

# A Toolbox for Mastering Emotions



My name is Angela Legh, creator of A Toolbox for Mastering Emotions. I've been working with parents and their children to achieve magical lives . . . one way is to help them embrace and implement tools that help them embrace emotional wellness.

The old model of, "There, there, Don't cry," teaches children to deny their emotions, an old paradigm that creates emotional harm.

When you play in the model of embracing emotions and being present as a witness to your feelings, your feelings flow and are easily dissipated.

I learned from my childhood that nobody dies from facing their painful feelings, but many die from chosen methods of avoiding painful feelings. What lies underneath substance abuse, self-harming behaviors, and suicide, are painful feelings the person is trying to escape. By giving them tools to manage their feelings, individuals are empowered to choose behaviors that support them

rather than destroy them.

When you play in the realm of emotional mastery, you open up new possibilities for solutions to problems that have plagued you in the past. The strategies in this document, are effective, empowering, and elevating.