

# What is Emotional Logic?



Emotional Logic centres around seven key emotions we may experience when something we have loved and valued has been lost. Our joy turns to grief and we often do not know how to process this or move on from it. Emotional Logic (EL) teaches us that grief can have a useful purpose and prepares us to reconnect with others and remake the joy that has been lost.



## What is emotion?

E - motion is energy in motion. It is our personal energy that prepares us to make adjustments.

## How does EL help?

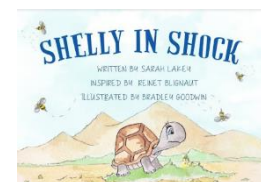
EL provides us with a toolkit to learn about our emotions with feedback and learning to help us become 'unstuck' in our emotional and social worlds.

It is based on the idea of a 'Butterfly Effect': one small learning input at the right time and place can start a large change.

## Who can benefit from EL?

**ANYONE!**

This guided, kinaesthetic, self-learning is ideal for any age group. It is person centred with life skills learnt to manage hidden losses in any situation. Seven beautifully written and illustrated books help younger clients to become aware of the useful purposes of our emotions.



## What are the main elements?

Making sense of Emotions

Naming hidden losses

Making a SMART plan

