



Elaine Olson Ph.D.

There are no hopeless situations or people.

The Emotions Confidence Inventory

You have been created as a profoundly emotional being. Your emotions are designed to assist you through life and to help you to enjoy the experience. What would a wedding be like without tears of joy? Anger is an emotion given to you so that you will have immediate energy to make change. You are not created with 'bad' or 'negative' emotions. All emotions are divinely woven into your make-up to help you take every advantage in life.

However, emotions can become counterproductive when they are out of control. You should be the master of your emotions. When you do not have control of your emotions, your emotions essentially control you and have the potential to damage the aspects of life you were meant to enjoy.

Taking an emotional inventory will allow you to become more aware of the emotions that are out of control, providing insight for change. It is a snapshot of emotions you are presently struggling with.

Think about your relationships in various environments: home, work, and school. Evaluate events and situations you have experienced. Are there times that your emotions get out of control? Check the box next to the emotion you are presently struggling with.

- | | | | | | |
|---|----|---|----|---------------------------------------|----|
| <input type="checkbox"/> Anger | -2 | <input type="checkbox"/> Frustration | -2 | <input type="checkbox"/> Hopelessness | -4 |
| <input type="checkbox"/> Fear | -4 | <input type="checkbox"/> Sentimentality | -1 | <input type="checkbox"/> Infatuation | -1 |
| <input type="checkbox"/> Disappointment | -3 | <input type="checkbox"/> Regret | -3 | <input type="checkbox"/> Depression | -3 |
| <input type="checkbox"/> Worry | -4 | <input type="checkbox"/> Attraction | -1 | <input type="checkbox"/> Anxiety | -4 |
| <input type="checkbox"/> Distress | -4 | <input type="checkbox"/> Annoyance | -2 | <input type="checkbox"/> Guilt | -3 |
| <input type="checkbox"/> Shame | -3 | <input type="checkbox"/> Torment | -2 | <input type="checkbox"/> Helplessness | -4 |
| <input type="checkbox"/> Disgust | -2 | <input type="checkbox"/> Jealousy | -2 | <input type="checkbox"/> Uneasiness | -4 |
| <input type="checkbox"/> Panic | -4 | <input type="checkbox"/> Agony | -3 | <input type="checkbox"/> Lust | -1 |
| <input type="checkbox"/> Sadness | -3 | <input type="checkbox"/> Desire | -1 | <input type="checkbox"/> Dislike | -2 |
| <input type="checkbox"/> Loneliness | -1 | <input type="checkbox"/> Grief | -3 | <input type="checkbox"/> Rejection | -1 |
| <input type="checkbox"/> Longing | -1 | <input type="checkbox"/> Irritable | -2 | <input type="checkbox"/> Confusion | -4 |

Evaluation of Inventories

Your personal inventories are for your eyes only. They are a present evaluation: a barometer of your situation today. Over the next several months, if you practice what you learn in this program, your barometer will change, indicating an improvement in your confidence level.

Personal inventories generally reveal three things.

Your situation may not be as overwhelming as you thought.

In that case you may have experienced some level of hope already.

Your situation is exactly what you expected.

In that case, your self-awareness is accurate and healthy.

Your situation may be worse than you thought.

In that case, you have moved past avoiding the issues and have exposed them to the truth. You are now in a position to experience great personal growth through this program.

Breaking It Down

Your Emotions Confidence inventory reveals which emotions have the greatest potential for damage. Because all emotions are part of your God-given make-up, you need these emotions. However, you must learn to control them. Knowing your sensitive areas will give you the power to work on them specifically.

Each emotion you evaluated is a secondary emotional response. They are rooted to a primary emotion. The numbers in your inventory to the right of the emotion, refer to the primary emotion or root, below. You may discover that several secondary emotions occur as a result of the same primary emotion or root.

1 – Love 2 – Anger 3 – Sadness 4 - Fear