Karren Garrity

Master Your Feelings Podcast

Episode 5

Clarity of Thought, Power of Action

Welcome to another episode of Master Your Feelings, Master Your Life with Karren Garrity.

Karen is a Licensed Professional Counselor and Nationally Certified Counselor in NW, Connecticut. She is also the author of “The Tool Box: Building Better Relationships with Teens” which you can find on [Amazon](http://www.amazon.com/gp/product/0615640427/ref%3Das_li_qf_sp_asin_il_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=0615640427&linkCode=as2&tag=garritylpc-20) and her website [www.toolboxprogram.net](http://www.toolboxprogram.net).

Karren has many tools and programs available for you on her website and we encourage you to visit and [email us](http://www.toolboxprogram.net/contact.html) if you have any questions regarding this podcast episode or questions about Karren’s programs.

In this episode entitled CLARITY OF THOUGHT, POWER OF ACTION. Karren talks about the power of listening to your feelings and using this information as a clue on how to move forward and regain control in your life.

Karren says “the goal is to not be stuck in an emotional state or let a feeling define who you are. We all have times in our lives when we feel like we have no traction. When life seems to speed by at such a pace that we can’t keep up.”

CLARITY OF THOUGHT, GIVES US POWER OF ACTION

Karren talks about being specific when communicating with others. She lays out a scenario of going to the Doctor and tells a story about a trip the auto mechanic with her daughter. Specific clear communication plays a vital role in these types of encounters. Karren says “The power of information gives us direction.”

She gives the listener a formula that helps empower the process of becoming more self-aware.

I am feeling fill in the blank (emotion)

Because I need/want fill in the blank(emotional or physical need)

There for I choose to do fill in the blank (action)

Karren says “It’s essential to discover the awareness so that you can determine your action. You don’t want to be treading in a sea of emotion with no way to get to shore. Finding your feelings gives you the traction to determine your action.”

CONNECT WITH KARREN

Once again you can go to [www.toolboxprogram.net](http://www.toolboxprogram.net) to find tons of great information from Karren Garrity along with her book [THE TOOL BOX: BUILDING BETTER](http://www.amazon.com/gp/product/0615640427/ref%3Das_li_qf_sp_asin_il_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=0615640427&linkCode=as2&tag=garritylpc-20) [RELATIONSHIPS with TEENS](http://www.amazon.com/gp/product/0615640427/ref%3Das_li_qf_sp_asin_il_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=0615640427&linkCode=as2&tag=garritylpc-20). If you are enjoying this podcast we encourage you to head on over to [ITUNES](https://itunes.apple.com/us/podcast/master-your-feelings-podcast/id947505642?mt=2) and give Karren a written review. It helps spread the word about MASTER YOUR FEELINGS, MASTER YOUR LIFE.