



Emotional Logic is completely
different to Intellectual Logic

Emotional Logic works in
two ways:



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$C > E$



Cause and Effect

Emotional logic works along the lines of linking an external cause to resulting in a specific effect.

It functions as: If "Cause" happens then "Effect" will happen as a result.

If a past emotional event has not been resolved in the psyche, the emotions will continue to feel that anything which seems similar to the external trigger, will result in the same effect of a negative emotion.





$C > E$



For example...

If a person has felt rejected in the past then the emotional logic functions from a place of fearing rejection again, no matter the intellectual logic of it being a new and different relationship.

Resolving this past pain and any linked limiting beliefs are worth resolving so this fear no longer:
drives perceptions,
brings up negative emotions and/or
creates sabotaging behaviours.



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2

$$A = B$$



Complex Equivalence

Emotional logic works along the lines of linking one thing to mean another. Similar to $C > E$ yet this one is about linking two things to be intrinsically linked at the same time - causing false identifications and false meaning to external stimuli.

The moment we make an identification, we are linking ourselves to a particular meaning which could very likely be untrue.



2

$$A = B$$



For example...

Once an external circumstance creates negative emotions that are then built up over time, they generalise and become a limiting belief/s to sit in the function of such equations like:

relationships = rejection

relationships = pain

"I" inside of a relationship = not good enough

"I" = not lovable etc etc.

Even if we can intellectually rationalise external circumstances to not mean anything, if we don't resolve our past emotions, they can drive us unconsciously.

To change our emotional logic, we need to be self aware enough to know if we are functioning from unresolved pain in the past or are we able to deal with each new circumstance through the eyes of a resourceful and lovable adult that we are.

If our emotions are taking over, our inner children/past selves are being triggered and they just want to be parented and listened to. A coach can help you with this.

I talk all about this topic in one chapter of my upcoming book "Your Happily Ever After".
Please share this if you found it helpful.



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Lauren's Acronym:
Seeing our emotions
(SEA our emotions)

S: Sense. Sit. Stories,
Self Talk

E: Emote. Evaluate.

A: Answer. Accept. Act.

