



Finding your personal



formula for happiness



(with or without therapy)



custom, mental health blueprint



mental-health treatment, translation guide



how to communicate needs instead of symptoms

the goal of this guide:

Create a
*more actionable vision
of mental health needs,
to go along with with the
mental health symptoms
you want to get under control.*

Then, you can do one of these:

- ① Carry out the mental health blueprint yourself
- ② Use it as a practical supplement to share with a therapist or coach (along with other info about the problems and symptoms you want help with)
- ③ Use it as something to reference when you begin therapy with me!

it's learning objectives

- ① Harness your love for control
- ② Grasp your body's signal-response communication system
- ③ Explore 5 key life satisfaction areas
- ④ Decode deficiency areas
- ⑤ Evaluate current life satisfaction levels for balance, clarity, and future aspiration.

Bit about *me*

I'm a Licensed & Certified EMDR Therapist that helps people reorganize the triggering information in their minds that's really serving no purpose, other than extreme headache, anxiety, depression, and all those other inconvenient side effects of unresolved issues from previous experiences.

Clients and I hyper-focus on very specific issues dear to them, and less to any clinical textbook. We look at facts and decide how to move forward- it's EMDR Therapy- and yes, it's that simple.

To learn more about me, my services, and/or things related to EMDR, finding therapy, and trauma's impact on relationships, follow me on social, subscribe to my email list through my website, or snoop through my google drive folder for more freebies like this.

📷 @carolynleelmhc

🌐 www.carolynleelmhc.com

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Enjoy!

*xoxo,
Carolyn*



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Uncomfortable emotions are rooted in *need*.

“Need for what,” you ask?
All this.

Reminder:

Uncomfortable emotions are just our mind’s way of alerting us that we **need** more experiences that’ll give us a certain type of satisfaction in life.

Being _____ could imply that you have a current deficiency in one or more of [e.g. upset, jealous, resentful, scared, lonely, etc...] 5 invisible ‘life satisfaction,’ quotas. These quotas are like the mental and emotional equivalents of the vitamins and minerals our unique bodies need to function most efficiently.

So why am I just hearing about this?

Some people refer to these as values in life- or at least, that’s how most life skills or home ec classes would teach this, before they all got cut...

Ohhhhhhh

Yeah. Plus, most of us felt like we didn’t really need to pay attention back then, because learning about values seemed non-consequential, or at least secondary to learning things like math, how to get into a good college, date the right people, and make all the money while popping out babies.

[insert awkward silence] But what if I’m fine with my life and never get jealous?

Do you ever get hungry? And when you do, are you totally fine with the feeling of *being* hungry? Wait, let me rephrase-

Are you simply ‘cool with’ ignoring your body when it says it needs something? Wait...

Do you *enjoy* being out of control?

Not at all.

Let’s look at some examples of how we can use **loving control** to meeting the needs beneath our upsetting emotions.

Up Next:

Control as a solution-focused tool for fulfilling signal-response communication requests



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We're naturally wired to notice change, because external changes, or changes outside of ourselves that we can't control, mean we'll need to make internal modifications to whatever plan we had previously decided on, especially if we want to make it **remain the best plan of action**, for the changed circumstances.

Symptoms, are internal signals that make us aware of larger changes we then choose how to deal with.

Imagine this scenario...

Control is like having a team of internal first responders

You get a signal that something's changed. It could be comfortable or uncomfortable change, but many of us who like control, will tend to have fairly sensitive systems that air on the side of caution and prepare for the worst...

Then, they send our brains into problem solving mode to gather all the details we'll need to determine the best way to respond, in our most conscious state of mind.

Ahh! Scary!

Types of Symptoms:

- physical
- sensory
- mental
- emotional

Noticing symptoms & taking control of your responses is where most self-help guides stop helping..

this guide is not one of those.

focuses on what you might want *to base* your controlled choices *in*
Make sense? Let's get on with it!

Up Next:

The 5 basic life satisfaction (i.e. success) need areas



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When we experience mental & emotional symptoms that we'd prefer not to have, it would benefit us to think about these **5 areas of life satisfaction** *before* deciding the best thing to do about them:

Power. Freedom. Fun. Belonging. Survival.

And more specifically, we might want to consider which one(s) of these areas is symbolized by the types of things or situations we're finding ourselves getting upset with most.

1 Consider these:

Area of Life Satisfaction	What it's about	Examples that feed it
Power	Things that build confidence and ability to feel proud of mastering something	achievements, promotions, life milestones, new home, new car, successes, wins
Freedom	Options, sense of control, choice to do or not do, be or not be	feel like your true self, share opinions, disagree, do your own thing, schedule flexibility, lifestyle choices, less responsibilities
Fun	Excitement, spontaneity, brings out your playful side, the good side of not being in control of every detail	vacation, pickup games, weekend adventure, enjoyable conversations with strangers, anything is possible, going with a flow, living in the moment
Belonging	Your sense of community, love, togetherness, the opposite of feeling alone and/or non-relatable, not invisible, seen, validated	Girls nights, family gatherings, drinks with the guys, AA Meetings, Clubs, FB groups, Sharing a hobby with someone, living in a friendly neighborhood, having special people to call/ text, shared experiences to bond over
Survival	Traditionally thought of things like food, shelter, water, and means for taking care of yourself (i.e. financial security, transportation, means for communication- phone/ WiFi)	stable source of financial income, transportation, means for communication/ access to help and resources



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2 Fill in the blanks to get you thinking

Game changing question

"I get _____ when I see, hear, or...

[ONE SPECIFIC UPSETTING EMOTION]

think about _____

experiencing _____

from their _____."

Specific person or type of person(s):

Emotion you perceive them to have:

Thing/ event/ occurrence giving them that emotion:

3 Look at the details of the experience you're thinking of and the chart of satisfaction areas on the previous page.

Power Freedom Fun Belonging Survival

4 Notice which area(s) your upsetting emotion could be suggesting you need more satisfactory vibes in, to relieve you of it, and improve your overall quality of life.

Up Next:

Current and ideal life satisfaction levels to fulfill & nip symptoms in the buds



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Now that you've gotten a better idea of the meaning behind what your upsetting emotion suggests you need more of,

let's map out the **bigger** picture...

Your current life satisfaction formula looks like this...

Power + Freedom + Fun + Belonging + Survival = Max amount of satisfaction in life

% of life's happy moments that come from feeling powerful + % of life's happy moments that come from feeling free + % of life's happy moments that come from feeling spontaneous + % of life's happy moments that come from feeling connected + % of life's happy moments that come from feeling secure with your basic resources

A % + B % + C % + D % + E % = 100 %

Realistically speaking,
we only have so much energy in life right?

"Doing and having it all"... in equal amounts, at all time, is nearly impossible. That being said, reaching a fairly good balance (with some fluctuations) between all 5 areas is a great place to start.

Also, keep in mind that...

we'll always have the opportunity to prioritize and reprioritize which areas in life we focus on bringing more satisfaction, at any given point in time. This could mean we could be shooting for balanced levels of satisfaction for the day, year, or even both!

Now, it's your turn! *Omg, yes.*

5

Being aware of the area(s) your upsetting emotion is stemming from, and considering where you might be experiencing most satisfaction in life currently, fill in the percent value of the total that you feel you're experiencing **in each of the areas today.**

Power + Freedom + Fun + Belonging + Survival = Max amount of satisfaction in life

% + % + % + % + % = 100 %



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Current life satisfaction levels, **in each of the areas**

(auto-populated from previous page)

Power + Freedom + Fun + Belonging + Survival = Max amount of satisfaction in life

<input type="text"/>	%	+	<input type="text"/>	%	+	<input type="text"/>	%	+	<input type="text"/>	%	+	<input type="text"/>	%	=	<input type="text"/>	100 %
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6

Starting now, think about *if* and *how* you'd want to redistribute your efforts in seeking out the types of life experiences that might increase, decrease, and/or better balance the various types of gratification you could have. Insert your **idealized value in each of the areas**.

Power + Freedom + Fun + Belonging + Survival = Max amount of satisfaction in life

<input type="text"/>	%	+	<input type="text"/>	%	+	<input type="text"/>	%	+	<input type="text"/>	%	+	<input type="text"/>	%	=	<input type="text"/>	100 %
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And last, but not least...

7

Come up with experience ideas, to make this hypothetical success formula **your new reality**.

Areas of Satisfaction	Spend more or less effort in these types of experiences?	Experience ideas to consider when looking for a boost in this particular satisfaction area
Power		
Freedom		
Fun		
Belonging		
Survival		



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Enjoyed this much?

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to my email list through my website, for more practical tips, tools, and guides on all things mental health therapy, EMDR (my specialty), and relationships.

-OR-

GET SET UP WITH SOME REAL
THERAPY SESSIONS WITH ME
TODAY.



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xoxo,
Carolyn



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Book therapy with me!

Disclaimer:

This is a spark notes alternative, created by a Licensed Therapist/ therapy client, to enhance your ability to plan for a more fulfilling future, despite your past circumstances. However, this is not a researched, evidence-based method to solving clinical mental health issues in itself, as it merely represents a type of thinking utilized in a larger evidence-based protocol (EMDR) that can be conducted in a professional therapeutic capacity. For more individualized consultation questions regarding specifics to your situation, please reach out to a Licensed Professional Mental Health Counselor in your state.