatest excerpts from his book is the following;

“Exercise isn’t just about physical health and appearance. It also has a profound effect on your brain chemistry, physiology, and neuroplasticity (the ability of the brain to literally rewire itself). It affects not only your ability to think, create, and solve, but your mood and ability to lean into uncertainty, risk, judgment, and anxiety in a substantial, measurable way...”

Ratey points to a number of proven chemical pathways, along with the brain’s neuroplastic abilities, as the basis for these changes, arguing that exercise changes the expression of fear and anxiety, as well as the way the brain processes them from the inside out.

Studies now prove that aerobic exercise both increases the size of the prefrontal cortex and facilitates interaction between it and the amygdala. This is vitally important to individuals because the prefrontal cortex is the part of the brain that helps tamp down the amygdala’s fear and anxiety signals.

Exercise also produces;

- Reduction of negative emotions
- Increase in positive emotions
- Greater self-confidence and self-esteem
- Improved cognitive function

PSYCH CIRCUITS

The Psych Circuits were designed and developed so that the individual is getting the 4 M's (Music, Mantra's, Meditation & Movement) daily or repetitively! Remember Neural Pathways are developed through REPETITION... the more you repeat the skill the further it builds into becoming an automatic behavior and programmed at the subconscious level.

The Psych Circuits consist of the following format;

1. Emotional Freedom Technique & Reframes
2. Circuit Training
3. Self-Talk Meditation track.

The Psych Circuits are designed in order to give the individual a motivational 'hit', combining both psychological techniques and physical training, a unique program developed by myself in 2013.

Activity- Psych Circuit



BRENDON BURCHARDS 'MOTIVATION MANIFESTO'

Who is Brendon Burchard?

Brendon Burchard is the world's leading high performance coach and one of the most-watched, quoted and followed personal development trainers in history. He is also in the Top 100 Most Followed Public Figures on Facebook. Oprah.com named him "one of the most successful online trainers in history." Success Magazine named Brendon "one of the Top 25 Most Influential Leaders in Personal Growth and Achievement."

The Motivation Manifesto- Book

Setting a direction- A written Manifesto (Pg. 108 & 109)

"We must go further. Beyond evaluating our current life experiences and becoming clear as to whether or not our day's efforts are

meaningful to us, we must set a new and more proactive course for our lives'

What will our mission be from this moment forward?

What will be our plan of action?

What steps must be taken?

These questions are not a philosophical suggestion. We should sit down now with pen in hand and write out the focus and direction of our lives from now forward. Lacking our own declarations and directives in life- written down, reviewed, updated, and lived from- we can only fall into the herd. We end up where 'they' take us, where they want us, wherever the wind blows us, regardless of our hopes and intent. Such a life is not one we want.

So now, in these magical moments of our lives bursting with fire and choice, let us sit and write. Let us take back our day tomorrow by scribing our dreams tonight.'

Start writing!!!

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RUTH FELTHAM

LET US ASK;

What am I really after in life?

What do I truly want to create and contribute?

What kind of person do I want to show the world each day?

What type of persons shall I love and enjoy life with?

What great cause will keep me going when I feel weak and distracted?

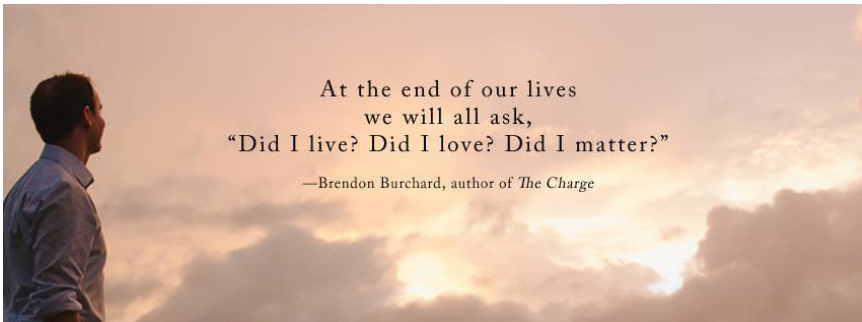
What shall be my ultimate legacy?

What steps must I take to begin and sustain these efforts?

***What will I orient my days to accomplishing this week? This month?
This year?***

Yes, we must write these things down in what will be our manifesto,
our own written declaration of what our lives are to be about.”

You can find Brendons books @ Brendon.com



RUTH FELTHAM

NOTES

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