

## In The Mood

Do you remember the old adage, **'If you're having the right conversation in the wrong mood, you're having the wrong conversation?'** Your mood precedes you and can make or break the flow and desired outcome of your day.

If we allow an emotional state to linger and become predominant in our lives, it becomes a mood. There are an infinite number of moods we choose from, some of which we find ourselves actually living in for extended periods of time. Some moods are good and others not so good. Moods can be remnants of childhood experiences or they can come right out-of-the-blue. By the way, there's nothing wrong with living in moods - we all do it all of our lives. One definition of freedom is *'the capacity to choose'*, so the idea is to choose your mood with an awareness of its importance. We navigate through our lives with moods. The most practical reason to understand why moods are so important is **because they can be predispositions for action**. Here's what I mean by that:

There are four basic moods we humans 'live' in while engaged in our lives. They are: **Acceptance, Ambition, Resignation and Resentment**.

**Acceptance** is settling with the facts - it is what resides behind joy and gratitude. It does not mean to like, or to approve, it means to move forward in a new direction of energy. **In acceptance, we accept what we cannot change.**

**Ambition** is acceptance of possibilities - it resides behind new learning. Ambition is living in a state of positive expectation. Ambition opens up what resignation closes down. **In ambition, we accept what we can change.**

**Resentment** is living in constant opposition to what has been or what is. Humans can't change the past, and resentment is denial of that. Its predisposition is to take revenge. Resentment is like taking poison and hoping someone else suffers from it. It is the opposite of acceptance. **In resentment, we oppose what we cannot change.**

**Resignation** is living in the quagmire that nothing we do will matter. 'It's no use', kind of thinking, i.e., 'been there, done that.' It is the polar opposite of ambition. It paralyzes new learning and is a terrible conundrum that keeps people stuck. The resigned mood precludes us from doing because we do not think it possible and/or we do not know what to do. **In resignation, we oppose what we can change.**

Where in your life do you find these moods 'living' you? How do they show up in your practice?

It's easy to see that resentment and resignation hold us back from being and doing all that we desire. It's also easy to see that living in acceptance and ambition all of the time would be great and the healthiest way to go, but if you're like me, you live somewhere in the middle and have to work with these moods every day.

If you would like to better understand how to work through your moods, go to my website [www.WholeStoryCoaching.com](http://www.WholeStoryCoaching.com) and download a PDF called 'Transforming Moods' under Archived Articles, or call me for a free 30 minute consultation.

Keep being and doing all you can with what you have and where you are.

Healthiest Regards,

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