



## Three-step Dance: Management of Emotions



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Most people go through life like it's a  
Two-Step Dance:

**STEP 1:** Somebody does something or doesn't do something, or something happens or doesn't happen – and ...

**STEP 2:** I'm upset, or disappointed or hurt (or whatever). I tell myself: "That's just how life is." Things happen and I'm upset.

**BUT IN FACT . . .**  
**LIFE IS REALLY A THREE-STEP DANCE!**

**STEP 1: Something happens.**

**STEP 2: You instantaneously have an interpretation of the happening.**

You are not upset by about the event, or what did or did not happen.

(In fact, you are upset about your *instantaneous interpretation* of what happened.

So, if you're feeling badly, you choose an interpretation that has some kind of judgement, alienation, or something that would allow you to feel bad.)



**STEP 3: You are upset by your own interpretation and pretend you are upset by what happened in Step 1.**

**NOW: IF YOU WANT TO FEEL BETTER -- STEP BACK FROM THE WHOLE DANCE!**

**Instead:** Choose a new interpretation that gives you a heart connection with the people and/or events in Step 1.

This does not condone their behavior, it simply assists YOU to regain your personal power and peace of mind!

**THUS – You have now added a new STEP # - that allows you to feel much better!**

**IT'S YOUR CHOICE: Do you want to live life as a two-step or a Three-Step Dance.**

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