



Emotional

Letting go and getting in touch with your true feelings can sometimes be difficult. This file works to make it impossible to not be emotional in every situation that you might find yourself in, and inspire you to become prouder and prouder of yourself every time that you let your emotions free.

Listen to my voice as I walk you through all of the completely important steps that you need to follow in order to be as emotional as you always desired to be. Learn how to cry easily and interact more closely with the people that make you happiest in your life. Find the natural feelings of love and joy and arousal coming more naturally to you as you discover the pleasure and satisfaction of not holding back any part of yourself as you move towards your best life.

Become more in touch with yourself and the world around you. Be *Emotional* today!

- ✧ Easily letting go of my emotions whenever I become upset.
- ✧ Knowing that being openly emotional will help my friends and family understand me and make me happier and more confident in my life.
- ✧ Feeling happy and loved and cared for whenever I let out my emotions.
- ✧ Easily allowing all of my completely important and powerful emotions to wash over me whenever I feel the urge.
- ✧ Remembering to react emotionally whenever I am faced with a problem or worry or anxiety in order to live my ideal life.
- ✧ Preferring to be sensitive to my feelings and emotions and the world around me in order to feel happy and fulfilled and satisfied in my perfect future.
- ✧ Feeling satisfied and fulfilled and accomplished whenever I am being emotional.
- ✧ Knowing that letting my emotions out will always feel freeing and refreshing and pleasurable.
- ✧ Intuitively knowing that I always feel better whenever I express my feelings honestly and openly with the world around me.
- ✧ Easily crying and becoming emotional whenever I watch a sad scene in a movie.
- ✧ Preferring to be sensitive and in tune with my emotions and remembering that being emotional has always made me confident and happy and loved in my past.
- ✧ Intuitively knowing that being emotional will make me more attractive and alluring and captivating to the people that I desire most.



- ✧ Knowing that my loved ones prefer me whenever I am emotional and sensitive and understanding.
- ✧ Easily letting out all of my feelings and emotions and desires whenever I feel them.
- ✧ Knowing that being emotional means that I am passionate and flamboyant and spontaneous in everything that I do.
- ✧ Feeling emotionally attached and completely sentimental about each and every item from my past.
- ✧ Feeling refreshed and comfortable and happy whenever I express my emotions easily and unconsciously.
- ✧ Intuitively knowing that being emotional and loving and understanding will transform me into a completely desirable partner and lover.
- ✧ Remembering to cry in front of others whenever I experience an event that makes me sad and emotional.
- ✧ Fantasizing about how happy and pleased with myself I will be once I am crying during a sad scene in a movie.
- ✧ Intuitively knowing that dismissing my emotions will make me unhappy and uncomfortable and dispassionate in my life.
- ✧ Preferring to live my life honestly and emotionally.
- ✧ Intuitively knowing that experiencing emotions will help me see more clearly the beauty and love and passion in my life.
- ✧ Intuitively knowing that being in touch with and expressing my feelings honestly and openly will help me to appreciate my loved ones more.
- ✧ Intuitively knowing that being emotional means that I will better control my feelings and reactions which will lead me towards being happier and more loved and fulfilled in my perfect future.
- ✧ Intuitively knowing that being emotional will make me more approachable and sociable and friendly.
- ✧ Remembering that being in touch with my emotions will help me be open with others and more able to act on my own desires and needs.
- ✧ Intuitively knowing that being emotional is exciting and arousing and will help me be the happy and carefree and comfortable person that I have always desired to be.
- ✧ Craving the happiness and love and comfort that naturally comes with being openly emotional.
- ✧ Remembering that being emotional and understanding and loving will help me easily connect with my friends and family and the world around me.
- ✧ Easily allowing my powerful emotions to take over any other thought that I may have.
- ✧ Always thinking about my feelings and emotions before I make any important decision.



- ❖ Knowing that being openly emotionally and understanding with my loved ones will make me feel accomplished and satisfied and fulfilled in my life.
- ❖ Feeling proud and accomplished and satisfied whenever I think and react emotionally to the world around me.
- ❖ Feeling satisfied and accomplished and proud whenever I express my emotions freely.
- ❖ Intuitively knowing that freely expressing my emotions will help me find more pleasure and arousal and happiness in my life.
- ❖ Letting go and expressing my emotions freely in order to live my ideal life.
- ❖ Remembering to practice expressing my feelings so that I can become the happy and loved and emotional person that I have always desired to be.
- ❖ Craving the feeling of my closest loved ones opening up to me and being vulnerable and trusting me with every problem and secret they may have.
- ❖ Intuitively knowing that being vulnerable with my emotions will make me a better lover and friend to the people that I care about the most in my life.
- ❖ Easily empathizing with the overly emotional characters in my favorite movies and shows.
- ❖ Feeling pleasure and relief and comfort whenever I freely express my emotions and desires with the world around me.
- ❖ Knowing that bottling up my emotions will eventually lead to an unhealthy and upsetting and harmful breakdown in my future.
- ❖ Preferring to release my feelings whenever I have them in order to feel relieved and happy and carefree in my life.
- ❖ Intuitively knowing that holding on to all of my feelings is undesirable and harmful and unhealthy and will cause me stress and anxiety and problems in my future.
- ❖ Knowing that being in tune with my emotions will help me to live a happier and healthier and more fulfilled life.
- ❖ Remembering that expressing my emotions is natural and instinctive and easy for me.
- ❖ Thinking about how expressing my feelings immediately always helps me to feel happy and loved and comfortable in my life.
- ❖ Knowing that people respect me for being honest and openly emotional.
- ❖ Practicing expressing my feelings each and every day in order to have complete control over my life and own personal happiness.
- ❖ Craving the feeling of having complete control over my emotional state.
- ❖ Knowing that being empathetic and sympathetic and understanding will help others respect my opinions and desires more often.
- ❖ Intuitively knowing that openly showing my emotions will make my loved ones desire and respect me more.



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- ✧ Knowing that being emotional myself will make me more approachable and help others open up around me.
 - ✧ Preferring to be emotional and sensitive and passionate in everything that I do.
 - ✧ Allowing myself to feel emotional each and every day in order to live my ideal life.
 - ✧ Idolizing people who are openly emotional and cry in public.
 - ✧ Fantasizing about how happy and carefree and excited I will be once I am crying in public from my powerful emotions.
 - ✧ Allowing tears to come to my eyes easily whenever I am upset.
 - ✧ Allowing myself to feel personally affected by happy events and crying in joy and excitement and love whenever they happen.