



# The Internal World

## What is The Internal World?

The Internal World considers how we are influenced by a unique mix of biochemicals that shape how we experience everyday life. This mind/body connection can be harnessed for greater emotional self control and enables more choices for our responses. You will learn how to find language for the various feelings experienced and understand how these are clues to your underlying human needs.

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## Who is it for?

The Internal World is for people who want to have greater conscious control over their internal thoughts and emotions. These abilities are useful when under pressure (such as in work situations), when experiencing relational challenges and allows for more effective self regulation and influence.

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## What does it offer?

Learners will be able to identify what triggers negative emotions in their thought life. They will understand what is going on in the brain when experiencing an emotional response and become better at managing those emotions. And they will know how to regulate those emotions to help cope with everyday stresses.

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## How do we sign up?

Contact us at [madebetterhuman.com.au](https://madebetterhuman.com.au)

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