

# 4-STEP ENERGY SHIFT

## INSTRUCTIONS & NOTES:

As you move through your day, be aware of how you feel. When you find yourself getting anxious, nervous, overwhelmed, sad, or any emotion that you don't want to experience, work through the 4 steps as outlined below.

Give yourself up to 5 minutes to sit in the space of each step. Don't just write or regurgitate the words, instead, allow yourself to let the words sink in deeper. This is not a mental exercise, it's an emotional exercise. It must be felt in the heart, not just practiced in the mind.

- 1) **IDENTIFY:** Always start where you are (which is usually in IDENTIFICATION mode). State what's going on with you. Example: "I am angry" (notice how "angry" is an adjective describing you). Write more if you want to release your feelings on paper (ex: "I am angry because xyz... how dare he do that") but follow the format below for the first statement and don't stay in this step longer than 5 minutes. Even 5 minutes is too long, but as you get better, you'll need less time to vent.  
*Format: I am [emotion - adjective]*
- 2) **OBSERVE:** Rephrase your Identification statement to one that puts you outside of the emotion, that separates you (your identity) from the emotion. Example: "I feel anger" (notice how "anger" is a noun, no longer an adjective describing you). You can write more in this step also, but follow the format below for the first statement in this section. Don't stay longer than 5 minutes here.  
*Format: I feel [emotion - noun]*
- 3) **NEUTRALIZE:** Change the statement again using the word "energy" to replace the emotion: "I feel energy". This step will always be the same phrase. When you replace the emotion with "energy", it neutralizes the charge of the emotion. While we have preconceived judgments about emotions, we don't generally tend to think of energy in the same way. Energy is more neutral than anger or sadness or rage, etc. Stay as long as necessary to feel your emotions lose their sting/edge.  
*Format: I feel energy*
- 4) **EMPOWER:** Change the statement again to only "I feel." This step will always be the same phrase. "I feel" is an extremely powerful phrase. It's a declaration of life. To feel means you're alive. You're here. You're showing up. You made it. You're continuing to make it and you DARE to feel. To feel is a bold, courageous act. And to declare it means that you've overcome the hold that your emotions have on you. Stay as long as you want in this step.  
*Format: I feel*

Anytime you're feeling an emotion that has started to take a hold of you, you now have a process to shift from a place of being controlled by your emotion to taking back control of yourself, and using that emotion as a catalyst to uplift you into a place of power and strength.

An acronym that helps me remember the 4 steps is I, ONE. As in, I am **ONE** with the Universe.

I - Identify

O - Observe

N - Neutralize

E - Empower



# 4-STEP ENERGY SHIFT

## IDENTIFY

*I am [emotion - adjective]*

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## OBSERVE

*I feel [emotion - noun]*

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## NEUTRALIZE

*I feel energy*

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## EMPOWER

*I feel*

