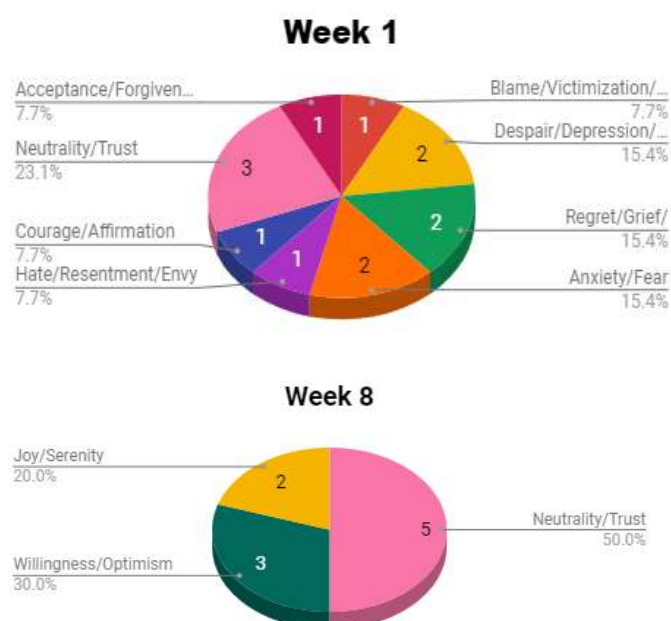


## Emotional Mastery Coaching Using the Emotional Tracker Assessment

The client came for coaching with a self-assessed fulfillment level of “moderately happy.” His main purpose for coming to coaching was to get a greater sense of self-knowledge. Through our initial sessions the client has confessed to being over analytical, a person who was mired by his thoughts. It is also important to disclose that the client has been diagnosed by his therapist as a “Highly Sensitive Person” (HSP). As a result of being an HSP, the client reports to often feel overwhelmed by his feelings. As a result of our discussion, I proposed to the client to start observing his thoughts and feelings and to keep a daily diary of his state of being. Over the first two months of our meetings, the client reported to have been “watching his thoughts” without writing them down because according to him “he lacked the time. As a result of his observation, he found that sometimes he could detach himself from his thoughts and feelings, but often felt run over by the power of his feelings. At this point we decided to make the effort to use the tool of the emotion tracker. With this tool, the client will log his thoughts and feelings and also determine at the moment what need(s) of his was being unmet. As a result, we were able to archive two months’ worth of emotional log.



The figures above show summaries of his emotional log on weeks 1 and 8. A lot happened from week 1 through 8. The client reported periods of anxiety, trust and even grief due to the loss of a family friend. Despite the experience of various emotions, the client has observed a significant difference in his emotional state. He is growing to experience greater knowledge of self and greater satisfaction.

The client noticed that when he would be in the swirl of negative thinking, mostly through ruminating past events and also being involved in activities that he did not willfully decide to join in, he had a tendency to feel resentment, despair, anxiety about his life and his future.

The main pattern that emerge and that the client observed is that during his period of lows, he has an intense need for spiritual connection. Once this positive realignment takes place, he

sees his outlook changing. He moves from periods of lows to a feeling of trust. He noticed a correlation between his level of trust and his feelings of “positive emotions” versus his feelings of “negative emotions”. The stronger his spiritual connection was, the stronger his level of trust was and subsequently he noticed an increase in positive feelings (joy, equanimity, etc). When he feels spiritually connected, the coachee would notice that despite bouts of worry and anxiety, he would still maintain feelings of trust and joy. At this point he realized that by meeting his need for spiritual connection, he was able to experience emotional resilience. As a result, the client has included in his routine daily meditation and prayers. In parallel he also noticed that his need for spiritual connection necessitated that he allows himself time to “recharge his batteries”, which also brought him a sense of rejuvenation. The coach and coachee had previously discovered a tendency for co-dependency from the client, which manifested in him prioritizing the needs of others, while ignoring his own. However, through his exercise of noticing his unmet needs, he identified a need for solitude and also his need for belonging. He often struggled with the conflict between these two needs, but I am happy to report that he is now finding balance. This was not the case at the beginning where at the recognition of the neglect of his needs, he rejected (revolted really) against his codependent tendencies. This resulted in him alienating himself and later feeling a sense of loneliness. Overall, the client is making great strides towards his goal of self-knowledge and he is growing more towards self-monitoring, independence and greater sense of fulfillment. He found the tool to be “therapeutic” and helpful in recognizing and meeting his needs. Our sessions have decreased from weekly sessions, to one session a month. With the consent of the client, I am attaching writing that he has shared with me. These writing are in chronological order and are great testaments to his emotional locations.

## #21

If you don't confront your feelings, they will confront you,  
Take-over, make a puppet out of you,  
If you cannot tell yourself the rugged truth, what are you doing, dearie?  
Truth hurts, however it is more sickening to be led astray, unfortunately,

Being afraid is beautiful, yet at the moment it is the shittiest excuse ever,  
A coward hiding in its cowardice, is there anything filthier?  
Don't you give a damn about how it is making you feel ? Are you mad (as in crazy)?  
Then, why are you misleading yourself, poor Lad?

Heavy is your chest, as if the sky was collapsing onto you, smothering you,  
Lost in your thoughts, not knowing what to do, whilst, truly you do,  
“What are these feelings trying to tell me?” should be the only question resonating from the sunken places of your mind,  
And not “Is it safe to just move forward and leave the past behind?”,

Thus starts the real journey, thus starts the realization,  
Realizing that you are not struggling anymore, not torn apart anymore, that there is no more hesitation,  
An urge to wander in uncharted territories is taking-over, confidently,  
Fearful thoughts are still hissing, nevertheless, it just making the urge more thrilling, deliberately,

Feeling more alive with each nanosecond passing, you are enjoying this tsunamical wave of emotions, sorely,  
Lord, it is stinging to the very core of your Soul, dashingly,  
Such a delicate pleasure, I wonder, is not it haram to feel this GOOD?  
Soul ripping, wide open and raw, glowing with plurchitude,

Now you, I mean I, am anew, the kind of Soul that takes myself to another dimension,  
Take my lovers [myself + then ‘maybe’ my spouse], into a galaxy of unknown possibilities and  
imagination,  
Where LOVE is embedded, in every beat of my heart, full of emotions.

## #22

Today is one of those days,  
One of those days when life is tasteless,  
Tasteless as the air I am breathing,  
Breathing, inhaling, exhaling, thinking,  
Thinking, overthinking, feeling,  
Feeling, feel in me this negativity, this void, this hunger of something, anything,  
Anything that could satiate it, satisfy it,

It, eat it, hit it, heat it, what is it ?  
Is it like a flower that needs to be nurtured ?  
Nurtured with care, affection, desire, joy...Love ?  
Love of oneself is way more than enough, therefore, why aren't you nurturing it on your own ?  
" I do, nevertheless, come those days where I run out of energy, not the physical one, but the spiritual one,  
The one that got me euphoric, the one that got me optimistic, the one that got me relentless "

Relentless as the bedazzling sun, always shining during the darkest time,  
Darkest time, when I show my true color,  
My True color being darker than black,  
Black as my mind-blogging Soul,  
Soul that is sweetly rubbing itself and my heart with Love (al hamdoulillah),  
Love, Love is patient dear MJ, rest for a while and look how the future is going to unveil itself  
beautifully (in cha Allah).

## #23

The Nakia to my T'Challa,  
Making me freeze each and every time I see you, by Allah,  
I wonder if you are out there, wondering what I am doing out there, just like I do,  
Thoughts lost in thoughts, emotions lost in the motion, did you wondrously curse me with voodoo ?

For, undoubtedly I love my solitude, yet I am anxiously awaiting to share it with you,  
Is it because you are the yin to my yang, the yang to my yin, the Mulan to my Mushu ?  
Liberating me from the shatters of this mortal and mundane existence,  
Carrying me to ever more sublime heavenly heights of mirth for instance,

Baby if love is blind, then you caught my sight,  
I am Stevie Wonder-ing on that splendid prettiness of yours, alright,  
Ray Charles-ing on the fact that you are, with such effortless ease, a million sparks of Magic,  
The embodiment of love in a dimension where everybody is crowing about the heartbreak pandemic,

Patience Dear, that Wife of yours will fiercely stumble in your life when you expect it the least,  
Thus, allowing you to see HER astounding-self with crystal clarity, as if before that particular moment,  
you were in the mist,  
Let it go, it is impossible for you to plan it,  
She will bring forth the entire multiverse with her, whereas you were just expecting tenderly a tiny piece  
of planet.

#24

what is wrong with you? »

Everything, but, what difference does that make to you?  
Apprehending the way I am, the depth of my emotions would be a strenuous thing for you to do,  
The beauty and the wonder of it altogether,

Deep within myself lies a murky  
darkness thoroughly mingled with a delightful lightness in full splendor,  
The classiest piece of rhythm and blues shining with celestial mirth, blissfully,  
A weary Soul tussling with unrelenting bravery,  
Yet, one that is fluid, elusive, crocheting your thoughts mildly,

Inspissating your lust, cherishing  
as if they were my own, your ghouls and mischievous secrets, fiendishly,  
Thereby, yes again, everything is wrong with me, although, magnificently,  
It is slyly time to get wronger, unleash the beast Dear MJ.