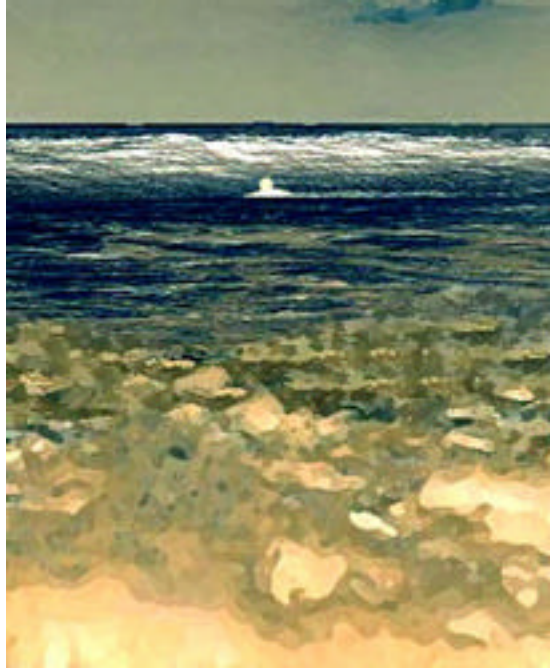


**Assignment 2 - (Part A) (Copyright © TheWaveRiders.com)**  
**Analyzing your Personal Physical and Emotional Energy Wave Levels**  
**Learning Practical steps and Recommended Actions.**

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**Wave Level 1 - Lowest of Lows**



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**You may feel...**

- I don't know why I bother to try.
- There is nothing good about my life or me.
- There is no reason to live -I feel suicidal.
- I cannot concentrate – I can't read or to think clearly. I am useless.
- I can't talk on the phone or talk to anyone today. Make the world go away.
- I want to crawl into a closet, wrap my arms around me knees and tuck my head in.
- I want to crawl up on the couch with a blanket over me. I am just so tired - really tired.
- I just don't have the energy.
- There is nothing-good only sadness, evil, darkness, pain.
- I feel as if I do not have a voice.
- I feel as if I have no power, no will.
- I feel anxious, nervous, people are staring at me, and people are talking about me.
- I feel as if I am dying inside.
- I have tried before and it did no good I only ended up depressed – again!
- Why does this monster always attack me!

**Action:** If you feel suicidal, call your doctor or suicide prevention line for help immediately. If you are wallowing in negativity – **STOP IT!** Yes, I know you are thinking that it is easier said than done...but try anyway! Stop thinking right now. Yes, it is hard but it gets easier as you begin to see the uselessness of the negative thought. Do not allow yourself to think negatively...it will **NOT help**. It will **NOT improve** anything in your life. Realize that you have just depleted your "happy" brain chemicals and need to replenish them by being good to yourself. Realize that you are not "this thing" that is dragging you down.

Many of us have been were you are today and we have come back to a happy life again and so will you. You will not replenish your ability to be happy by beating yourself up with nasty words and debilitating thoughts. Be committed to **not allowing the negative thought**. **Do not play with it** and **do not give it any more of your precious life energy!**

Negative energy attracts additional negative energy and as you wallow in it – it grows! Given enough negative thought the negative energy vortex will grow large enough to completely suck your remaining energy until you feel as though you no longer have a voice. You will feel as though you are without hope to help yourself. It is not that something is necessarily wrong with your life, your world or yourself – it is just that you are in a place where you can see no good. So, **stop the negative thought immediately.**

If you can stop the first negative then you will begin to head back up the wave much faster, however if you have focused on the negativity for a very long time it will take longer to climb out because each negative thought places a beating on your mind and on your body. It will take longer for you to drag a bruised and busted up body to the top. So, stop throwing the punches at yourself. Stop thinking right now, about how to make your life or the world better. This is not the time. Instead, start by taking small steps of positive actions and in particular small positive actions that nurture you, your home and your relationships.

**For example:** you might get up and take a shower. This one small step will not make you feel happy right away but, it is one step that when gathered together with many small steps, will build your ladder out of the pit. Regardless of how you feel – stop thinking and start acting positively. Let the positive action create the positive feeling. Do not wait to feel good to act positively because it just does not work that way. Positive actions first = Positive feelings later.

When we launch a fitness program for example, often it takes 6 weeks of action and then we become addicted to the positive workout and feel wonderful. Before that time we cannot think too much ...only act in the positive routine until the feeling comes. This level is the level where you will feel very self-conscious and feel as if you cannot think anymore. It is the opposite of Level 6 and where Level 6 will lead you if you deplete all of your energy. If you are having problems stopping the negative thought, try to replace the negative with a thought that is not only positive but one that is realistic.

**Example 1:**

Instead of thinking, "I am stupid and uneducated".

(A useless thought that produces nothing beneficial. This thought will however rob your energy and produce depression.)

**Think:** "I will look into how to upgrade my education."

(A motivating thought that produces hope for the future, revitalizing energy and excitement for life.)

**Example 2:**

Instead of thinking, "No body loves me."

(This thought will make you feel sorry for yourself and will repel potential mates from you, as you exude the negative energy produced from the thought. )

**Think:** "I will focus on becoming the best that I can be".

(You want someone who is the best that they can be in your relationship and to match up with that potential person in your life you first must become the best that you can be. This in turn attracts. This gives you a goal – something to strive for.)

**Example 3:**

Instead of thinking: "The world is an awful place filled with hate and violence."

(This thought produces a feeling of helplessness and will not improve the world. This thought can create fear and anger further adding to what you feel the world should change.)

**Think:** "Instead of focusing on what I cannot do, I will do whatever I can do to make the area where I live better. I will make myself a better person and will do what I can to spread hope and faith." (Learn to focus on the good things that people do in the world as these thoughts often come from focusing on negative news stories and negative gossip. This gives you a sense of control over your life. You will begin to see goodness and kindness in the world as you spread your good thoughts and actions. This is more than a Band-Aid for a larger world situation; enough people improving their little space would create a better world.)

Learning to master the lowest of lows can take time. Negative thought can produce similar adrenaline rushes that we crave from our "up" selves. Fear, pain and worry can become the tools that we use to survive, to get attention and to fill our bodies with rush of energy that we sometimes may feel is better than feeling bored. Feeling down can also help us escape from what we do not want to face, like an unfulfilling job and the prospect of finding a new one. Our bodies may even produce an illness or aches and pains to help us avoid what we do not want to do. We can become internally focused, creating ailments both physical and mental, instead of facing the reality of our lives. "If I am sick I will not have to go" or "they will understand that I cannot cope if I am not well".

Learn about yourself and what you are thinking. List all of your negative thoughts. Look at these thoughts as an observer. DO NOT WALLOW in them, instead look at them so that you can turn them around and dismiss any negative thoughts that no longer apply to your world.

**Negative Draining Thought:** (TheWaveRiders.com)

**Positive Thought:**

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**Negative Thought:**

**Replacement Thought:**

**Negative Thought:**

**Replacement Thought:**