

The Option Method Institute

Education based on the teachings of Bruce Di Marsico

www.ChooseHappiness.net

“Negative” Emotions

By

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"Negative" Emotions

"Negative" Emotions, such as anger, sadness, fear, and depression are generally a combination of doing what you want to do, and feeling bad while doing it.

"Negative" emotions are the emotions we choose when we do not get what we want.

When we believe that if we do not get what we want, we will have to feel a way we don't like,

- wanting safety, and anticipating not getting it, we choose anxiety
- wanting safety, and experiencing not getting it, we choose fear
- wanting an object or relation, and experiencing not getting the object, or the loss of the relation, we choose sorrow
- wanting an object or relation, and believing that others may take it away from us, we choose anger

The feeling bad that is associated with "negative" emotions is what we feel because we mistakenly believed that if we do not get what we want, we will have to feel a way we don't like.

Without this mistaken belief

- wanting safety, and anticipating not getting it, we choose *caution* (practical accommodation of estimated risk)
- wanting safety, and experiencing not getting it, we choose *avoiding* (practical reduction of risk)
- wanting an object or relation, and experiencing not getting or losing the object, or the loss of the relation, we choose
 - *release* of the bodily orientation toward the object or relation (often in the form of shaking or crying)
 - *retreat* (as in "going on a retreat"), in the sense of withdrawal from usual activities, for the sake of contemplating what we most want to do given our new circumstances
 - *reaching out* for connection with others who can assist us in our new life without the support of the lost object or relation
- wanting an object or relation, and believing that others may take them away from us, we choose to be *forceful* in our pursuit of what we want.

Examples:

- Being anxious to not have a car accident vs. being cautious in our driving (anxiety is: cautious and feeling bad)
- Being afraid of a wild animal vs. avoiding the threat of a wild animal, for example, by turning around and running like the wind (fear is: avoiding and feeling bad)
- Being sad that someone we loved has died vs. crying, retreating, and reaching out for support. (sad is: releasing, retreating, reaching out, and feeling bad)
- Being angry that someone is trying to take your money vs. being forceful in acting against someone trying to take your money. (angry is: being forceful and feeling bad)

In every case, feeling bad tends to diminish both the effectiveness and aesthetic beauty of the emotions we would choose if we did not believe we had to feel bad about not getting what we want. Often, the primary function of feeling bad is to let ourselves know that "indeed, I want other than what has happened, or other than what is happening". Instead, we can simply stay in touch with our not wanting what is happening, or that we did not want what has occurred.

Perhaps most dramatically, when someone you love has died, a happy response may be to be in touch with your knowing that you did not want them to die, crying and shaking for days as bodily orientation toward life with the loved one is released, retreat into a private circumstance to contemplate the future, and reaching out for support of friends and family—and all this without a single moment of feeling any way you don't want to.

Making how you feel wrong

Often, people new to Option make themselves "wrong" for not being "happy" when they believe they "should know better". "happy" is in quotes, because "happy" is commonly used to mean: "the way I believe I would feel if I got what I wanted" (which is the unhappy imagination of what it would be like to be happy), instead of the Option use of "happiness", which means "feeling the way I want to feel"

The two issues of "There's something wrong with me." and "What I want vs. what

I really want" often combine when it comes to "negative" emotions.

Bruce Di Marsico's example: Depression.

Often, a "depressed" person believes they should want to be cheerful and vivacious. What they really want is to just stay in bed. The only "problem" is that they believe that "there's something wrong with them" to want to stay in bed. And if you ask them, "what do you want to do?", they will tell you that they want to be cheerful and vivacious--but that is only because they mistakenly believe they should be cheerful and vivacious. If they knew that they were truly allowed to, they might choose to stay in bed.

Feeling what you want to feel, to the exact degree that you want to feel it

Oftentimes, when people come for help when they are sad, for example, the issue is that they do not feel they are sad to the exact degree they would like to be: someone they love died yesterday, and they feel "cold", because they do not feel as sad as they would like to, or, someone they love died twenty years ago, and they feel caught in an endless drama because they feel just as sad today as they did when they first heard the news.

People can feel tampered with when they want help in feeling what they want to feel, to the exact degree they want to feel it, and a therapist tries to make them feel an ideal way; they want to feel less sad, and the therapist tries to help them feel not sad at all, or they want to feel a little more sad, and the therapist tries to give them a "cathartic" experience of "ultimate" sadness.