

Observe your emotions from a distance and let go of your negative judgment.



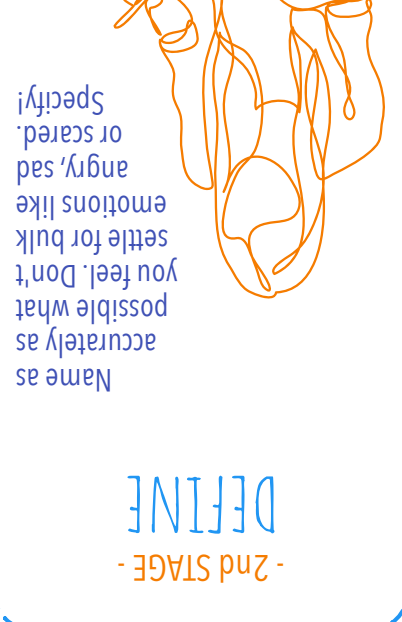
LET GO  
- 4th STAGE -

Shape your emotion and its counterpart by writing and acting it out, without wallowing in it. Make it bigger and bigger.



MAGNIFY  
- 3rd STAGE -

Name as accurately as possible what you feel. Don't settle for bulk emotions like angry, sad or scared. Specify!



DEFINE  
- 2nd STAGE -

Become aware of a painful emotion or a thought that you are trying to avoid or suppress.



PERCEIVE  
- 1st STAGE -

- 5th STAGE -  
TAKE ACTION



Discover the hidden quality of your painful emotion and its counterpart and move in the direction it indicates.

- 6th STAGE -  
LASTING TRANSFORMATION



Don't shy away from painful emotions or hardships, but bend them more quickly into powerful signposts. Become flexible, resilient and confident

Would you like to know more about the six stages and about CENS, the unique navigation system for emotions and their so called 'counterparts'?

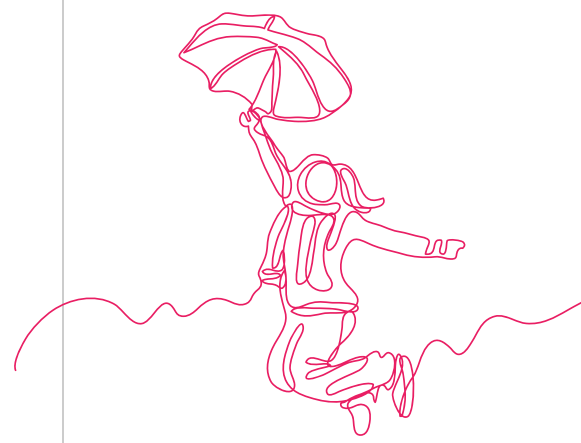
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# RESILIENCE!



SIX STAGES TO  
EMOTIONAL AGILITY