

EMOTIONAL DETACHMENT AS A SKILL

BASED ON 'MASTERING EMOTIONAL DETACHMENT' BY THERESA. M. CLARK

Agenda

01 What is emotional detachment and why is it important

02 Emotional contagion

03 Decoding your emotions

04 Path to emotional detachment

**Have you ever reacted in an emotional
outburst?**

And later regretted....?



Have you ever made up the worst case scenarios in your thoughts that you eventually believed in?



Emotional detachment and why is it important :

Can be used to regulate and
navigate emotional reactivity in a
variety of scenarios such as difficult
conversations, work stress or
challenging relationships

Improved decision-making

reduce snap decisions based on fear, rage, insecurity

Enhanced relationships

reduce conflicts, misunderstandings, damaged
feelings

Increased resilience

enables us to recover from failures faster, maintain a
sense of inner calm

Reduced stress and anxiety & greater self-awareness

not reacting to every trigger, monitoring our emotions
without judgment

What is emotional detachment as a skill?

Not a suppression of feelings...

Emotional detachment is easily mistaken for apathy, suppression, cold unfeeling people with lack of emotion.

It is, however, not about suppressing feelings or ignoring them, rather about controlling them.

- ED doesn't prevent compassion, empathy or experiencing feelings of joy, sadness or anger. We can still be passionately driven and caring while being distant.
- Applying ED we allow ourselves to take a step back, observe our feelings, understand them as they arise and interpret them into a message.

- healthy detachment requires a good knowledge and decision which comes with awareness, detecting small clues that indicate shift in emotional state, detect triggers and patterns of reactivity
- awareness leads to ability to make choices in how we react to our emotions

Suppression is like a seed buried deep down into the earth hoping it won't blossom, while detachment is watching the seed develop, noting its presence but not allow it to dominate the garden.

The power of emotions: emotional contagion



Emotional Influence aka emotional 'contagion'

- understanding one's emotions is a powerful tool as emotions and how we express them can have huge impacts on our surrounding
- emotional contagion is the transfer of moods and emotions from one person to another
- subtle often unconscious process occurring through variety of channels (facial expression, tone of voice, body language, energy..)
- influencing collective well-being!

Moods

spending time with upbeat individuals can elevate mood vs spending time around pessimists can do opposite

Relationships

can lead to feeling of closeness and connection or conflict or emotional exhaustion

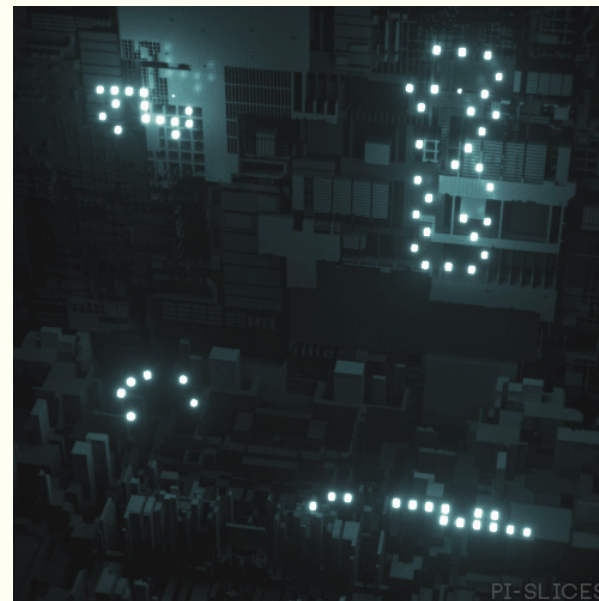
Performance

impact workplace productivity & team performance
(negativity hinders motivation vs positivity fosters collaboration)

Mental health

prolonged exposure to negative emotions can increase risk of developing anxiety, depressions or other mental health challenges

Decoding your emotions



Emotions



are complex experiences that include both **physiological** (increased heart rate, muscle tension, warm sensation in the chest etc) and **psychological** (appraisal and interpretation) components.

Understanding them is essential to be able to emotionally detach.

Granularity:

- primary emotions (joy, sadness, fear, anger, surprise)
- secondary emotions (guilt, jealousy, frustration, disappointment, gratefulness, shame, envy..)
- positive (pleasurable experiences)
- negative (all unpleasant emotions)

All emotions are normal and valuable part of the human experience! To get granular and breaking down emotions - reflect objectively and keep asking why?

Path to a healthy emotional detachment



Self-reflection & introspection and identifying emotional patterns

Discover the source of reactivity

often founded in the past events - esp. ones that left us hurt or threatened → comprehend how they influence us

Self-compassion

particularly when discovering patterns of reactivity we are not proud of → approach the process with kindness

Emotional inventory

reflect on your emotions you feel regularly - are there some that are easy to express while some that you avoid or repress?

Boundary assessment

any boundaries you have set? How can you improve your boundaries to safeguard your energy?

Self-reflection & introspection and identifying emotional patterns

Mindfulness

- acceptance
- non-judgmental curious observation
- awareness to the present moment
- why analysis

Cognitive reframing

- confronting faulty notions and replacing them with more realistic and empowering viewpoints preventing self-destructive behaviours e.g. catastrophizing, black and white thinking, overgeneralization, personalization, mental filtering etc..

Reframe: 'I didnt get the promotion, i am a failure'.



Want to make a presentation like this one?

Start with a fully customizable template, create a beautiful deck in minutes, then easily share it with anyone.

Create a presentation (It's free)