**Meaning and Purpose Emotional Energy Cycle**

1. **Introducing the Meaning and Purpose Emotional Energy Cycle (M&P EEC)**

   We all seek meaning and purpose in our lives. Both are valuable and necessary, particularly to help us endure hard times. For example, in *Man’s Search for Meaning*, © 1992 by Viktor E Frankl, Mr. Frankl details how important to their survival it was, for prisoners in a concentration camp to find some meaning in their ordeal.

   In ‘ordinary times,’ assigning meaning and purpose to our lives gives us drive to *seek* things. Examples of ‘seeking’ range far and wide. Try to add something *you* seek, or have sought, to this list:

   - Food
   - Wealth
   - Love
   - Refuge / Safety / Escape / A Way Out
   - Truth (e.g. about what really happened)
   - Explanation (e.g. of why or how something works)
   - Understanding (e.g. of a person and why they reacted as they did)
   - Solution to a problem
   - Evidence / Proof (e.g. of scientific validity, of innocence or guilt in court, of any belief / opinion). If sought long and hard, you might have been led to deep philosophical questions such as “Is absence of evidence truly evidence of absence?”
   - Meaning (of experience). This can be as simple as wanting to know the meaning of a word you just heard, and looking it up in a dictionary. Or it can be as deep and tragic as trying to comprehend why you have been rounded up, placed in a concentration camp and are now suffering daily torture.
   - Meaning of Life – a ‘reason for living’ or ‘raison d’être.’ I.E. what is my Purpose in being here? While searching for deep answers, the M&P EEC might put you through a feeling of such ‘awfulness’ that you experience existential despair or a dark night of the soul.

   **a. Here are the Emotions you experience while in the M&P EEC**

   **Emotion** | **Forms It Takes**
   --- | ---
   i. Wonder | (Amazing – wow! Wonderful – “Is this real?”)
   ii. Wishing | (Generativity – so then, could my *new* dream be possible?)
   iii. Misgivings | (What would it *take*? Do I really *want* what I wish for *enough*?)
   iv. Fear | (Ugly suspicion … make up ‘reasons’ I cannot have my dream)
   v. Awfulness | (“Ain’t it awful” – all the factors over which I have *no* control)
   vi. Disillusionment | (My assumptions are on put on trial – reality check – “Oh, shit!”)
   vii. Vindication | (My ‘seeking’ has been worthwhile because of all I have learned)
   viii. Delight | (Beautifully illuminating fresh *truth* sets me free)

   ... in the fullness of time, the cycle then repeats, beginning again with …

   ix. Wonder | (Amazing – wow! Wonderful – “Is this real?”)
b. Here is a diagram illustrating how the M&P EEC flows from one emotion to the next. Inside the boxes are ‘emotional competencies’ – we’ll talk more about those later.

Figure 1: The Meaning and Purpose Emotional Energy Cycle

2. Exploration and Validation of your M&P cycle experience

a. We’re keyed to be alert to certain ‘neutral events,’ and possibly to a host of them. They hearken back to unpleasant past experiences when we didn’t get what we wished for.

i. Long ago we were lower down on the food chain. Our prehistoric ancestors, seeking food in a jungle, might have been suspicious spotting a leaf move or hearing a twig break.

ii. Today such a neutral event is less likely to trigger ‘fear you are being stalked by a predator.’

iii. In at least one area of our lives we don’t seem to have changed – our insecurity in relationships. In particular, insecurity prevails in romantic relationships in which we are seeking love. Starting on the next page, track Luann on her journey through the M&P EEC.
Feb 11, 2013

wonder

Feb 12, 2013

wishing

Feb 13, 2013

neutral event. Followed by misgivings and an illusion: a fearful interpretation that “Quill doesn’t care”

Feb 14, 2013

Valentine’s Day

she voices her fearful interpretation. ‘Seeking love’ is occurring for her as awful

Feb 15, 2013

she didn’t let the ‘awfulness’ stop her, so she gets a ‘reality check’!

She is disillusioned of her assumption.

("Luann" used with the permission of GEC, Inc. and the Cartoonist Group. All rights reserved.)
We humans no longer fear the tiger, but we’re still vulnerable to fear. Perhaps the M&P EEC has always provided a general antidote to being ‘suckered in’ by wishful thinking.

All the same, it’s a good thing ‘love conquers all,’ because ‘fearful interpretations’ can make one mighty foe! Given sufficiently endless or bizarre displays of insecurity, your prospective mate might turn and run. They might get scared you are batshit crazy!

3. Where you have the most to gain:

In this article I want to hone in on the emotions in the M&P EEC that are the most challenging for people: fear and disillusionment. You stand to gain a huge amount of emotional mastery by learning how to navigate these two emotions and thereby earn safe passage through the ‘negative’ portion of the M&P cycle.

a. Fear

Where you are most likely to derail

In this EEC, fear has us attach meaning to neutral events. Here are some neutral events. I’m sure you could come up with some interpretations without knowing the facts:

- Everyone else in your workgroup but you was invited to a meeting
- Trying to enter your workplace with your security badge, you discover it is not working

It most often shows up in the arena of relationships:

- Your partner said (s)he would call – but doesn’t
- Your child is late getting home

You instinctively come up with a fearful interpretation of “what is going on” in each of these situations. Pay attention to the old bromide: “To assume is to make an ass out of u and me.”
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‘Inside Job’ Techniques to put fear in perspective

i. **Describe the event in terms of facts.**

Example: rephrase “they’ve left me out of the meeting” to “I didn’t receive an invitation to the meeting.”

ii. **Generate both several negative and several positive possibilities.** You could use a format like this:

<table>
<thead>
<tr>
<th>Event</th>
<th>&lt;describe the facts&gt;</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Possible Interpretations</th>
<th>Negative</th>
<th>Positive</th>
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For each negative alternative, generate a positive one.

iii. **Detach.** *Really get* that you are ‘making things up.’ *And really get* it is **absolutely impossible** to stop doing it.

iv. **Re-examine your list of possible interpretations.**

If you chose a negative one, explore why you did that. Maybe you can discover insecurity out of your past that triggered it.

v. **Treat your interpretation as a possibility to be checked out** – as a working hypothesis, rather than a compulsive, fearsome certainty.

vi. **Check out your interpretation if you can.** Try to open first, because opportunities will be more favorable if you can relax. Once relaxed you will have less apprehension of any answer you might find. This will make other people more comfortable because it makes it easier for you to ask ‘charge neutral’ questions.
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vii. **Select an empowering interpretation.** In many cases, there is no way to check out an interpretation; it might be unprovable. For example, suppose you have an inner insecure belief like:

“No one will ever love me, because I am unlovable.”

Generating alternatives, among others you come up with these that reduce your fear:

“No there is someone for everyone, including me.”

“I am a good enough person to deserve to have someone who loves me.”

“Seeking 'the right one’ can take years. I have the patience to keep seeking.”

Such ‘realistic reassurances’ might not occur for you as the whole truth. But they will add perspective. If you are honest with yourself, chances are excellent your generated possibilities are no more likely to be ‘untrue’ than your original interpretation.

If you have to choose between several alternative possibilities for a working hypothesis, none of which are inherently more ‘true’ than the others, why not select the most empowering interpretation?

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b. **Disillusionment**

Where you are most likely to derail

Avoiding or denying disillusionment has you either retreat back into fear and cling to it, or ‘bury your head in the sand’ with wishful thinking, perhaps using rationalization.

The value of working through disillusionment is to gain perspective. Going through disillusionment ultimately gets you past both your wishes and your fears, closer to the truth of the matter. The Bible claims in John 8:32, “Then you will know the truth, and the truth will set you free.” Isn’t this also the main point of the scientific method?

‘Disillusionment,’ by definition, implies letting go and detaching from an illusion.

In its simplest form, an illusion is a ‘trick of the mind or the senses;’ for example, a false and misleading perception generated by a magician. But an illusion might also be “something many people believe, but which is nevertheless false.” In its most sinister form, an illusion might be a cleverly-woven web of deception.

Seeing through an illusion will give you a more accurate perspective and greater powers of discernment. Both will raise the quality of your decisions.
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But take heed – people who see through illusions are not always popular! Those in medieval Europe who first saw through the illusion that ‘the Sun revolves around the Earth’ were persecuted. For championing Copernicus’ theory that the Earth revolves around the Sun, the Inquisition burnt Giordano Bruno at the stake. Not only madmen, but sometimes the ruling majority may find a particular illusion so attractive they will kill to defend it.

‘Inside Job’ Techniques that put disillusionment to work for you

i. When disillusionment threatens a fear to which you are strongly attached

If your level of mistrust is high enough, you could find your first fearful interpretation so compelling that alternative explanations become nearly impossible to generate. You feel just so damn sure … You become someone for whom no other possibility exists!

Antidote: have patience with yourself.

- Remember it is impossible to stop making fearful interpretations, and no matter how much you ‘develop yourself,’ you will never stop.

- Train yourself in applying the antidotes for fear covered earlier above. Realize it might take years of practice before you can effortlessly generate positive alternatives to your interpretations.

- Do your utmost to check out your fearful assumptions, and keep track of what fraction of your assumptions turned out to be false. If you are honest in your record-keeping, you will be enlightened to discover at least 4 out of 5 fears were imaginary.

ii. When disillusionment threatens a wish to which you are strongly attached

Perhaps you have known someone who wanted so badly to believe they had ‘found their soulmate,’ they were going to be loyal and stay married, even while denying physical and emotional abuse? If not, simply accept such people exist.

Have you ever watched a tragic figure utterly lacking in singing talent take the stage to audition on an ‘… Idol,’ ‘… Got Talent,’ ‘X-Factor’ or a similar TV ‘reality’ show? No matter how cutting and cruel the judges’ feedback, some sadly refuse to be disillusioned of their dream.

Whenever you enlist determination and ‘refusal to be discouraged’ to preserve an illusion, you do yourself a disservice. Far better to go through disillusionment, than be mocked as the ‘Emperor who has no clothes.’
Antidote: Humor. Start taking yourself with a dash of pepper! There is an excellent chance whatever wish you’re ‘attached to’ lives in one of the following three contexts:

- It’s all a performance. That means you’re *playing* a ‘role,’ such as:
  - Being a good employee (‘why else do they call them ‘Performance Appraisals’?)
  - Being a good parent or partner (if you want to hear about your performance here, just wait a day or two – you’re bound to hear at least one ‘request for improvement’ from your teenager or spouse!)

- It’s all a game.
  - Sports (what else are sports but games?)
  - Politics (really, what else could politics be but games?)
  - Law enforcement (sorry, but after watching a few trials on Court TV and HLN, no other conclusion occurs for me as sane).
  - Business (with variations from chess to ‘cloak-and-dagger.’)
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- It’s all a cosmic joke.

Consider for a moment the numbers of the untalented, the mediocre, and the downright immoral and corrupt; who, are all living high today on America’s Celebrity Stage. Even for all the money and fame, would you really want to count yourself among them? Then why envy or resent them, or pay attention to them at all?

Perhaps sometimes, we put people on pedestals just to have a good laugh when the high-and-mighty show human foibles. For example, I invite you to enjoy this joke widely circulated around the Internet:

**What Causes Arthritis?**

A drunk who smelled of beer sat down on a subway next to a priest. The man's tie was stained, his face was plastered with red lipstick, and a half-empty bottle of gin was sticking out of his torn coat pocket. Reeking of unwashed filth, he opened his newspaper and began reading.

After a few minutes the man turned to the priest and asked, “Say Father, what causes arthritis?”

The priest replies, “My Son, it's caused by loose living, being with cheap, wicked women, too much alcohol, contempt for your fellow man, sleeping around with prostitutes and lack of a bath.”

The drunk muttered, “Well, I'll be darned?”, then returned to his paper.

The priest, thinking about what he had said, nudged the man and apologized.

"I'm very sorry. I didn't mean to come on so strong. How long have you had arthritis?"

The drunk answered, "I don't have it, Father. I was just reading here that the Pope does."

**Moral:** Make sure you understand the question before offering ‘the right answer.’

Numerous times in my life have I laughed aloud, thinking that if God is up there, he must surely spend much of His time in hilarity, giving us all the ginormous horselaugh (Hee-Haw!). Surely He must stand in stunned disbelief that we’re all taking our lives so seriously!
When disillusionment threatens ‘common sense’ or conventional wisdom

If you encounter claims that are either:

- Counter-intuitive, or that
- Flout common wisdom,

you are wise to quickly evaluate the credibility of their source. ‘Judging by reputation’ – or the lack thereof – efficiently protects us from deceptions such as Internet scams.

Albeit efficient, this technique fails even the wise whenever facts and evidence are available to decide the matter. In such cases, ‘what is right’ trumps ‘who is right.’

“Reviewers have asked him to reproduce the experiment.”

Even when presented with overwhelming evidence, some will refuse to be disillusioned by new discoveries that overturn what ‘they and everyone else of my status already knows.’ This is the negative power of cognitive dissonance: we try to avoid the discomfort caused by holding conflicting ideas simultaneously.

Antidote: resolve cognitive dissonance using positive disintegration.

To understand the feelings you will experience in positive disintegration, recall either:

- The last time you were scammed.
- Some ‘health advice’ you followed which turned out to be detrimental quackery or a ‘waste of your time and money.’
- In a relationship in which you were manipulated, the moment when you finally realized you were being used.
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Realizing you have either believed a lie or been invested in a lie, whether or not others have been ‘fooled’ as well, is to experience a ‘sickness of the soul.’ To cure this sickness takes strong medicine! *Positive disintegration* is the strong medicine required. Bear in mind strong medicine tastes awful.

The first step toward positive disintegration is to let yourself be disgusted by the lie, in effect declaring an emotional ‘No!’ to being deceived. Reacting with disgust to the illusion, in concert with your feelings of disillusionment, will occur for you as a sickly feeling of *horror*, such as: “I just cannot believe I fell for his / her BS!”

Yes, you will feel worse before you start to feel better. That’s OK, because overall, you are headed in a positive direction. You are ultimately headed toward *healing*.

Horror was bad enough. But what will make your ‘disillusionment’ really challenging is the next two feelings you encounter. Your horror will transfer you into the Adaptation cycle, where the first feelings you will encounter are *dismay* from feeling injured, and consequential *agony*. You will get why many ‘run like hell’ from positive disintegration!

![Figure 2: The Adaptation Emotional Energy Cycle](image)
Meaning and Purpose Emotional Energy Cycle

Dismay and agony are instruments of ‘unlearning’ (emotional decay). At what point during your lifetime you master these, will say much about your resiliency and your potential to grow and develop wisdom as your life unfurls.

A Zen Tale

A university professor went to visit a famous Zen master. While the master quietly served tea, the professor talked about Zen. The master poured the visitor's cup to the brim, and then kept pouring.

The professor watched the overflowing cup until he could no longer restrain himself.

“It's overfull! No more will go in!” the professor blurted.

“You are like this cup,” the master replied, “How can I show you Zen unless you first empty your cup?”

iv. When disillusionment threatens your most established and cherished beliefs

According to psychologists, there comes a time in almost everyone’s life when you pause to take stock, examine your life and re-evaluate what is important to you.

From the song, Goodtime Charlie’s Got The Blues by Charlie Rich:

You know my heart keeps tellin' me,
You’re not a kid at thirty-three.
You play around you'll lose your wife,
You play too long you'll lose your life.

Intense disillusionment is called devastation. Perhaps the ultimate in devastation is to wake up and discover your whole life has been based on a lie, and you have wasted your entire life persevering in it:

August 12, 2012 Newswire Flash:

BUDAPEST, Hungary (AP) — As a rising star in Hungary's far-right Jobbik Party, Csanad Szegedi was notorious for his incendiary comments on Jews: He accused them of “buying up” the country, railed about the “Jewishness” of the political elite and claimed Jews were desecrating national symbols.

Then came a revelation that knocked him off his perch as ultra-nationalist standard-bearer: Szegedi himself is a Jew.

Following weeks of Internet rumors, Szegedi acknowledged in June that his grandparents on his mother's side were Jews — making him one too under Jewish law, even though he doesn't practice the faith. His grandmother was an Auschwitz survivor and his grandfather a veteran of forced labor camps.
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This version of disillusionment is the most challenging of all to surmount, because you recognize yourself as the deceiver. You must disillusion yourself of your own lies.

**Antidote:** Soul-Searching.

The first step in ‘soul searching’ is to let yourself be disgusted by both the lie you have lived and the damage you have done to yourself and others over the years. This self-directed disgust will make you feel horrendous, as in “What have I done???”

Feeling horrendous is bad enough. But what makes this ‘wake-up call’ the most challenging is the next feelings you will encounter. You transfer into the Grace cycle, where the feelings you will encounter are in sequence: the self-hate of disgrace, followed by rue, followed by remorse. This path is not for the faint-hearted!

Yes, you will feel worse before you start to feel better. That’s OK, because overall, you are headed in a positive direction. You are headed toward redemption and forgiveness.

Figure 3: The Grace Emotional Energy Cycle

Here’s the next installment in the story of Csanad Szegedi. As you read, trace Csanad’s journey though the emotions of the Grace cycle. What did he decide to do by way of recompense?
Since [his revelation], the 30-year-old has become a pariah in Jobbik and his political career is on the brink of collapse. [Experiencing the self-hate of disgrace, Csanad] declined to be interviewed for this story.

The Jewish Telegraphic Agency filed a report on the case earlier this week. According to the JTA, Szegedi met with Rabbi Shlomo Koves on Aug. 3.

Szegedi told him that following the Holocaust, his grandparents had an Orthodox Jewish wedding, but they decided to keep that and their religion a secret from their children and grandchildren.

The JTA reports that after talking to Koves, Szegedi decided to plan a trip to Auschwitz. Koves said he apologized “for any comments he had made against the Jewish community” and would like to make the trip to “pay his respects to the Holocaust martyrs.”

From the song **Anthem** by Leonard Cohen:

Every heart to love will come,
But like a refugee …

[Ring the bells, that still can ring,
Forget … your perfect offering,
There is a crack, a crack in everything –
That’s how the light gets in]!

The day might come when you will ‘search your soul.’ If and when it does, remember:

- A ‘dark night of the soul’ has the potential to transform your very being.
- Recompense (“making amends”) is a ticket to redemption and forgiveness.
- Grant yourself *mercy*. 

![Figure 4: Csanad Szegedi](image)
Meaning and Purpose Emotional Energy Cycle

- Accept and receive the gift of grace. From the song, Amazing Grace:

> Amazing Grace, how sweet the sound,
> That saved a wretch like me …
> I once was lost but now am found,
> Was blind, but now I see.

For a contemporary take on grace free of religious overtones, listen to the song: Love’s Divine by Seal.

- Accept it is ‘time to start over.’
- Allow the truth in “Today is the first day of the rest of your life.”
- Albeit expensive, acknowledge how deeply and well you have learned a wise and valuable lesson.

v. Apply ‘Persuasion’ to a more general audience

Out of a sufficiently traumatic disillusionment, you might find a purpose so meaningful you want to share it with others and have it mean something to them.

The value in doing so is twofold:

- We teach best what we most need to learn.
- Our hard-won lesson can protect others from paying full cost to learn it.

Examples:

- Candice Lightner founded MADD (Mothers against Drunk Driving) after losing her own daughter to a drunk driver.
- Mother Theresa grew up surrounded by poverty.
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4. **Summary – Importance and Uses of the M&P EEC**

The essence of the M&P EEC is found in the archetype of ‘The Seeker.’ It is resolved primarily through seeking and finding. ‘Staying with it’ through repeated cycles will eventually provide enough ‘reality checks’ to ‘disillusion’ you of either:

   a. Your fearful interpretations which have been ‘stopping you,’
   b. The possibility of your original wish, or
   c. Both – at the same time, providing beautifully illuminating fresh truth that sets you free.

‘Seeking’ could refer to so many things – indeed, to seeking anything on which you place value. What you seek could be as concrete and measureable as a billion dollars, or abstract and ephemeral as the meaning of life.

Concomitantly, the M&P EEC is employed not just by your mind, but as part of your instincts, heart, soul, identity and spirit. That explains why it occurs at such a variety of different ‘depths.’

At its greatest depths, the M&P EEC is employed to ‘seek after truth.’ Performed patiently, this means refining a working hypothesis time-after-time through repeated ‘reality checks’ and disillusionments, gradually getting closer and closer to finding wisdom sufficiently useful to share with others.

While seeking truth, your greatest dilemma applying the M&P EEC arises when there appears to be no way to ever be sure you have found the truth you are seeking, because checking out alternative interpretations against ‘wishful thinking’ seems impossible. You uncover no *concrete, tangible evidence* to discern whether there is more or less ‘truth’ to:

   a. The possibilities that could or would make your wish / dream realizable,
   b. Your fearful possibilities that would mean you will never get to realize your wish, and
   c. Any other alternative presenting itself.

Example: you dream of going to Heaven.

   a. Sample possibilities that would or could help make your dream come true:

      - God exists.
      - You are a good person.
      - God loves you and will forgive you for your sins.

   b. Sample possibilities that would or could mean your dream can never come true:

      - God is a myth. This could lead you into deep philosophical exploration, like asking “Does absence of evidence constitute evidence of absence?” It could even lead you to search your soul.
      - You are really, deep down, a bad person (because “I did this, I did that … etc.”)
      - God could never forgive you for what you have done.
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Notwithstanding limitations of evidence: Over a timespan that might take years, you stand an excellent chance to learn so much through ‘seeking’ that you find your dream refines and evolves to become increasingly realistic. For example:

- You might learn through seeking love, what a loving relationship is really all about.

- Through enough life experience, you might learn to laugh at yourself and take life less seriously. The M&P EEC might find humorous expression in wit, such as:
  
  - “I have an ugly suspicion I’ve been behaving like an idiot …”
  - Lightly on a news broadcast: “Casey Anthony, I don’t think they like you out there.”

- In the scientific world, you might substantiate a theory. By statistical analysis of repeated experiments, you might show your theory has less than one chance in a trillion it is incorrect. You might also find the results are reproducible by others.

- In the personal realm, through decades of experience, you might use the M&P EEC to refine your understanding of life and collect wise ‘rules of thumb’ to pass on and guide your descendants.

- Your powers of discernment might even expand to encompass more legitimate, valid ways of ‘finding’ and ‘knowing’ than will ever be found on the path of reason and logic.

As Einstein once implored, “The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift.”

If you would like to learn more about the M&P EEC, Click [here](#) for a:

- ‘Movie’ showing how the M&P EEC is constructed from primary emotions
- Explanation – how the M&P EEC operates in everyday life
- Example story portraying the M&P EEC ‘in action’

(For more on the Adaptation EEC, click [here](#). For the Grace EEC, click [here](#)).

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1 To view the presentation, you may be prompted to download Microsoft’s Silverlight plugin for your browser. This is comparable to downloading Adobe’s Flash Player and every bit as safe.
Appendix - Emotional **Competencies** for Navigating the Cycle

You start with **misgivings**. It is a **transition** medium-intensity emotion.

**Glossary Definition:** feeling very uneasy about the fitness of a particular course of action. Where the action is ethically or morally questionable, this often takes the form of 'having scruples.' Essentially, you fear your wish coming true because of what it would mean if it did.

**"...it' happens:** **Dissuasion** - Reexamining a wish to see if it is still the outcome you want

You will know you are 'getting through' the ‘..it’, as your misgivings shifts into a feeling of fear.

**Emotional Appetite:** Driving your emotion is an *unfulfilled* 'emotional appetite' - To bring someone around to a new way of thinking or perceiving something (Persuasion).

**Larger Appetite:** Your emotional appetite is part of a larger appetite for *Meaning and Purpose* - to answer the question, "Why?" with motivating meaning. For a complete explanation of *Meaning and Purpose*, click **full picture**.

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You are currently checking out **awfulness**, a **transition** emotion.

**Glossary Definition:** Awful in every way. How much loss or tragedy can you stand before you get disillusioned? Usually accompanied by feeling something is wrong here and things 'should' be different.

**Recommended Competency:** **Seeking** - To uncover some meaning to explain why you must live 'in need.' To find some corresponding purpose, the fulfillment of which will bring freedom from fear. Examples: (a) in *Man’s Search for Meaning*, Viktor Frankl chronicles how vital it became for prisoners in a concentration camp to find some meaning in the daily terror of their experience. (b) find a cause to live for, like the founder of Mothers against Drunk Driving (MADD) did after her daughter was killed.

You will know you have effectively practiced this Competency, after your awfulness has transitioned to a feeling of disillusionment. So practicing this competency might be making you feel worse before you feel better. Not to worry - overall, you're headed in a positive direction.

**Emotional Appetite:** Driving your emotion is an *unfulfilled* 'emotional appetite' - Having your direction confirmed as "right on!" (Finding).

**Larger Appetite:** Your emotional appetite is part of a larger appetite for *Meaning and Purpose* - to answer the question, "Why?" with motivating meaning. For a complete explanation of *Meaning and Purpose*, click **full picture**.
Appendix - Emotional Competencies for Navigating the Cycle

You are currently checking out vindication, a transition emotion.

Glossary Definition: to be reinstated in good standing; to have promises long forgotten or broken kept; to have justice serendipitously rendered as you are finally rewarded as you always deserved to be

Recommended Competency: Persuasion - To bring someone around to a new way of thinking or perceiving something (it might be you!)

You will know you have effectively practiced this Competency, after your vindication has transitioned to a feeling of delight.

Emotional Appetite: You feel this from having satisfied an 'emotional appetite' - To bring someone around to a new way of thinking or perceiving something (Persuasion).

Larger Appetite: Your emotional appetite is part of a larger appetite for Meaning and Purpose - to answer the question, "Why?" with motivating meaning. For a complete explanation of Meaning and Purpose, click full picture.

You are currently checking out wonder, a transition emotion.

Glossary Definition: To be pregnant with meaning and purpose; expectation of delight. Most clearly related to 'wonderful'

Recommended Competency: Finding - to wondrously ascertain or encounter more and more ways to apply your purpose, or more and more meaning in your direction. Distinct from 'making things up,' which is a conscious or unconscious attempt to protect yourself with 'wishful thinking' (one extreme example would be paranoia, which protects you emotionally by inflating your importance).

You will know you have effectively practiced this Competency, after your wonder has transitioned to a feeling of wishing.

Emotional Appetite: You feel this from having satisfied an 'emotional appetite' - Having your direction confirmed as "right on!" (Finding).

Larger Appetite: Your emotional appetite is part of a larger appetite for Meaning and Purpose - to answer the question, "Why?" with motivating meaning. For a complete explanation of Meaning and Purpose, click full picture.