

Scientific Monograph

EMOTIONAL-LEVEL HAPPINESS MANAGEMENT (ELHM)

THE 7 FEELINGS SYSTEM
FOR EMOTIONAL REGULATION
AND PERSONAL TRANSFORMATION



Tetiana Dunaievskia

Tetiana Dunaievska

EMOTIONAL-LEVEL HAPPINESS MANAGEMENT (ELHM): THE 7 FEELINGS SYSTEM FOR EMOTIONAL REGULATION AND PERSONAL TRANSFORMATION

Monograph

2026

Author:

Tetiana Dunaievska – Master's Degree Student (Second Level of Higher Education), H.S. Skovoroda Kharkiv National Pedagogical University; Founder of KIT Academy; Kyiv, Ukraine.
<https://orcid.org/0009-0000-0303-8678>

Reviewers:

Marat Kuznietsov – Doctor of Sciences in Psychology, Full Professor, Professor of the Department of Psychology, H. S. Skovoroda Kharkiv National Pedagogical University.

Natalia Gerasimova – Candidate of Psychological Sciences, Associate Professor, Scientific and Research Institute of Pedagogical Education, Social Work and Arts, Bohdan Khmelnytsky National University at Cherkasy.

Pasynchuk Kyrylo – PhD in Pedagogical Sciences, Associate Professor of the Department of Advanced Training and Specialized Training in Civil Protection, National University of Civil Protection of Ukraine, Kharkiv, Ukraine

Nataliia Malynovska – PhD in Political Science, Associate Professor at the Faculty of Social Sciences, Academic Director of the Master's Program in Public Policy and Governance, Kyiv School of Economics.

Tetiana Khaustova – PhD in Food Technology, Lecturer at Rivne Vocational College of Information Technologies, self-employed Practical Psychologist.

Anatolii Novak – Candidate of Technical Sciences, Associate Professor, Professor of the Department of Management, International Personnel Academy, Academician and Full Member of the International Academy of Sciences of Ecology and Life Safety.

Dunaievska T. Emotional-level happiness management (ELHM): the 7 feelings system for emotional regulation and personal transformation. Monograph. – Primedia eLaunch, Boston, USA, 2026. – 123 p.

Library of Congress Cataloging-in-Publication Data

ISBN – 979-8-90600-150-4

DOI – 10.46299/979-8-90600-150-4

All rights reserved. Printed in the United States of America. No part of this publication may be reproduced, distributed, or transmitted, in any form or by any means, or stored in a data base or retrieval system, without the prior written permission of the publisher. The content and reliability of the articles are the responsibility of the authors. When using and borrowing materials reference to the publication is required.

UDC 159.942.5

ISBN – 979-8-90600-150-4

© Dunaievska T.

ABSTRACT

This monograph presents the author's method Emotional-Level Happiness Management (ELHM), a systemic approach to emotional regulation and personal transformation developed through long-term professional practice in coaching and personal development. The method is based on the premise that emotional states significantly influence perception, decision-making, and behavioral patterns, and therefore sustainable personal change requires transformation at the level of emotional experience rather than solely cognitive understanding.

The ELHM method integrates elements of coaching psychology, positive psychology, and practical work with emotional awareness. It proposes a structured model for developing inner stability, conscious decision-making, and sustainable well-being through systematic work with feelings. The monograph describes the theoretical foundations of the approach and presents the core components of the method, including the KIT Diagnostic Assessment, the "7 Feelings" transformational model, and the "5+5" structured support program, which together form a comprehensive framework for personal change and emotional development.

Particular attention is devoted to the mechanisms through which emotional states influence human behavior, the role of awareness in personal transformation, and the process of developing internal support and psychological resilience. The work also examines the professional role of the guide or facilitator in the ELHM process, emphasizing the importance of creating a safe environment in which individuals can consciously explore and transform their internal states.

The monograph includes practical examples illustrating how the method is applied in individual sessions and how changes in emotional states lead to measurable improvements in life satisfaction, interpersonal relationships, decision-making, and overall well-being. In addition, the educational structure of the ELHM professional

training program implemented within KIT Academy is presented, demonstrating how the method can be systematically transmitted and applied in professional practice.

The ELHM approach is positioned within the field of coaching, personal development, and educational practice. It is not intended as a psychotherapeutic or medical intervention but as a structured method for developing emotional awareness, internal stability, and the ability to consciously manage one's internal state.

Overall, this monograph contributes to the interdisciplinary dialogue between coaching psychology, positive psychology, and applied approaches to emotional development by offering a practical model for cultivating inner balance and sustainable well-being in contemporary life.

TABLE OF CONTENTS

INTRODUCTION.....	7
The Author’s Method “7 Feelings”.....	8
Understanding Happiness in the ELHM Method.....	11
The Mechanism of Inner Change in ELHM.....	12
KIT Diagnostics: Structure and Purpose.....	16
1. Social Openness.....	18
2. Body and Self-Worth.....	19
3. Closeness, Relationships, and Intimate Sexuality.....	19
4. Financial State: Money and Sources of Income.....	20
5. Leadership and Influence.....	21
6. Family Connections.....	22
7. Creativity and Purpose.....	23
8. Goals and Life Direction.....	24
9. Inner Support and Connection with Consciousness.....	24
10. Emotional Stability and Stress Level.....	25
10.1 GAD-7 — Generalized Anxiety Disorder Scale.....	26
10.2 SWLS — Satisfaction With Life Scale.....	26
10.3 Rosenberg Self-Esteem Scale.....	27
10.4 PSS - Perceived Stress Scale.....	28
Principles for Using Psychometric Scales in ELHM.....	28
Format of the Diagnostic Session.....	28
Outcome of the Diagnostic Session.....	29
Uniqueness of the KIT Assessment.....	30
The Role of the Guide in the “7 Feelings” Model.....	31
The “7 Levels of Feelings” as a Mechanism of Inner Transformation.....	32
Level 1. Interest and Awareness - Cognitive Clarity Stage.....	32
Level 2. Relaxation.....	35
Level 3. Fear, Pain, and Vulnerability - Emotional Confrontation Stage.....	38
Level 4. Release and Lightness - Release Stage.....	42
Level 5. Creation of New Feelings - Creation Stage.....	45
Level 6. State of Well-Being — Stabilization Stage	48
Level 7. Integration and Clear Vision — Integration Stage.....	51
Completion of the “7 Feelings” Model.....	55
Conclusion of the Model.....	58
The 5+5 Support Program.....	58
What the 5+5 Program Is.....	58
Why This Structure Was Chosen.....	60
The Difference Between Transformation and Integration.....	60
Stage 1 — Five Weeks of Intensive Work.....	61

Stage 2 — Five Months of Support and Life Integration.....	66
Professional Rationale for the 5+5 Format.....	68
Importance of the Integration Stage.....	68
Overall Effect of the 5+5 Program.....	68
Continuation of Work After the 5+5 Program.....	69
Long-Term Development Dynamics.....	69
How an Individual ELHM Session Works.....	72
Limitations of the ELHM Method.....	87
Section Summary.....	87
Practice of the ELHM Method: Living Stories.....	88
Case Studies of ELHM Practice.....	88
Conclusion of the Section “Living Stories”.....	98
Effectiveness of the ELHM Method in Measurable Results and Real Changes.....	98
Assessment Tools Used.....	98
Summary Dynamics of ELHM Clients (Based on Individual Practice).....	99
Table1. Dynamics According to the KIT Diagnostic Assessment.....	100
Conclusion.....	115
REFERENCES.....	118

INTRODUCTION

In the modern world, the pace of life and the volume of information have reached a point where traditional cognitive methods of self-regulation often prove insufficient. Most people focus on external achievements-career, social status, and material wealth-expecting that these will eventually lead to happiness. However, practice shows that sustainable well-being depends not on external circumstances, but on the internal emotional state and the ability to manage it consciously [1, 2, 3, 5].

The relevance of this monograph lies in the necessity for a systemic approach to emotional transformation. Emotional-Level Happiness Management (ELHM) is not just a collection of psychological techniques; it is a comprehensive methodology designed to shift the focus from reactive living to conscious emotional leadership [6, 7].

This work is based on over 20 years of professional experience in coaching and personal development. Throughout this practice, it became evident that the root of most personal and professional challenges lies in a lack of emotional awareness and the absence of internal support. Cognitive understanding of a problem rarely leads to deep change; true transformation occurs at the level of feelings [8].

The purpose of this monograph is to provide a structured framework for emotional regulation through the “7 Feelings” system. We will explore:

- The theoretical foundations of the ELHM method and its role in personal transformation.
- The KIT Diagnostic Assessment as a tool for identifying the current emotional state across ten life domains.
- The practical application of the “7 Feelings” model to build inner stability and conscious decision-making.
- The integration of these changes into daily life through the structured “5+5” program.

By mastering the tools presented in this study, individuals can move from a state of emotional depletion to one of sustainable happiness, turning their emotional intelligence into a reliable foundation for all life endeavors [9, 10].

THE AUTHOR’S METHOD “7 FEELINGS”

The development of the “7 Feelings” method did not begin as an attempt to create a theoretical model or an authorial system. It emerged from long-term professional practice and observation of how real psychological change occurs in people’s lives. Over more than twenty years of working with individuals in the fields of personal development, coaching, and emotional resilience, it became increasingly evident that sustainable change occurs not primarily through cognitive understanding, but through transformation of a person’s internal emotional state [11].

In professional practice it was repeatedly observed that individuals often clearly understand what actions they should take in order to improve their lives, yet continue to make decisions from emotional states such as fear, guilt, resentment, or inner powerlessness. As a result, knowledge alone rarely produces lasting change if the emotional state from which a person acts remains unchanged.

These observations gradually led to the development of a structured approach focused on conscious work with feelings. Through hundreds of individual sessions and years of observation, patterns became visible in how emotional states influence perception, thinking, and behavior. Over time, these patterns formed the basis of a reproducible system that could be taught and applied in professional practice [12, 13].

This system became known as the **“7 Feelings” method**, or **Emotional-Level Happiness Management (ELHM)**.

ELHM is a structured coaching and educational method aimed at working with a person’s emotional states in order to develop inner stability, emotional awareness, and conscious decision-making. The method is not a form of psychotherapy or medical

treatment; rather, it is designed for work with a person's conscious inner experience within the context of personal and professional development [14].

The central premise of the ELHM approach is that emotional states precede and shape cognitive processes and behavioral patterns. When a person's emotional state changes, their perception of reality, decision-making strategies, and behavioral responses also change. Therefore, the work within the method begins not with analysis or advice, but with direct awareness and transformation of feelings [15, 16].

The ELHM method includes three key structural elements:

- **KIT Diagnostics** — a systemic assessment of a person's current emotional state and key life areas
- **The “7 Feelings” model** – a step-by-step protocol for working with emotional states
- **The “5+5 Program”** – a structured process of transformation and long-term integration of changes

During the work with the method, individuals gradually learn to recognize and understand their current emotional states. Feelings and reactions that previously remained unnoticed begin to become visible through direct inner awareness. This awareness forms the foundation for further transformation.

As the process deepens, accumulated emotional states and internal blocks that previously limited clarity, energy, and freedom of choice begin to surface. Within the ELHM framework these feelings are neither suppressed nor intellectually analyzed. Instead, they are consciously experienced and gradually released, allowing new internal resources and more stable emotional states to emerge.

Over time, individuals begin to develop greater calmness, stability, and self-confidence. These states become not temporary emotional reactions but a stable internal foundation that influences decision-making, relationships, and everyday behavior.

From this new internal position, clearer direction and more conscious actions emerge. Decisions are no longer driven primarily by anxiety, pressure, or the need to prove something, but arise from a sense of inner coherence and clarity.

As a result, changes in various areas of life — relationships, professional realization, financial behavior, and self-perception — become natural outcomes of internal transformation rather than results of external pressure or constant self-control.

The ELHM method was created in response to a growing challenge of contemporary society. Modern individuals often live under conditions of constant informational overload, uncertainty, and emotional pressure. Even socially successful and professionally accomplished people increasingly experience anxiety, emotional exhaustion, and a loss of inner stability [17–20].

Despite the availability of knowledge, tools, and self-development resources, many people continue to feel disconnected from themselves and from the meaning of their actions. The paradox of the modern era is that access to knowledge has increased dramatically, while the ability to maintain internal balance has not necessarily developed at the same pace.

The ELHM method addresses this challenge by offering a structured and practical approach to restoring inner stability and developing the ability to consciously regulate emotional states.

The method is particularly relevant for individuals experiencing periods of transition, stress, relocation, professional change, or personal crisis. It is also widely applicable for professionals working in high-responsibility environments — entrepreneurs, leaders, and experts — for whom emotional stability and clarity of decision-making are essential [21–23].

At the same time, the method can be integrated into the professional practice of specialists in helping professions, including coaches, consultants, mentors, and educators who work with human development and emotional well-being [24, 25].

The logic of the ELHM method is based on several key principles. First, emotional state precedes cognitive interpretation and behavioral action. Second, emotional awareness is achieved not through suppression of feelings but through conscious experience and understanding of them. Third, the specialist does not impose interpretations or advice but accompanies the client's process while maintaining respect for the individual's autonomy and responsibility [26].

An essential element of the method is safety and respectfulness in the process of inner work. Emotional transformation occurs gradually, without pressure or abrupt intervention. At the same time, the method maintains a clear structure and sequence, allowing changes to unfold in a systematic and observable way.

The results of the work within the ELHM framework can be observed through changes in a person's emotional state, decision-making patterns, and behavior in everyday life. In this sense, the method aims not only at temporary emotional improvement but at the formation of sustainable inner stability and conscious self-regulation [27].

UNDERSTANDING HAPPINESS IN THE ELHM METHOD

Within the ELHM framework, happiness is understood not as an external achievement, a reward, or a temporary result of favorable circumstances, but as a stable inner state grounded in self-contact, emotional awareness, and inner alignment. This understanding differs from conventional models that associate happiness primarily with success, recognition, relationships, or material well-being. Practical observation has shown that external achievements do not necessarily produce inner stability, while emotional clarity and inner support may remain possible even under difficult life conditions [28–34].

In the ELHM method, happiness is viewed as a manageable internal state that develops through conscious work with feelings. It emerges when a person is able to remain in contact with their inner experience, recognize emotional processes, and respond to them without suppression or avoidance. In this context, feelings are not treated as obstacles to

well-being, but as the psychological foundation from which perception, decision-making, and behavior arise.

A central premise of the method is that sustainable change does not begin with external action or cognitive correction alone. Individuals may understand what is rationally beneficial, yet continue to act from fear, guilt, shame, resentment, or inner exhaustion. For this reason, ELHM begins not with advice or behavioral prescriptions, but with restoration of contact with one's emotional state. As emotional tension is recognized and gradually transformed, a more stable internal structure begins to form, including greater calmness, clarity, self-trust, and coherence between feelings, thoughts, and actions.

From this perspective, happiness is not defined as constant pleasure, emotional intensity, or the absence of difficulty. Rather, it is understood as a condition of inner support that allows a person to remain connected to themselves under changing circumstances. Such happiness does not eliminate uncertainty, loss, or challenge; however, it makes it possible to move through these experiences without losing inner stability.

The method also reframes happiness as a skill rather than a coincidence. Through repeated work with feelings, individuals gradually develop the capacity to recognize internal tension, regulate emotional responses, and return to a more balanced and coherent state. In this sense, happiness becomes reproducible: not because life becomes permanently comfortable, but because the person acquires an inner basis for stability and conscious action [2, 3].

Thus, in the ELHM method, happiness is conceptualized as a state of inner support, emotional clarity, and alignment with oneself. It is not the final goal of personal development, but an internal condition that emerges through emotional regulation and becomes the foundation for sustainable transformation.

THE MECHANISM OF INNER CHANGE IN ELHM

The ELHM method conceptualizes inner change as a sequential, observable, and reproducible process. Transformation is understood not as a sudden emotional shift, but as a structured progression through three interrelated stages: diagnosis, transformation, and integration. Each stage performs a specific function and contributes to the formation of stable inner change.

At the initial stage, individuals typically enter the process in a state of emotional overload, inner tension, and habitual automatic reactions. Although external functioning may remain intact, inner experience is often characterized by chronic mobilization, repetitive behavioral patterns, and reduced contact with one's emotional state. Within the ELHM framework, such patterns are understood as consequences of unprocessed feelings that continue to shape perception, decisions, and behavior.

The distinctive feature of the method lies in its emphasis on feelings as the primary level of change. Unlike approaches focused mainly on cognition or behavioral correction, ELHM is based on the premise that emotional states form the underlying structure from which thoughts, reactions, and life strategies emerge. For this reason, sustainable transformation becomes possible only when an individual restores contact with feelings, consciously experiences them, and gradually releases emotional tension [15, 35].

Thus, ELHM posits that lasting change is not achieved by merely altering thoughts or behaviors, but by working through the underlying emotional structure. The model distinguishes three key phases: the state of accumulated tension (BEFORE), the active process of emotional release (DURING), and the resulting stable regulation (AFTER). Diagram 1 presents these phases in detail.

Inner transformation process in ELHM

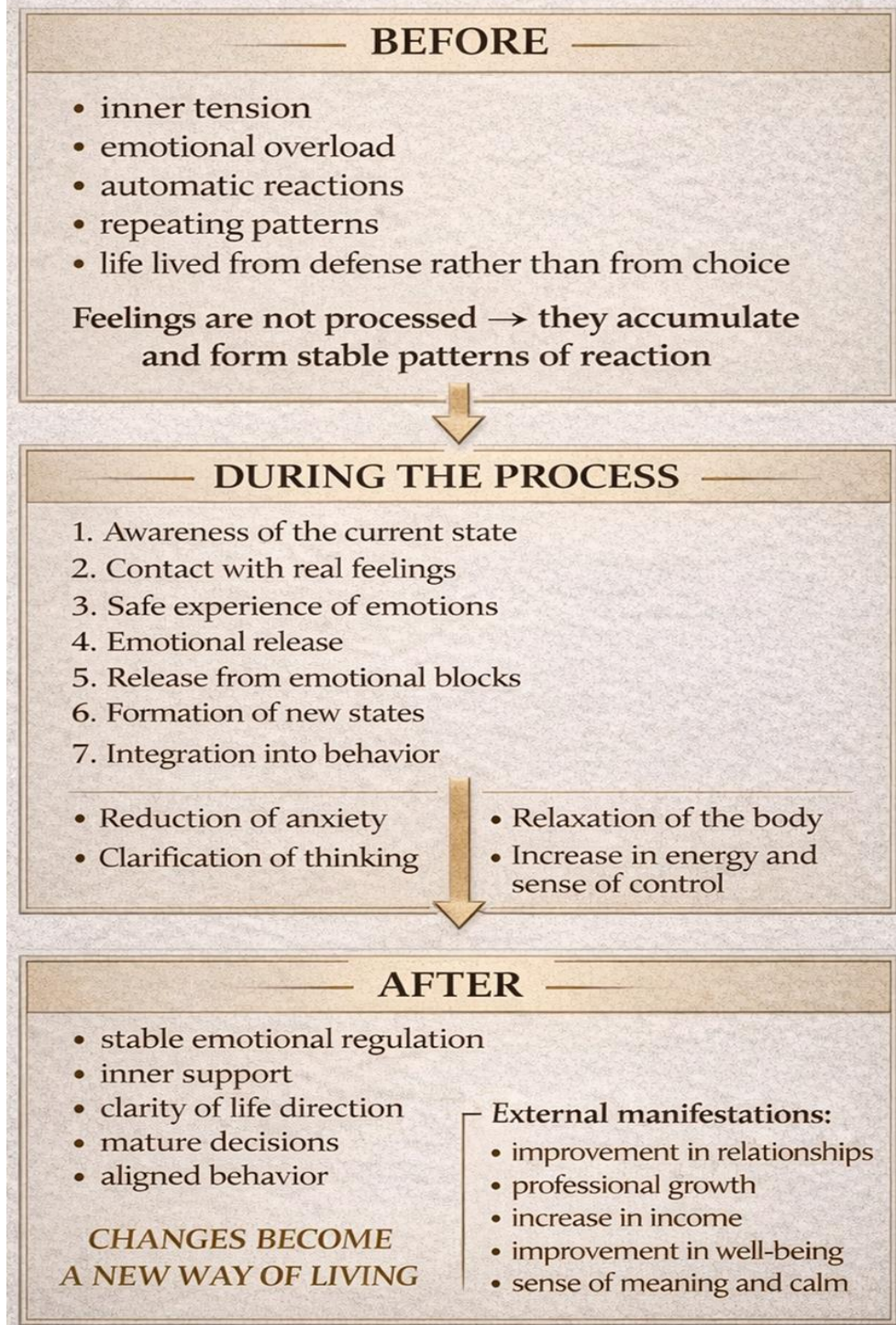


Diagram 1. Inner transformation process in ELHM

Source of the figure: author

The first stage of the method, KIT Assessment, serves as the diagnostic entry point. Its purpose is to identify the individual's current emotional state, dominant and suppressed feelings, recurring life patterns, internal blocks, and key areas of tension. Rather than evaluating or pathologizing the person, this stage establishes a clear understanding of the starting point and provides an individual map for further work.

The second stage, the “7 Feelings” model, constitutes the core transformational process. At this stage, the individual moves through a structured sequence of emotional levels, each reflecting a specific mode of inner experience and self-perception. The aim is not intellectual interpretation, but direct awareness of present emotional states and the gradual release of accumulated inner tension. Through this process, new supportive states begin to form, including greater calmness, clarity, confidence, and inner stability. As emotional regulation improves, habitual reactions become less automatic and more conscious.

The third stage, the “5+5” integration program, is designed to consolidate the results of transformation in everyday life. The initial five weeks focus on intensive work with emotional states, while the following five months support the gradual integration of new patterns into relationships, decision-making, and daily functioning. This stage is essential for ensuring that internal change becomes stable and does not remain limited to the session context.

Taken together, these three stages form a coherent mechanism of inner transformation. The method guides the individual from awareness of their present condition, through emotional restructuring, toward the development of a more stable and self-regulated inner state. As a result, change becomes not a temporary effect, but a new mode of living characterized by greater inner support, coherence, and conscious choice [6, 7, 12, 13].

The ELHM method is therefore distinguished by its structured sequence, its focus on emotional states as the foundation of change, and its emphasis on long-term integration. Its practical value lies in the possibility of moving from inner tension and automatic

defensive reactions toward a more sustainable form of emotional regulation and personal stability.

The ELHM method is organized into three consecutive stages, each with a specific focus and a corresponding tool. Diagram 2 provides a visual summary of this structure.

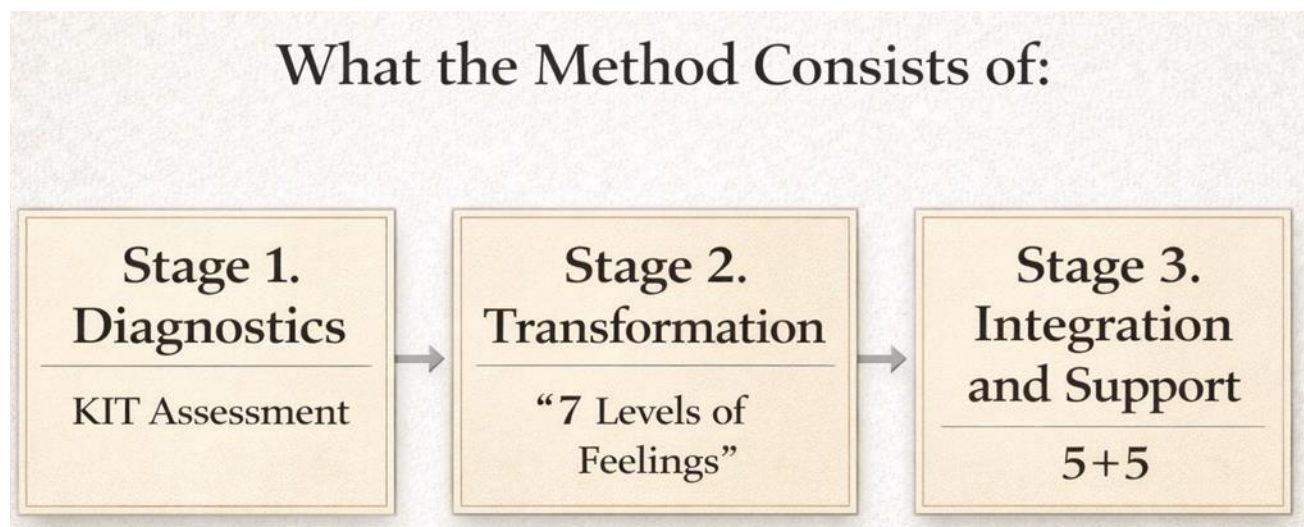


Diagram 2. What the Method ELHM

Source of the figure: author

KIT DIAGNOSTICS: STRUCTURE AND PURPOSE

Effective inner transformation begins with a clear understanding of a person's current state. For this reason, the ELHM method includes a diagnostic stage that allows a comprehensive assessment of the individual's emotional, psychological, and life context before the process of transformation begins.

KIT Diagnostics is an author's assessment system designed to identify the current emotional state of a person, dominant and suppressed feelings, internal tension, and key areas requiring attention. The purpose of the diagnostic process is not evaluation or judgment, but the creation of a clear and holistic understanding of the individual's starting point. This allows further work within the ELHM framework to be structured and purposeful rather than random.

The diagnostic process is based on the principle that a person's well-being cannot be understood through isolated problems or single life domains. Human experience functions as an interconnected system in which physical condition, emotional states, and social reality continuously influence one another. Therefore, KIT Diagnostics evaluates the individual's state across several interrelated dimensions in order to reveal the deeper dynamics that shape behavior, decisions, and life outcomes [31, 34].

The theoretical foundation of the diagnostics rests on three interconnected levels of well-being:

The physical level (Body).

This level reflects health, energy, and the body's response to stress and emotional tension. Chronic fatigue, physical strain, and somatic symptoms often indicate accumulated emotional pressure.

The emotional-mental level (Mind and Feelings).

This level includes emotional background, anxiety, self-perception, and dominant psychological patterns. It determines how individuals interpret life events and how they react to challenges and opportunities.

The social level (Life Context).

This level reflects the external expression of inner states, including relationships, professional activity, financial behavior, and lifestyle choices. In the ELHM framework, external circumstances are viewed as closely connected with a person's internal emotional state.

KIT Diagnostics assesses these interconnected dimensions through a structured analysis of key life domains. The process combines reflective dialogue with systematic evaluation, allowing both subjective experience and observable behavioral patterns to be considered. As a result, a multidimensional picture of the person's current state becomes visible.

The outcome of the diagnostic stage is an individual transformation map that identifies areas of tension, dominant emotional patterns, and potential directions for

development. This map forms the basis for further work within the ELHM method, including the application of the “7 Feelings” model and the subsequent stages of transformation and integration.

Thus, KIT Diagnostics functions not merely as a preliminary assessment but as the foundation of the entire ELHM process. By clarifying the individual’s starting point, it allows the transformation process to proceed in a structured, conscious, and sustainable manner.

1. Social Openness

The first domain of KIT Diagnostics examines social openness, defined as a person’s sense of connection, involvement, and belonging within the social environment. Rather than measuring the number of social contacts or the level of activity, this domain evaluates the subjective experience of being connected with others and participating in social life.

Human functioning is inherently relational, and a sense of belonging plays an important role in psychological stability and personal development. When individuals experience healthy social connection, interaction with others tends to occur naturally, and relationships become a source of support and cooperation. Conversely, a weakened sense of connection may lead to feelings of isolation, anxiety, or detachment, even when external social activity appears sufficient [31, 36].

Within the diagnostic process, attention is given to how easily a person establishes contact with others, whether they perceive themselves as part of a social environment, and whether feelings of loneliness or social distance are present. Difficulties in this domain often reflect underlying emotional states such as distrust, exhaustion, or unresolved interpersonal experiences.

Assessment focus: sense of belonging, ability to establish contact, and perceived social support.

Scale:

0 – pronounced social isolation and withdrawal

10 – open interaction, sense of inclusion, and supportive social connection.

2. Body and Self-Worth

The second domain of KIT Diagnostics examines a person's relationship with their body and their overall attitude toward themselves. This domain focuses not on physical appearance or external standards, but on the quality of self-contact, self-acceptance, and the ability to care for one's physical and emotional well-being.

The body represents a fundamental basis for energy, stability, and the capacity to engage with life. When individuals maintain healthy contact with their bodily state, they are able to recognize signals of fatigue, tension, and personal needs. In such conditions, self-care becomes a natural process that supports emotional balance and psychological stability.

Difficulties in this domain may manifest as disconnection from bodily sensations, chronic exhaustion, excessive self-criticism, or persistent dissatisfaction with oneself. Such patterns often reflect deeper issues related to self-acceptance and internal dialogue. Within the diagnostic process, attention is therefore given to how individuals perceive themselves, how they relate to their body, and whether their internal attitude toward themselves is supportive or critical [37, 38].

The purpose of this domain is not to evaluate appearance or encourage external change, but to assess the degree of inner contact with oneself and the presence of a supportive relationship with one's own body.

Assessment focus: self-acceptance, bodily awareness, and quality of self-care.

Scale:

0 – rejection of the body and disconnection from oneself

10 – self-acceptance, care, and stable inner contact with one's body.

3. Closeness, Relationships, and Intimate Sexuality

The third domain of KIT Diagnostics examines the sphere of closeness, interpersonal relationships, and intimate sexuality. The focus of this domain is not the presence of a partner or the formal structure of a relationship, but the quality of emotional and physical

connection, including trust, openness, reciprocity, and the sense of personal value within relationships.

Relationships represent an important area where a person's internal attitudes toward themselves and others become visible. When trust, emotional warmth, and mutual support are present, relationships tend to create a sense of safety, belonging, and psychological stability. Conversely, difficulties in closeness may manifest as emotional distance, withdrawal, distrust, or a persistent sense of loneliness, even in the presence of social interaction [30, 36].

Within the diagnostic process, attention is given to how individuals experience closeness with others, how easily they express vulnerability and emotional openness, and whether relationships are experienced as supportive and mutually fulfilling. Intimate and sexual aspects of relationships are also considered as natural components of human connection and personal well-being.

The purpose of this domain is to understand how a person experiences closeness and emotional intimacy, identifying areas where trust and connection are present as well as areas where emotional tension or distance may exist.

Assessment focus: quality of emotional connection, trust, reciprocity, and satisfaction in relationships.

Scale:

0 – emotional distance, alienation, lack of closeness

10 – deep connection, trust, mutual support, and emotional openness.

4. Financial State: Money and Sources of Income

The fourth domain of KIT Diagnostics examines a person's financial state and their relationship with money. In this context, finances are considered not only as material resources but also as indicators of perceived security, stability, and opportunity. Financial well-being is closely connected with a person's internal sense of support, freedom of choice, and confidence in their future [4, 22].

The diagnostic process evaluates the current financial situation, including the presence of active sources of income, previous professional or business activities, and the stability of financial flows over time. This allows an understanding not only of the present financial condition but also of the dynamics of how individuals enter, maintain, or lose financial stability.

Attention is also given to external forms of support, such as assistance from partners, family, institutions, or additional resources. Difficulties in the financial sphere may reflect internal factors including anxiety, limiting beliefs, past negative experiences, or uncertainty about personal value and opportunities.

The aim of this domain is to identify the internal and external conditions influencing financial stability and to determine potential areas for strengthening financial well-being and expanding income opportunities.

Assessment focus: perception of financial stability, access to resources, and attitude toward money.

Scale:

0 – fear, instability, and a sense of financial lack

10 – confidence, financial freedom, and a sense of abundance.

5. Leadership and Influence

The fifth domain of KIT Diagnostics examines leadership and personal influence as an internal psychological position rather than a formal role or social status. This domain explores the extent to which individuals perceive themselves as active agents in their lives, capable of making decisions, initiating actions, and taking responsibility for outcomes.

Leadership in this context refers to the capacity to influence one's own life circumstances and to act from a position of initiative and responsibility. When this internal sense of agency is present, individuals tend to demonstrate greater confidence, initiative, and readiness to engage with challenges. Conversely, a weakened sense of personal influence may lead to passivity, doubt, or the perception that life events are primarily determined by external forces [23, 39, 40].

The diagnostic process evaluates how individuals express initiative, make decisions, and perceive their ability to influence personal and professional situations. It also helps identify potential barriers to leadership expression, such as fear of visibility, self-doubt, or limiting beliefs.

The aim of this domain is to assess the degree of personal agency and the ability to take an active role in shaping one's life and environment.

Assessment focus: initiative, decision-making confidence, and perceived personal influence.

Scale:

0 – sense of powerlessness and dependence on circumstances

10 – confidence, leadership, and an active life position.

6. Family Connections

The sixth domain of KIT Diagnostics examines family connections and a person's relationship with their family system. This domain focuses on the internal emotional experience associated with parents and close relatives, as these relationships often form the foundation for a person's sense of security, belonging, and self-perception.

Early family interactions significantly influence how individuals later build relationships with others, including partners, authority figures, and social environments. Within the diagnostic process, attention is given to the emotional quality of these connections, including feelings of acceptance, unresolved tension, gratitude, or distance [27, 41].

The assessment explores whether family relationships provide a sense of support and stability or, conversely, remain associated with unresolved emotions such as resentment, disappointment, or emotional detachment. These internal experiences may influence trust, interpersonal behavior, and the capacity to establish close relationships in adult life.

The purpose of this domain is not to evaluate family relationships as “correct” or “incorrect,” but to identify the emotional dynamics connected with family experience and their potential impact on a person's current life.

Assessment focus: emotional experience of family relationships, sense of support, and unresolved feelings.

Scale:

0 – rupture in relationships, strong unresolved emotions

10 – acceptance, warmth, and a sense of family support.

7. Creativity and Purpose

The seventh domain of KIT Diagnostics examines creativity and a sense of purpose as indicators of a person's connection with meaning, self-realization, and inner motivation. This domain focuses on the extent to which individuals experience their lives as aligned with personal interests, values, and aspirations rather than driven solely by external obligations or expectations.

A sense of purpose often contributes to psychological energy, engagement, and life satisfaction. When individuals feel connected with their creative potential and personal direction, they tend to experience greater motivation, inspiration, and clarity about their life path. Conversely, the absence of such connection may manifest as apathy, fatigue, or a persistent feeling of inner emptiness despite external activity or success [36, 42, 44].

The diagnostic process explores whether a person experiences inspiration in their current activities, whether they perceive opportunities for self-expression, and whether their abilities and interests are being realized in everyday life. Reflection on earlier interests and natural inclinations may also provide insight into areas of authentic potential and meaningful engagement.

The purpose of this domain is to assess the degree of alignment between a person's internal aspirations and their current life direction.

Assessment focus: sense of purpose, creative self-expression, and motivation for self-realization.

Scale:

0 – loss of interest and sense of meaning

10 – inspiration, clear direction, and active realization of potential.

8. Goals and Life Direction

The eighth domain of KIT Diagnostics examines goals and life direction, focusing on the clarity of personal orientation and the source from which life goals emerge. The assessment considers not the number or social desirability of goals, but whether they arise from an individual's internal values and aspirations or from external expectations and obligations.

A clear sense of direction contributes to psychological stability, motivation, and meaningful engagement with life. When goals are aligned with personal values and authentic interests, individuals tend to experience greater clarity, commitment, and satisfaction with their choices. Conversely, goals formed primarily through social pressure, comparison, or fear may lead to internal conflict and a sense of disconnection from one's own path [36, 45, 46].

The diagnostic process evaluates how clearly a person understands their life direction, whether they perceive meaning in their current activities, and to what extent their decisions reflect internal motivation rather than external obligation. Particular attention is given to the balance between rational decision-making and personal intuition when defining life goals.

The purpose of this domain is to assess the degree of alignment between a person's goals, values, and sense of life direction.

Assessment focus: clarity of goals, alignment with personal values, and sense of meaning in life direction.

Scale:

0 – confusion and lack of direction

10 – clear vision, conscious path, and a strong sense of purpose.

9. Inner Support and Connection with Consciousness

The ninth domain of KIT Diagnostics examines inner support and the individual's connection with their inner awareness or consciousness. This domain reflects the deepest

level of personal well-being, focusing on the internal sense of stability, meaning, and trust in life rather than external achievements or social status.

Inner support represents a psychological foundation that allows individuals to maintain balance even in challenging circumstances. When this inner stability is present, people often experience clarity, motivation, and a sense of alignment with their life path. Conversely, a lack of inner support may manifest as anxiety, confusion, loss of direction, or a feeling that life lacks meaning [8, 34, 44].

The diagnostic process explores whether individuals experience a sense of internal grounding, trust in life processes, and the ability to maintain psychological stability during periods of difficulty. It also considers whether a person experiences moments of engagement and flow, where actions and decisions occur with a sense of natural coherence and purpose [42, 43].

The aim of this domain is to assess the degree to which a person experiences inner stability, meaning, and alignment with their life direction.

Assessment focus: inner stability, sense of meaning, and perceived alignment with one's life path.

Scale:

0 – inner emptiness and loss of meaning

10 – strong inner support, clarity, trust, and a sense of psychological flow.

10. Emotional Stability and Stress Level

The tenth domain of KIT Diagnostics evaluates emotional stability and the overall level of stress experienced by an individual. This domain focuses on indicators such as anxiety, emotional tension, life satisfaction, and basic self-esteem. It complements the qualitative assessment of the previous domains by introducing structured psychometric measurement.

The ELHM method combines experiential work with emotions and a structured analytical framework. In addition to dialogue-based diagnostics, internationally recognized psychometric scales are used to obtain measurable indicators of emotional

well-being. This approach allows the initial emotional state to be recorded, the dynamics of change to be tracked throughout the process, and the effectiveness of the method to be observed through both subjective experience and quantitative data [47–50].

These instruments are used for educational and coaching purposes and are not intended for medical or clinical diagnosis. Their role is to provide an additional analytical reference point for both the participant and the specialist during the transformation process.

The tenth domain completes the KIT Diagnostics by integrating qualitative insights about feelings with quantitative indicators of emotional functioning. Together, the ten domains create a comprehensive map of a person's current state, which becomes the foundation for further work within the ELHM method.

10.1 GAD-7 — Generalized Anxiety Disorder Scale

To assess the level of anxiety, the ELHM method incorporates the GAD-7 scale, a widely used instrument for measuring the frequency of anxiety-related symptoms in everyday life. The scale evaluates common manifestations of anxiety, including persistent worry, difficulty relaxing, recurrent anxious thoughts, and a general sense of tension [47].

Participants answer seven questions based on their experience during the previous two weeks, selecting one of four response options: not at all, several days, more than half the days, or nearly every day [47].

The results provide an initial reference point for understanding the participant's emotional state and may later be used to monitor changes throughout the transformation process. Within the ELHM framework, such quantitative measures do not replace the experiential work with feelings but serve as an additional tool for observing and documenting emotional dynamics over time.

10.2 SWLS — Satisfaction With Life Scale

The Satisfaction With Life Scale (SWLS) is used to assess an individual's overall subjective evaluation of their life as a whole. Unlike instruments that measure temporary emotional states, the SWLS reflects a more stable perception of life satisfaction,

coherence of life experience, and the degree to which a person feels aligned with their life path [48].

The scale measures general life satisfaction independent of specific circumstances, achievements, or social status. Individuals may experience external success while feeling internally dissatisfied, or conversely maintain a sense of inner agreement with life even during challenging periods.

Participants respond to five statements evaluating their overall life satisfaction using a seven-point agreement scale ranging from strongly disagree to strongly agree [48].

Within the ELHM method, the SWLS is used to record the baseline level of subjective well-being and to observe changes in life satisfaction throughout the transformation process. The scale serves as an additional analytical indicator complementing the experiential work with feelings.

10.3 Rosenberg Self-Esteem Scale

The Rosenberg Self-Esteem Scale is applied to assess the level of self-esteem and overall self-attitude. The instrument measures the degree of self-acceptance and the individual's fundamental sense of personal value, independent of external achievements or social roles [49].

Self-esteem plays a central role in emotional stability, decision-making, interpersonal relationships, and overall well-being. Low levels of self-esteem may be associated with increased self-criticism, inner tension, and dependence on external evaluation, whereas higher levels reflect stronger inner support and self-acceptance.

Participants evaluate ten statements describing attitudes toward themselves using a four-point agreement scale [49].

Within the ELHM method, the Rosenberg scale is used to document the initial level of self-esteem and to track changes in self-attitude throughout the transformation process. As with other quantitative tools in the ELHM framework, the scale complements qualitative work with feelings by providing measurable indicators of psychological change over time.

10.4 PSS – Perceived Stress Scale

The Perceived Stress Scale (PSS) is used to evaluate an individual's subjective perception of stress and psychological overload. Unlike instruments that assess anxiety symptoms, the PSS focuses on how individuals perceive life demands and their ability to cope with them [50].

The scale reflects the degree to which a person experiences pressure, overload, and a perceived loss of control over life circumstances. Importantly, it measures subjective perception rather than the objective number of responsibilities or tasks. Individuals in similar situations may experience very different stress levels depending on their emotional resilience and internal resources.

Participants answer questions reflecting their experience during the previous month, selecting response options from never to very often. Within the ELHM framework, the PSS serves as an additional indicator of perceived stress and is used to record the initial stress level and monitor changes throughout the transformation process [50].

Principles for Using Psychometric Scales in ELHM

Within the ELHM method, psychometric scales serve as supportive analytical tools that complement qualitative work with emotions. These instruments:

- are not intended for medical or clinical diagnosis;
- are applied within an educational and coaching framework;
- help record baseline indicators and track changes over time;
- are always combined with dialogue-based diagnostics.

The scales provide measurable indicators of emotional well-being while the primary focus of the ELHM method remains experiential work with feelings and internal states [47–50].

Format of the Diagnostic Session

A standard KIT Diagnostics session typically lasts **60–120 minutes** and is conducted as a structured dialogue rather than a formal questionnaire. The diagnostic process includes several sequential stages:

- 1. Initial scaling assessment** – participants evaluate key life domains on a scale from 0 to 10, providing a preliminary overview of resource distribution and areas of tension.
- 2. Clarifying dialogue** – the specialist asks guiding questions that help the participant reflect on their internal experience and describe their current state more precisely.
- 3. Identification of key areas of tension** – domains with the lowest scores are analyzed as potential sources of current challenges or internal imbalance.
- 4. Identification of dominant emotional patterns** – primary emotional states underlying life situations are identified.
- 5. Formation of a transformation map** – based on the collected data, a personalized route for further work within the ELHM method is outlined.

Outcome of the Diagnostic Session

As a result of the diagnostic process, participants gain a structured understanding of their current state and the areas requiring attention. The session typically results in:

- a visual overview of life balance across key domains;
- identification of priority areas for development;
- awareness of dominant emotional states;
- an initial plan for personal transformation;
- recommendations for participation in the “5+5” integration and support program.

Thus, KIT Diagnostics provides a structured foundation for further work within the ELHM method by clarifying the individual’s starting point and the direction for subsequent transformation.

The overall structure of the KIT Assessment is illustrated in Diagram 3.



Diagram 3: Structure of the KIT Diagnostic Model

Source of the figure: author

UNIQUENESS OF THE KIT ASSESSMENT

The KIT Assessment differs from many traditional diagnostic approaches by viewing a person as a holistic system rather than a set of isolated problems or symptoms. The method considers the interaction between physical condition, emotional state, cognitive processes, and life context, allowing a comprehensive understanding of a person's current situation.

A key feature of the KIT Assessment is its multilevel structure, which simultaneously examines the physical, emotional, and social dimensions of well-being. Within a single

session, this approach allows the formation of an integrated picture of the individual's internal state, available resources, and areas of tension.

Another important characteristic is the combination of qualitative and quantitative assessment. The process integrates subjective experience-feelings, perceptions, and personal narratives-with measurable indicators obtained through established psychometric scales. This integration provides both depth of understanding and structured data that can be used to track changes over time [6, 7].

The KIT Assessment is also designed with a practical orientation. It allows the rapid identification of priority areas for further work, creating a clear starting point for transformation within the ELHM method.

In summary, the KIT Assessment:

- examines physical, emotional, and social dimensions simultaneously;
- provides a holistic overview of the person's current state within a single session;
- integrates subjective experience with standardized measurement tools;
- identifies priority areas for development;
- creates a structured starting point for further work within the ELHM method.

Thus, the KIT Assessment functions as a systematic diagnostic tool that supports the beginning of conscious and structured transformation.

THE ROLE OF THE GUIDE IN THE “7 FEELINGS” MODEL

Within the ELHM method, an important role is played not only by the structure of the model but also by the guide, the specialist who accompanies a person through the process of working with feelings. The guide does not provide ready-made answers or interpretations but creates the conditions in which a person can safely explore and experience their inner states [51, 52].

Work with feelings often involves vulnerable aspects of personal experience. For this reason, guided support is considered an essential component of the ELHM method. The guide's task is to maintain a stable and supportive environment that allows the process of

emotional awareness and transformation to unfold gradually and without psychological pressure [53–55].

The guide does not direct the client’s decisions or impose interpretations. Instead, the role consists of accompaniment, helping the individual remain in contact with their feelings while maintaining personal autonomy and responsibility for their choices. This supportive presence helps reduce defensive reactions and enables a more consistent movement through the emotional levels described in the method.

Clear professional boundaries are maintained within the process. The guide does not evaluate the client’s experiences as right or wrong, does not accelerate the process artificially, and does not assume responsibility for the client’s life decisions. Their role is to support the structure and safety of the process while the client determines the direction of personal change [56–58].

The ELHM method also emphasizes ecological integrity, meaning that the process should remain psychologically sustainable for both participants. Transformation is approached gradually, without emotional pressure or forced breakthroughs, allowing changes to integrate naturally into everyday life.

Ethical standards are central to the method. The guide works within a coaching and educational framework and does not replace medical or psychotherapeutic professionals. If a client’s condition requires clinical support, referral to an appropriate specialist is recommended [54, 56].

Thus, the guide functions as a stabilizing and supportive presence within the ELHM process, ensuring safety, structure, and the conditions necessary for sustainable emotional transformation.

THE “7 LEVELS OF FEELINGS” AS A MECHANISM OF INNER TRANSFORMATION

Level 1. Interest and Awareness – Cognitive Clarity Stage

Function of the level: logical orientation

Key feeling: interest

Definition of Level 1

The first level represents the entry point into the process of inner transformation. Its foundation is the feeling of interest, which initiates conscious attention toward one's current life situation [7, 12].

At this stage, a person begins to observe their life more attentively. They reflect on their experiences, ask questions, and gradually recognize patterns in their thoughts, reactions, and life circumstances. Interest creates a state of mental clarity that allows individuals to look at themselves with honesty and curiosity rather than judgment.

This stage does not yet involve deep emotional processing. Instead, it establishes the cognitive foundation for further work by helping the person understand their current position and begin defining the direction of possible change [35].

Cognitive and Emotional Characteristics

At the level of interest, thinking becomes oriented toward understanding present reality. A person starts asking questions such as:

- “What is actually happening in my life right now?”
- “Why do similar situations keep repeating?”
- “What in my life no longer works the way I want it to?”

Emotionally, the state is relatively stable but may include mild tension or curiosity associated with the beginning of change. Feelings are not yet intense but become noticeable, creating a state of attentive observation.

Speech at this level usually contains reflection and analysis. Individuals describe their situation, clarify their thoughts, and attempt to articulate their experiences more precisely.

Behaviorally, a person seeks information and clarity. They are willing to discuss their situation, share observations, and explore possible explanations for their current circumstances.

Risks of Level 1

At the beginning of the transformation process, interest may be accompanied by uncertainty and inner tension. As a person begins to examine their life more consciously, feelings of instability may appear because the familiar state has already begun to change while the new one has not yet formed.

This can lead to defensive reactions such as:

- avoidance of deeper reflection,
- distraction by external activities,
- rationalization of experiences,
- temporary withdrawal from the process.

These reactions are not considered resistance but natural psychological responses when approaching change. At this stage, it is important to maintain a sense of safety and stability so that interest remains active rather than turning into anxiety or overload.

Resource of Level 1

The main resource of this level is inner readiness for change. The emergence of genuine interest already indicates psychological maturity and openness to transformation.

At this stage, individuals begin to notice aspects of their lives that previously remained outside their awareness. They may recognize recurring situations, emotional reactions, internal contradictions, or unexpressed desires.

Initial insights often arise during this phase, allowing a person to see their situation more clearly and begin forming a new relationship with their own experience.

Interest creates the inner motivation expressed in the attitude:

“I see where I am now, and I want to move forward.”

Goal of Work at Level 1

The main goal of this stage is to clarify the person’s current starting point (Point A) and begin identifying the desired direction of change (Point B).

Through conscious reflection, individuals gradually formulate their personal request for transformation. This request emerges not from external expectations but from internal understanding of what they genuinely wish to change or experience.

Another important objective is the formation of trust in the process. The person begins to feel that transformation can occur gradually, safely, and with support.

Tools of Level 1

The work at this stage focuses on orientation and clarification rather than emotional processing.

The primary tool is the individual state map, developed from the results of the KIT assessment. This map reflects the person's life across key domains, highlighting areas of tension, available resources, and potential directions for development.

During the session, attention is focused on one selected life domain. Through structured questions, the guide helps the person:

- observe their current situation more carefully;
- describe their emotional and cognitive state;
- recognize internal contradictions;
- clarify areas where change may be needed.

These questions function as a form of navigation, helping the person organize their thoughts and gain a clearer understanding of their situation [46, 55, 59].

Result of Level 1

The outcome of the first level is the formation of conscious readiness for transformation. The person becomes aware of their current state, begins to sense a possible direction of movement, and allows the possibility of change to emerge. Interest stabilizes, and trust in the process gradually develops.

As a result, the individual enters the next stage of the model with greater clarity, motivation, and openness to deeper emotional work.

Level 2. Relaxation

Function of the Level: Regulation

Key Feeling: Lightness

Definition of Level 2

The second level of the “7 Feelings” model is the level of relaxation. It serves as a preparatory stage before entering deeper emotional transformation. The main task of this level is to help a person move from a state of tension, control, and mental activity into a state of calm presence and inner lightness [7, 13].

At this stage, the guide supports the transition into a relaxed and receptive state in which bodily tension decreases, breathing becomes deeper, and attention gently shifts inward. Relaxation is achieved through a combination of calm guidance, breathing regulation, and metaphorical imagery that evokes a sense of space, support, and flow [60].

Importantly, the person remains fully conscious throughout the process. They hear the guide, understand what is happening, and stay in contact with reality. The method does not involve hypnosis or a loss of awareness. Instead, the nervous system gradually shifts into a calmer mode of functioning, allowing the person to access deeper layers of inner experience while maintaining clarity and presence.

In this state, bodily sensations become softer and more noticeable, while inner control gradually decreases. A feeling of calmness, flow, and trust begins to appear, creating the conditions necessary for further work with feelings.

Cognitive, Emotional, and Behavioral Manifestations

At the level of relaxation, thinking becomes quieter and less analytical. Thoughts slow down and move into the background, allowing attention to focus more on bodily sensations and the present moment.

Emotionally, a person may experience calmness, softness, and a sense of inner lightness. The body begins to release accumulated tension, breathing deepens, and a feeling of gentle expansion or spaciousness may arise. This state often brings a sense of safety and support.

Behaviorally, the person follows the guide’s voice, focuses on breathing and sensations, and allows the state to unfold naturally without trying to control or analyze the process. Speech may become slower and quieter, reflecting the overall shift to a calmer internal rhythm.

Risks of Level 2

For some people, deep relaxation may initially feel unfamiliar. When tension decreases and control weakens, the mind may attempt to return to analytical thinking or external concerns. A person may begin to question the process or feel the urge to regain control. These reactions are natural and reflect the habitual functioning of the mind. The guide gently supports the stabilization of the relaxed state by bringing attention back to breathing and bodily sensations. The primary challenge at this level is not emotional depth but the stability of relaxation.

Resource of Level 2

The main resource of this level is access to a state of bodily relaxation and inner flow while maintaining full awareness. In this state, internal tension decreases, attention turns inward, and the body becomes an ally in the transformation process.

Relaxation creates favorable conditions for emotional work by reducing defensive reactions and increasing sensitivity to internal experience. This state opens access to deeper feelings and prepares the person for the next stage of transformation [60].

Goal of the Work at Level 2

The goal of this level is to establish a stable state of relaxation and inner presence in which the body and attention are ready for deeper work with feelings. At this stage, a person gradually releases excessive control and develops trust in the process. This relaxed yet conscious state forms the foundation for further emotional transformation and ensures that the subsequent stages unfold naturally and safely.

Tools of Level 2

The work at this level typically includes:

- calm and steady verbal guidance by the facilitator;
- several cycles of deep, slow breathing;
- metaphorical imagery related to space, flow, and support;
- focusing attention on bodily sensations.

These tools help the nervous system shift from tension to relaxation while maintaining awareness and inner stability.

Result of Level 2

The result of this level is a stable state of relaxation and inner flow. The person remains conscious while experiencing bodily softness, calm breathing, and increased inner receptivity.

Control decreases, trust in the process grows, and attention becomes more sensitive to internal states. This condition prepares the person for the next stage of the ELHM method, where deeper emotional transformation begins.

Level 3. Fear, Pain, and Vulnerability – Emotional Confrontation Stage

Function of the Level: Conscious contact with limiting emotional states

Key States: fear, pain, vulnerability, emptiness, loneliness

Definition of Level 3

The third level represents the central stage of the “7 Feelings” model and the point at which genuine inner transformation begins. While the previous levels create clarity and relaxation, this stage introduces conscious contact with deeper emotional states that often remain hidden beneath control, rationalization, or constant activity [7, 12].

At this level, a person encounters feelings such as fear, pain, vulnerability, guilt, shame, or helplessness. These states often influence life decisions and behavioral patterns while remaining outside conscious awareness. The goal of this level is not to eliminate or suppress these emotions but to bring them into conscious experience within a safe and supportive environment [15, 16].

Within the ELHM method, such feelings are not considered weaknesses or errors. Instead, they often reflect important information about personal boundaries, unresolved experiences, and internal conflicts. When these emotions remain unrecognized, they continue to influence thinking, choices, and reactions, often creating repetitive life patterns and internal tension.

Level 3 creates conditions in which a person can approach these emotions gradually and consciously while remaining connected to the present moment and supported by the guide. This stage therefore becomes the turning point where transformation moves from preparation to direct emotional work.

Cognitive, Emotional, and Behavioral Manifestations

At this level, thinking becomes more reflective and connected to emotional experience. A person begins to recognize how certain feelings have influenced their life. Inner dialogue may include realizations such as:

- “I see that this has been an important vulnerable point for me.”
- “I understand why I reacted in this way in the past.”
- “Now I can see how this state influenced my decisions.”

Emotionally, the person may experience fear, pain, vulnerability, or inner tension. These emotions are not analyzed or suppressed but experienced consciously within a supportive environment.

Speech often becomes slower and more careful. A person may pause frequently as they search for words that accurately reflect their internal experience. This reflects genuine emotional contact rather than analytical discussion.

Behaviorally, the person focuses on maintaining inner stability while remaining present with their feelings. Attention is often directed to bodily sensations, breathing, and the supportive presence of the guide.

Risks of Level 3

Because this level involves contact with emotionally significant experiences, stability and safety become essential. Without sufficient grounding, a person may attempt to avoid the experience through rationalization, topic changes, or intellectual analysis.

For this reason, work at this stage proceeds gradually and with careful pacing. The guide helps maintain connection with bodily awareness and emotional presence so that the experience remains manageable and integrated.

Resource of Level 3

The main resource of this level is access to deeper inner truth. Through conscious contact with fear, pain, and vulnerability, a person begins to see the internal mechanisms that previously shaped their reactions and decisions.

This process often leads to increased clarity about personal values, boundaries, and life direction. Emotional tension gradually transforms into awareness, while vulnerability becomes a source of authentic self-contact [38, 44].

These realizations form the foundation for the following stages of the model, where inner stability and personal strength begin to emerge.

Core Technique: Limit Point Protocol

The central technique used at this level is the **Limit Point Protocol**, which helps a person approach and fully experience a limiting emotional state.

The method is based on the principle that fear maintains its influence as long as it remains vague and undefined. When a person gradually explores the experience and brings it to its emotional limit in a safe environment, the feeling loses its unconscious power.

With the support of the guide, the person is invited to explore the experience through a sequence of clarifying questions such as:

- “What is the most difficult part of this situation?”
- “If this happens, what would follow next?”
- “And what would happen after that?”

Through several steps of exploration, the person gradually reaches the **limit point** - the moment at which the emotional scenario feels complete and cannot deepen further.

At this point, uncertainty decreases and the emotional charge begins to weaken. The feeling becomes defined, contained, and fully experienceable.

Goal of the Work at Level 3

The goal of this level is to help a person consciously experience limiting emotions rather than avoiding them. Through safe contact with these feelings, their unconscious influence gradually decreases.

The process typically follows several steps:

1. Identify the dominant emotional state.
2. Gradually deepen the experience through guided questions.
3. Reach the subjective limit point of the emotional scenario.
4. Remain present with the feeling without resistance or analysis.
5. Allow the emotional experience to naturally resolve.

Role of the Guide

The guide plays a critical role in maintaining safety and stability throughout this stage. Their task is not to interpret the client's experience or push the process forward, but to support steady attention within the emotional experience [51, 52].

The guide:

- maintains emotional safety
- supports the client's presence within the feeling
- avoids interpretation or analysis
- does not accelerate the process
- helps maintain connection with bodily awareness

By holding a stable and supportive environment, the guide allows the person to remain in contact with their emotions without becoming overwhelmed.

Result of Level 3

The result of this stage is the gradual reduction of emotional tension associated with previously avoided experiences. As the emotional scenario reaches its limit and is consciously experienced, fear and pain begin to lose their intensity.

A person often experiences a sense of relief, clarity, and inner space. The emotional charge that previously maintained avoidance or defensive reactions weakens, allowing movement toward the next stage of the transformation process.

This shift marks the completion of Level 3 and prepares the transition to the following stage of the ELHM method.

Level 4. Release and Lightness – Release Stage

Function of the Level: Discharge and recovery

Key States: relief, relaxation, inner quiet

Definition of Level 4

The fourth level arises naturally as a consequence of the emotional work completed at the previous stage. After fear, pain, or vulnerability have been consciously experienced, the nervous system gradually shifts from a defensive state to a state of recovery [16, 60].

At this level, the body and psyche release the tension that was previously maintained by emotional resistance. Defensive activation decreases, breathing becomes deeper, and a sense of calmness and inner spaciousness emerges.

Unlike the previous level, this stage does not require active work. It cannot be intentionally initiated or accelerated. Instead, the person simply remains present while the organism naturally restores balance.

The experience of this level is usually characterized not by emotional intensity but by quiet relief. Thoughts slow down, emotional pressure decreases, and the person may experience a sense that “nothing needs to be done.” This calm state represents the natural completion of the emotional cycle.

Level 4 therefore functions as an important transitional phase between deep emotional confrontation and the emergence of new internal states.

Cognitive, Emotional, and Behavioral Manifestations

At the level of release, mental activity becomes minimal. Thoughts may appear rarely and remain in the background. Attention is directed primarily toward bodily sensations and the present moment.

Emotionally, the dominant experience is relief. A person may feel calmness, softness, or gentle inner quiet. This state is not characterized by excitement or emotional elevation but by a stable sense of neutrality and internal balance.

The body often signals the transition to this stage first. Deep exhalations, spontaneous relaxation of muscles, or tears associated with emotional discharge may appear. Some individuals experience yawning, drowsiness, or a sensation of lightness in the body.

Speech becomes slower and quieter. A person may take longer pauses or feel little need to speak. In some cases, short moments of drowsiness or light rest may occur, reflecting the natural recovery of the nervous system.

Behaviorally, the person allows the process to unfold without attempting to control or analyze it. Actions become slower and more natural, reflecting the release of previously held tension.

Resource of Level 4

The main resource of this level is natural restoration. After the completion of intense emotional contact, the organism gradually returns to a balanced state without effort.

A calm inner space emerges in which the person can simply remain present with their experience. Energy begins to return in the form of subtle vitality rather than emotional excitement.

At this stage, a person often begins to sense their body more clearly, noticing breathing, bodily sensations, and the quiet flow of internal experience. This state represents the restoration of internal stability.

Goal of the Work at Level 4

The primary task of this stage is not to perform actions but to allow the natural process of release to complete itself.

It is important to provide space for the body and nervous system to finish the discharge process without interference or attempts to accelerate the transition to the next stage.

At this level, the guide supports:

- allowing the release process to unfold naturally;
- maintaining calm presence and stability;
- avoiding unnecessary analysis or intervention;
- preserving the inner space created after emotional discharge.

This stage represents a pause between the resolution of previous emotional tension and the emergence of new internal states.

Tools of Level 4

In most cases, Level 4 requires minimal intervention. The main conditions are silence, presence, and attention to bodily sensations.

When supportive guidance is necessary, the following approaches may be used:

- calm breathing practices;
- attention to bodily relaxation;
- gentle observation of internal sensations.

One simple supportive technique used at this stage is “Exhale — Let Go.”

With each exhalation, the person allows remaining tension to leave the body without effort or analysis. The breath becomes a signal for the nervous system that the defensive state is no longer necessary.

Result of Level 4

The result of this stage is the restoration of internal balance following emotional discharge. A person experiences a noticeable reduction of tension, a sense of calmness, and increased bodily relaxation.

This state indicates that the emotional cycle has been completed and that the nervous system has returned to a stable baseline. The internal space created at this stage prepares the person for the emergence of new emotional states in the subsequent levels of the ELHM method.

Level 5. Creation of New Feelings – Creation Stage

Function of the Level: formation of inner resources

Key Feelings: love, trust, interest in life

Definition of Level 5

The fifth level begins after the internal space has been cleared through the previous stages of the process. When tension decreases, breathing becomes freer, and the body returns to a sense of safety, a person enters a more balanced state characterized by calmness, clarity, and inner neutrality. This state creates the conditions for the emergence of new feelings [7, 13].

At this level, the person begins to develop not only new actions but also a new internal state from which those actions arise. Within the ELHM model, this stage is understood as the formation of inner resources. Feelings such as love, trust, and interest in life do not appear here as emotional stimulation or self-suggestion. Rather, they emerge gradually and naturally as the result of reduced internal tension and restored contact with oneself.

The purpose of this level is not to create something artificial, but to help the person recognize and stabilize emotional resources that were previously inaccessible because of fear, pain, or chronic internal strain. In this sense, the fifth level marks the transition from emotional release to emotional creation.

Cognitive, Emotional, and Behavioral Manifestations

At this level, thinking becomes less defensive and more open. A person begins to notice that they no longer need to live exclusively from vigilance, control, or fear of failure. New thoughts may emerge naturally, such as:

- “I can choose the state from which I live.”
- “There is a real resource within me.”
- “I do not have to wait for external conditions to feel better inside.”

These are not affirmations imposed from outside, but spontaneous expressions of an internal shift.

Emotionally, the person begins to experience warmth, softness, trust, and renewed interest in life. These feelings may appear quietly rather than intensely, but their value lies precisely in their authenticity and stability. The person may notice that for the first time in a long period, it feels safe and natural simply to be with themselves [61–63].

Speech also changes at this level. It becomes calmer, softer, and more stable. Instead of speaking mainly about difficulty and survival, the person begins to formulate desires, values, and intentions more clearly.

Behavior becomes less reactive and more deliberate. Actions are no longer driven only by fear or the need to prove one's worth. Instead, decisions begin to arise from a more grounded internal state. Even simple acts—resting without guilt, setting a boundary calmly, or making an honest choice—become expressions of inner resource.

Risks of Level 5

One of the principal risks of this level is the tendency to cling to the newly discovered state and attempt to preserve it permanently. In such cases, tension may return in the form of attachment to the resource itself.

Another risk is confusing genuine resource with emotional euphoria. After a long period of internal heaviness, the first experience of relief and energy may feel final or absolute, prompting a person to move too quickly into major decisions or excessive activity. However, the core quality of this stage is not intensity but stability.

For this reason, gradualness and respect for the rhythm of the process remain essential.

Resource of Level 5

The main resource of this level is the person's growing ability to consciously enter and maintain a supportive internal state. At this stage, a person begins to experience trust, self-worth, inner strength, and quiet vitality not as random moments, but as accessible inner realities.

A key shift occurs here: the person starts to understand that they can choose not only what to do, but also the inner state from which they live, speak, and act.

Goal of the Work at Level 5

The goal of this stage is to help the person recognize, strengthen, and stabilize new supportive feelings so that they can become a real internal foundation. If the previous levels are primarily connected with releasing emotional burden, this level is concerned with the formation of a new quality of inner life.

The work at this stage helps the person move from relief to resource, from recovery to active internal creation.

Core Technique: Resource Amplification Protocol

The central technique of this level is the Resource Amplification Protocol. If Level 3 gradually deepens difficult emotional experience until it reaches its limit, Level 5 works in the opposite direction: it helps a person identify and gradually strengthen an emerging resourceful state.

After emotional release has occurred, the guide supports the person in noticing even minimal signs of resource—such as warmth, calmness, trust, softness, or vitality. Through a sequence of gentle questions, the person is invited to remain with this feeling and allow it to expand:

- “What is valuable for you in this state?”
- “What becomes possible from here?”
- “If this feeling deepens, what does it become?”

This process does not create artificial positivity. Rather, it helps the person remain in contact with a state that is already emerging naturally and allows it to become more stable and embodied.

Role of the Guide

At this level, the guide’s role is especially delicate. The guide does not impose specific emotions, interpret the person’s experience, or intensify the process artificially. Instead, they help maintain attention on the emerging resource and support its gradual stabilization.

The guide may gently return attention to bodily sensations, breathing, and the felt sense of the new state, allowing the experience to become not only mentally recognized but physically integrated.

Result of Level 5

The result of this level is the emergence of a stable inner resource. A person begins to experience greater warmth, trust, self-acceptance, inner strength, and clarity. Breathing becomes deeper, internal criticism weakens, and the person increasingly feels able to act from a place of support rather than tension [64–66].

One of the most characteristic outcomes of this stage is the appearance of a calm and authentic inner position expressed in the simple statement: “I can.”

This state becomes the foundation for the next level, where the new internal experience begins to stabilize further and integrate into everyday life.

Level 6. State of Well-Being — Stabilization Stage

Function of the Level: consolidation and integration

Key Feelings: calmness, safety, harmony

Definition of Level 6

The sixth level is the stage at which a new emotional state ceases to be a temporary experience and begins to stabilize as part of the person’s inner life. If the previous level introduces access to inner resource, this stage is concerned with its consolidation and integration into everyday perception, decision-making, and behavior [7, 12].

At this level, calmness, safety, and inner balance begin to appear more naturally, without constant effort or deliberate regulation. Reactions that previously arose from fear, tension, or defense gradually lose their intensity. In their place, a more stable condition of psychological well-being emerges [3, 29–31].

This stage does not imply the absence of difficulty or challenge. Rather, it reflects a change in how such experiences are perceived. Events are no longer approached primarily as threats requiring constant defense, but from a more stable sense of internal safety and

coherence. Thoughts, feelings, and actions begin to align more consistently, creating a stronger sense of inner harmony.

Cognitive, Emotional, and Behavioral Manifestations

At this level, thinking becomes clearer and less conflict-driven. A person begins to perceive past experiences with greater acceptance and meaning rather than only as sources of pain or error. Reflections such as the following may arise naturally:

- “I understand what happened to me and why.”
- “My experience has meaning.”
- “I am no longer fighting with myself.”

Emotionally, the dominant state is stable calmness rather than temporary relief. A person experiences greater inner balance, safety, and coherence. Breathing remains freer, and the body no longer maintains the same degree of defensive tension.

Speech becomes calmer, clearer, and more confident. The person no longer feels the same need to justify themselves, prove their value, or seek external confirmation. Expression becomes more direct and internally grounded.

Behaviorally, actions become more consistent and less reactive. Decisions are made with less anxiety and less dependence on previous defensive patterns. The inner position of “I can,” formed in the previous stage, begins to manifest more steadily in everyday life.

Risks of Level 6

One risk at this stage is premature rationalization. If the person moves too quickly into analysis, they may distance themselves from the living experience and interrupt the natural integration process. Another risk is attempting to “close” the process too early, assuming that transformation is complete before the new state has become sufficiently stable. In some cases, a person may also return to a previous identity if the integration stage is underestimated.

For this reason, the stabilization stage requires time, reflection, and respect for the gradual nature of psychological integration.

Resource of Level 6

The principal resource of this level is emotional stability. A person begins to feel that their internal balance depends less on external conditions and more on their own inner foundation. This creates a stronger sense of self-support, confidence, and continuity.

Another important resource is agreement with oneself. Past experiences are no longer perceived only as problems to overcome, but as meaningful parts of personal development. This reduces internal conflict and strengthens a sense of wholeness.

At this stage, many people begin to experience their inner life as more integrated: thoughts, feelings, and actions no longer function as opposing forces, but as parts of a coherent internal system.

Goal of the Work at Level 6

The primary goal of this stage is to help the person reflect on and integrate the emotional experience they have lived through so that the new state becomes a stable internal norm.

This includes:

- understanding the meaning of previous emotional experiences;
- integrating difficult feelings into a coherent life narrative;
- forming a more holistic perception of oneself;
- stabilizing calmness, safety, and harmony as an internal foundation.

Core Technique: Experience Reframing Protocol

A central technique at this level is the Experience Reframing Protocol. Its purpose is to help the person reinterpret previously difficult emotions not as mistakes or weaknesses, but as functional elements of personal development [34, 35].

Through guided reflection, the person may begin to recognize that:

- fear had a protective function;
- pain indicated what was meaningful;
- guilt supported responsibility;
- shame marked violated boundaries;

- resentment revealed personal values;
- emptiness pointed toward the need for meaning.

This reframing does not justify suffering or deny difficulty. Instead, it allows the person to see emotional experience as meaningful and integrated rather than fragmented or purely destructive. As a result, the past begins to lose its threatening quality and becomes part of a coherent psychological history.

Role of the Guide

At this stage, the guide supports reflection without imposing interpretation. The guide does not explain the client's experience for them or push them toward predefined conclusions. Instead, they create a space in which understanding can emerge from the person's own inner process.

The guide helps maintain a holistic view of the experience, supports the gradual recognition of change, and helps the person notice the emergence of stability, calmness, and self-agreement.

Result of Level 6

The result of this stage is the formation of a stable state of inner well-being. A person begins to feel that past experience has been understood and integrated, rather than remaining a source of ongoing tension.

Many describe this state through simple formulations such as:

- “Now I understand why this happened.”
- “I am no longer fighting with myself.”
- “I feel calm inside.”

At this level, calmness becomes not a temporary relief but a stable inner condition. This state forms a mature psychological foundation from which the person can begin to ask the next question: how to live and act from this new internal position.

Level 7. Integration and Clear Vision — Integration Stage

Function of the Level: return to logic at a new level

Key Feelings: clarity, confidence

Definition of Level 7

The seventh level completes the cycle of the “7 Feelings” model and translates inner transformation into conscious decisions and practical action. If the previous stages involve emotional confrontation, release, resource formation, and stabilization of well-being, this level integrates the entire process into a coherent life direction [7, 13].

At this stage, the person returns to logical thinking, but now from a fundamentally different inner position. Logic is no longer driven by fear, defense, or tension. Instead, it functions in partnership with emotional stability and inner support. As a result, thinking becomes clearer, calmer, and more oriented toward conscious choice [67].

This level is essential because, without integration, even profound inner change may remain only an emotional experience. Level 7 connects transformation with everyday life by helping the person recognize what has changed, clarify direction, and translate the new internal state into concrete steps.

Cognitive, Emotional, and Behavioral Manifestations

At this level, thinking becomes structured, calm, and future-oriented. A person begins to perceive their life situation more holistically and may formulate reflections such as:

- “I clearly understand where I am going and why.”
- “My decisions are based on me, not only on circumstances.”
- “I see my next step, and often more than one.”

Emotionally, the person experiences confidence, calm determination, and inner agreement with themselves. This confidence is not based on the need to prove anything, but on the sense of internal support developed in the previous stages.

Speech becomes clearer, more concise, and more stable. The person no longer feels the need to justify themselves or overexplain their intentions. Plans can be articulated calmly and directly.

Behaviorally, actions become more conscious and consistent. The person is better able to recognize opportunities, make decisions without internal barriers, and act in accordance with their values rather than from fear or pressure [36, 45].

Risks of Level 7

One risk at this stage is a premature return to old goals and habitual strategies without checking whether they still correspond to the new internal state. Another is acting by inertia, when external activity resumes but is no longer grounded in the transformed emotional foundation. Additional risks include excessive planning and the desire to change everything at once. If the person loses connection with the internal state and moves too quickly into action, the stability achieved in previous stages may weaken.

For this reason, integration at this level requires maintaining contact with clarity, calmness, and inner support while allowing action to emerge gradually.

Resource of Level 7

The principal resource of this level is **clear vision**. A person begins to experience greater certainty about their direction, values, and possible next steps. This clarity is not rigid planning, but an inner sense of orientation.

Another important resource is **internal coherence**. Thoughts, feelings, and actions begin to function together as one system. The person increasingly trusts their own decisions because those decisions arise from a more stable and integrated state.

At this level, logic no longer suppresses emotional experience. Instead, it relies on the calmness, stability, and trust formed during the previous stages.

Goal of the Work at Level 7

The main goal of this stage is to consolidate the new internal state and connect it with realistic action in everyday life. This includes:

- recognizing what has genuinely changed;
- forming an updated self-image;
- clarifying personal direction;
- translating internal change into specific steps;
- integrating the new state into relationships, decisions, and daily life.

Thus, Level 7 transforms inner change into a sustainable way of living.

Core Technique: Clear Vision Protocol

A key process at this stage is the Clear Vision Protocol, which helps the person return attention to the present moment and observe the transformation from a position of stability.

The protocol includes:

- identifying which feelings have become foundational;
- recognizing internal changes that have occurred;
- viewing life from a new perspective;
- outlining a realistic and balanced direction of action.

This is not goal-setting based on external pressure or abstract planning. Rather, it is the clarification of direction that naturally arises from the person's new internal condition.

Role of the Guide

At the final level, the role of the guide changes significantly. The guide no longer leads the person through emotional processes, but helps verify the coherence and authenticity of the transformation that has already taken place.

The guide helps the client:

- return to the original request;
- compare the initial and current states;
- recognize which feelings and reactions have changed;
- observe whether previous tension and resistance have decreased;
- confirm whether the new state is maintained naturally rather than through effort.

The purpose of this verification is to determine whether the new internal condition has become a stable part of the person's experience rather than a temporary emotional effect.

Result of Level 7

The result of this stage is a state of inner clarity and readiness for conscious action. A person not only experiences internal change, but also understands how this change can be expressed in real life.

Common indicators of the result include:

- clarity about one's direction;
- confidence in one's decisions;
- a realistic and achievable action plan;
- greater agreement with one's life path;
- readiness to act without fear-driven urgency.

A characteristic inner formulation at this level is:

“Now I know where I am going.”

With this, the cycle of the “7 Feelings” model is completed: inner transformation becomes integrated, conscious, and applicable to real life.

COMPLETION OF THE “7 FEELINGS” MODEL

The ELHM “7 Feelings” Model describes a sequential and reproducible process of inner human transformation. It illustrates how a person can move from a state of internal tension and automatic reactions toward a stable condition of inner support, clarity, and conscious action [7, 11–13].

This process is not based on motivation, advice, or attempts to “think positively.” Instead, it unfolds through a gradual and conscious engagement with feelings, because feelings shape the internal state from which a person perceives life, makes decisions, and takes action.

Each level of the model represents a specific internal state and fulfills a distinct function within the transformation process. The levels do not replace one another and cannot be skipped, because each subsequent stage becomes possible only after the previous one has been fully experienced. This structure ensures that the process remains balanced, understandable, and sustainable. Within the ELHM model, a person moves from the initial awareness of their state, through the experience of difficult emotions and the release of internal tension, toward the formation of resourceful states, their integration, and their translation into real-life action. This journey gradually changes not only the

emotional condition of the individual but also their perception of themselves, their life, and their possibilities.

Thus, the “7 Feelings” model forms a complete cycle of inner transformation, where each state logically prepares the next and creates the conditions for lasting and meaningful change.

The model does not skip or rush any stage, because each emotional state prepares the ground for the next. This structured progression guarantees that inner change is not a temporary shift but a lasting transformation. Diagram 4 outlines all seven levels and their interconnections, offering a complete visual map of the ELHM “7 Feelings” model.

The ELHM “7 Feelings” Model

Stages of Emotional Life Transformation



Diagram 4. The ELHM “7 Feelings” Model

Source of the figure: author

CONCLUSION OF THE MODEL

Passing through all seven levels leads a person to a state in which internal changes become part of their personality and begin to manifest in real life.

A person no longer acts from fear, defense, or inner tension. Instead, decisions are made from a place of clarity, inner support, and trust in oneself. Not only the emotional state changes, but also the very way a person experiences and lives their life. For this reason, the ELHM “7 Feelings” model can be viewed as a complete cycle of transformation:

awareness → experiencing → release → resource → integration → clarity → action

Each level has its own function and creates the foundation for the next step. It is precisely this sequence—this structured progression—that makes the changes stable, reproducible, and applicable in real life.

However, internal transformation does not end at the moment the session concludes. For the new state to stabilize and become a natural part of a person’s life, an additional stage of integrating these changes into everyday living is necessary.

This task is fulfilled by the next stage of the ELHM method — the “5+5” support program, which helps transfer internal transformation into daily life and consolidate it as a sustainable way of living.

THE 5+5 SUPPORT PROGRAM

What the 5+5 Program Is

The 5+5 Program is the core support standard within the ELHM (“7 Feelings”) method. It represents a structured cycle designed to facilitate deep transformation of a person’s internal state and the stable integration of these changes into everyday life [6, 27].

Within the ELHM framework, the objective is not only to provide temporary relief, insight, or emotional improvement. The central aim is the formation of a stable internal norm in which a person begins to perceive themselves and life situations differently,

respond to challenges more consciously, and make decisions from a position of inner support.

As a result, transformation manifests not only during sessions but also in everyday situations — in relationships, decision-making, financial behavior, responses to stress, and the ability to maintain internal stability.

For this reason, the 5+5 Program is structured as a two-stage system combining intensive transformation with long-term integration.

The formula 5+5 means:

5 weeks of deep transformational work + 5 months of support and integration.

During the first five weeks, intensive work with the person's internal state takes place. At this stage, the key tools of the ELHM method are applied, including state diagnostics, progression through the 7 Feelings Model, and the formation of new resource states. This phase initiates the process of internal transformation.

The second stage — five months of support — focuses on integrating these changes into everyday life. During this period, individuals gradually learn to apply their new internal state in different life situations while reinforcing new emotional and behavioral patterns. Continuous support helps prevent a return to previous reactions and strengthens the development of a stable inner foundation.

The total duration of interaction within the program exceeds six months. This extended timeframe is essential because sustainable change requires time for new emotional and behavioral patterns to become integrated into a person's identity and daily life [2, 68, 69].

Thus, the 5+5 Program reflects the natural logic of sustainable transformation: first a new internal structure of experience is formed, and then it is gradually stabilized until it becomes part of everyday functioning.

Why This Structure Was Chosen

The structure of the **5+5 Program** is based on the understanding that emotional change can occur much faster than the transformation of habitual reactions, thinking patterns, and behavioral models [15, 16].

Individuals may experience significant relief after a single deep session. They may feel lighter, calmer, or gain important insights into their reactions and life patterns. At such moments, it may seem that the problem has already been resolved.

However, if the process ends at this stage, there is a risk of returning to previous behavioral patterns. When a person encounters familiar life situations — in relationships, work, or stressful contexts — habitual emotional responses may automatically reappear.

This occurs not because transformation failed, but because many emotional reactions have developed over years and are embedded in the nervous system, cognitive patterns, and habitual behavior. Changing these patterns requires not only insight or emotional experience but also consistent practice of living from a new internal state.

For this reason, the ELHM method divides transformation into two sequential stages: the first initiates deep internal change, and the second provides the conditions necessary for its stabilization and integration in real life.

Therefore, the ELHM method divides the process into two stages:

Stage 1 — Transformation

Stage 2 — Integration

The Difference Between Transformation and Integration

In the ELHM method, transformation and integration represent two interconnected but distinct stages of internal change. Both are necessary for transformation to become not only noticeable but also sustainable.

Transformation refers to the moment of internal restructuring. At this stage, a significant shift occurs in the person's emotional state. Individuals begin to recognize their feelings, process accumulated experiences, and release internal tension. As a result, new resource states emerge, such as calmness, inner support, self-trust, and clarity.

During this stage, people may start reacting differently to situations that previously caused anxiety, resentment, or tension. Emotional relief appears, along with an internal space where new perspectives and behavioral patterns become possible.

However, transformation alone does not ensure stability. Even after profound emotional work, individuals may gradually return to previous reactions when they encounter familiar environments or stressful situations. This occurs because many emotional and behavioral patterns have been formed over years and function automatically.

For this reason, the next essential stage is integration.

Integration is the process through which the new internal state becomes stabilized and incorporated into everyday life. During this stage, individuals learn to apply the new state in real situations, interrupt automatic reactions, and develop greater capacity for independent emotional regulation [16].

Over time, the new internal state no longer requires conscious effort to maintain. It becomes part of daily functioning and begins to manifest in relationships, professional activity, decision-making, and responses to stress.

Thus, transformation initiates change, while integration ensures its stability. Through integration, the new internal state becomes a natural and lasting foundation for a person's life.

Stage 1 — Five Weeks of Intensive Work

Purpose of the Stage

The first stage of the 5+5 Program represents an intensive phase of internal transformation. Its purpose is to initiate fundamental changes at the level of feelings that later become integrated into everyday life [7, 27].

At this stage, the work does not focus on correcting personality traits or addressing isolated symptoms. Instead, it involves a restructuring of the internal emotional state from which a person perceives themselves, others, and life situations.

The main objectives of this stage are to:

- release accumulated emotional tension and internal blocks
- reduce anxiety and stress levels
- process stored emotional experiences
- develop new resource-based emotional states
- establish an initial foundation of inner support

This stage forms the basis for subsequent work. It is here that the transition from automatic emotional reactions to conscious internal awareness begins.

Principle of Individualization

Stage 1 does not follow a rigid or universal script. Although the program includes five sessions, their structure may vary depending on the individual's starting condition, goals, and psychological readiness for change.

Within the ELHM method, each program is adapted according to an individual transformation map, developed on the basis of the KIT Diagnostics assessment.

The diagnostic stage identifies:

- the emotional level from which the work should begin
- priority life domains requiring attention
- areas of primary tension or emotional blockage
- the appropriate rhythm and depth of the process

While the sequence of specific topics may differ, the internal logic of transformation remains consistent.

Stage Format

Stage 1 includes:

- **5 individual sessions**
- **frequency:** once per week
- **duration:** 1.5–2 hours per session

This format supports a deep process while allowing sufficient time between sessions for emotional processing and stabilization.

Structure of the Stage: Diagnostics + Five Sessions

Work within the ELHM method begins with diagnostics rather than immediate intervention. This principle ensures that the transformation process follows an individualized path rather than a standardized template.

Meeting — Diagnostics and Path Definition

The initial meeting is dedicated to the KIT Diagnostics assessment and the creation of an individual work map. During this stage, the participant reflects on their current internal condition through structured dialogue and evaluation scales. The diagnostic process examines ten key domains of life balance, including:

- social environment
- physical well-being
- relationships and intimacy
- finances
- leadership and personal influence
- family connections
- creativity and purpose
- goals and life direction
- emotional stability
- inner support and meaning

In addition, standardized psychometric scales are used to assess anxiety, perceived stress, life satisfaction, and self-esteem [47–50].

As a result of this session:

- the participant's primary request becomes clearer
- underlying causes of the current state are identified
- key areas for further work are defined
- the logic of the ELHM process is explained

Following the diagnostic stage, the program proceeds to the five sessions of intensive transformational work.

Methodological note.

The sequence of sessions described below represents a conceptual model of the transformation process within the ELHM framework. In practical application, the structure may be adjusted according to the results of the KIT Diagnostics and the participant's individual needs.

Stage 1 — Five Sessions of Transformational Work

Session 1 — State Reset

The first session focuses on reducing accumulated tension and creating a basic sense of internal safety. The goal is to release emotional overload that may have been present for a long period of time.

Through guided work in a calm environment, the person gradually exits the state of constant emotional mobilization. The nervous system receives a signal of safety, allowing suppressed feelings to surface and tension to discharge.

Result: relief, emotional lightness, and the emergence of internal calm.

Session 2 — Work with the Key Block

The second session addresses the primary emotional limitation currently influencing the person's life. This may include fear, guilt, shame, pain, or vulnerability that automatically triggers habitual reactions.

Using the Limit Point Protocol, the emotional experience is processed safely and sequentially until the emotional cycle is completed.

Result: reduction or disappearance of the key trigger and a noticeable decrease in internal tension.

Session 3 — Resource Formation

The third session focuses on developing supportive internal states. After releasing emotional tension, the work shifts toward strengthening feelings of confidence, inner stability, and self-support.

At this stage, individuals begin to experience a clear difference between functioning in a survival mode and acting from a state of internal strength.

Result: increased energy, motivation, and a stronger sense of inner support.

Session 4 — Application to Life Domains

The fourth session applies the newly formed internal state to important areas of life. Depending on diagnostic results, the work may address relationships, finances, professional development, or physical well-being.

This stage involves revising limiting beliefs and developing new patterns of behavior and decision-making.

Result: the first practical changes in real-life actions and interactions.

Session 5 — Vision and Strategic Orientation

The fifth session completes the intensive phase of the program. At this stage, the experience of the seven levels of feelings is integrated and the individual reflects on the difference between the initial and current internal states.

Rather than forming a rigid plan, the session helps establish an internal sense of direction that emerges from the new emotional state.

Result: clarity, a renewed sense of identity, and readiness to move forward.

Outcome of Stage 1

Completion of the first stage marks the end of the intensive transformation phase. During five weeks of work, individuals process accumulated emotional experiences, release internal tension, and begin forming a stable internal foundation.

By the end of this stage, participants typically experience:

- reduced anxiety and emotional tension
- release of key emotional blocks
- emergence of inner stability and support
- more conscious reactions to life situations

Although significant internal changes have occurred, the new state still requires stabilization in everyday life. For this reason, the next phase of the program focuses on integration, where the new internal state gradually becomes a stable part of daily functioning.

Stage 2 — Five Months of Support and Life Integration

Stage 2 begins after the completion of the intensive five-week transformation phase. Its purpose is to integrate the internal changes into everyday life and gradually stabilize the new emotional state [2, 27].

While Stage 1 focuses on internal transformation, Stage 2 is devoted to applying the new internal state in real situations. The work at this stage emphasizes strengthening emotional self-regulation, developing independence, and consolidating the client's internal foundation of support.

The primary goal of Stage 2 is to help the individual learn to live and act from a state of inner stability rather than relying on external guidance.

Methodological Note

The structure described below reflects the general logic of the integration process within the ELHM method. It should not be considered a rigid protocol. The sequence and emphasis of sessions may vary depending on the client's needs, the results of KIT Diagnostics, and the dynamics of the transformation process.

Format of the Support Phase

Stage 2 typically includes one session per month over a period of five months.

- frequency – once per month
- session duration – 1.5–2 hours
- format – online individual sessions

Each meeting focuses on real-life situations experienced during the previous month, the identification of new emotional triggers, and the strengthening of internal resource states.

Approximate Structure of the Integration Phase

Month 1 — Stabilization

The first month focuses on stabilizing the new internal state and supporting the client during the initial real-life changes following the transformation phase.

Result: increasing emotional stability and confidence in new actions.

Month 2 — Work with a Key Life Domain

The second month focuses on one important life area identified through diagnostics, such as relationships, career, finances, health, or personal realization. The work supports the application of new emotional states within this specific domain.

Result: visible progress and greater confidence in the chosen direction.

Month 3 — Reassessment and Adjustment

During the third month, a repeated diagnostic assessment is conducted to evaluate the dynamics of change. Indicators reassessed may include:

- the ten domains of the KIT diagnostic model
- anxiety level (GAD-7)
- life satisfaction (SWLS)
- self-esteem
- perceived stress (PSS)

The results allow the further path of the program to be refined.

Result: objective evaluation of progress and clarification of the next stage of development.

Month 4 — Expansion and Growth

At this stage, the focus shifts from emotional release toward personal development and expansion. Work may include leadership, new goals, professional growth, or broader life ambitions.

Result: readiness for larger decisions and greater personal responsibility.

Month 5 — Integration and Autonomy

The final month focuses on consolidating the results and strengthening the client's capacity for independent emotional regulation.

The work includes reviewing the transformation process, reinforcing new behavioral patterns, and forming a long-term personal direction.

Result: internal stability, independence, and a clear sense of direction.

Outcome of Stage 2

By the end of the integration phase, individuals typically develop a stable sense of internal support and greater emotional autonomy. The new internal state begins to manifest consistently in decision-making, relationships, and responses to life challenges.

At this stage, several possible paths forward exist. A client may continue independently, choose periodic maintenance sessions, or begin a new cycle of work aimed at further personal development.

Professional Rationale for the 5+5 Format

The 5+5 structure — five weeks of intensive transformation followed by five months of integration — reflects the natural dynamics of sustainable psychological change. It combines deep emotional work with sufficient time for stabilization in real-life conditions [53, 58, 69, 70].

This format reduces the risk of returning to previous patterns and supports the development of autonomy rather than dependence on the specialist. As a result, the ELHM method functions as a structured program of long-term personal transformation.

Importance of the Integration Stage

Without integration, transformation may remain only an emotional experience or insight obtained during sessions. The integration stage ensures that internal changes become part of everyday life. Over time, stability becomes a natural state rather than something that must be maintained through continuous effort.

Overall Effect of the 5+5 Program

Observations from practical application of the ELHM method indicate that during the six months of the 5+5 Program, noticeable changes often occur both in a person's internal state and in different areas of life [27].

Many participants report a reduction in anxiety and internal tension. Situations that previously caused stress begin to be perceived more calmly, allowing more space for conscious decision-making.

Self-esteem and self-respect frequently increase as individuals develop greater trust in their own perceptions and decisions. As internal stability strengthens, relationships with

others may also improve through clearer communication, healthier boundaries, and more balanced responses to conflict.

Clients often report increased energy and motivation. With the release of accumulated emotional tension, more psychological resources become available for personal development, creativity, and professional activity.

Over time, many individuals develop a clearer understanding of their life direction and priorities. This clarity emerges naturally as internal noise decreases and the person reconnects with their internal values.

These changes often affect multiple life domains simultaneously because the ELHM method focuses on transforming the underlying internal state from which decisions, actions, and perceptions arise.

Continuation of Work After the 5+5 Program

After completing the program, several paths of further development are possible depending on the individual's goals:

Maintenance format

- additional support for up to five months
- one meeting per month
- focus on maintaining stability and supporting ongoing development

A new 5+5 cycle - deeper work on personal development

- addressing new life challenges
- expanding professional or personal realization

Subsequent cycles typically unfold more efficiently, as individuals already possess the core skill developed during the first program — the ability to consciously regulate their internal state [2, 68].

Long-Term Development Dynamics

Practical experience with the ELHM method suggests a general pattern in the development process:

- the first 5+5 cycle — stabilization and restoration of inner support
- the following period — noticeable life changes and expansion
- a natural pause of approximately 6–12 months
- a return to the method during new life stages or challenges

Thus, the ELHM method may function not only as a short-term intervention but also as a long-term system of personal development that supports individuals during periods of change, growth, and transition. The relationship between the three core components — KIT Diagnostics, the “7 Feelings” model, and the 5+5 support program — forms an integrated pathway from assessment through transformation to long-term integration. Each stage fulfills a specific function and prepares the ground for the next, ensuring that internal changes become stable and sustainable. Diagram 5 presents the complete architecture of the ELHM method, showing how these components work together as a unified system. As illustrated in the diagram, the method is designed not as a one-time intervention but as a scalable, long-term framework for personal development. Thus, Diagram 5 offers a clear visual roadmap of how emotional transformation unfolds over time. [6, 7, 12]

The Complete Structure of the ELHM Method

A system for managing one's internal state through feelings

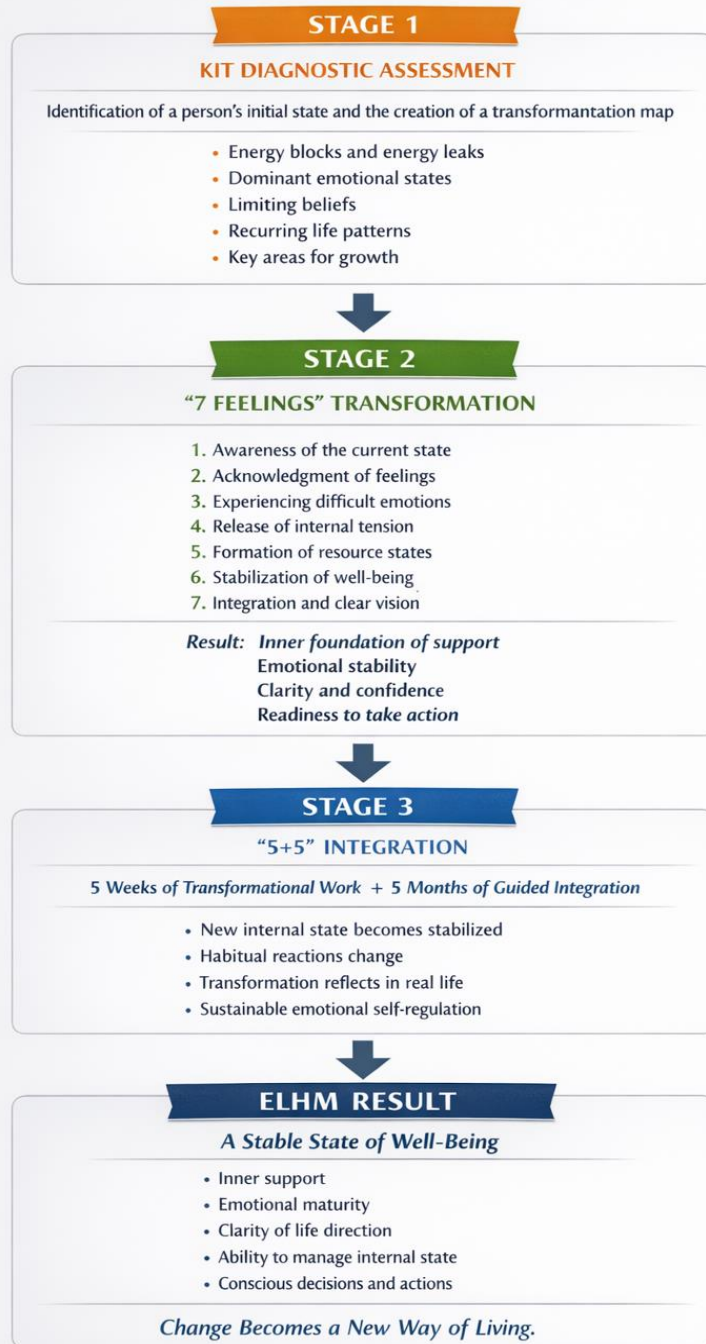


Diagram 5. The Complete Structure of the ELHM Method

Source of the figure: author

HOW AN INDIVIDUAL ELHM SESSION WORKS

Work within the “7 Feelings” (ELHM) method never begins randomly and does not follow a fixed template. Each process is individualized because every person enters the work with a unique history, emotional state, and life context [6, 7].

The starting point of the process is always the KIT Assessment diagnostic stage. This assessment allows the practitioner and the client to identify the person’s current internal condition, areas of emotional tension, dominant states influencing decisions, and the life domains that require primary attention [6, 27].

The diagnostic stage does not function as a judgment or diagnosis. Its purpose is to create clarity and determine the most effective starting point for sustainable transformation.

Why the Process Does Not Begin with All Areas at Once

A common mistake in personal development is attempting to change multiple areas of life simultaneously. However, emotional processes function as an interconnected system rather than separate fragments.

For this reason, the ELHM method begins by identifying one key life domain that currently holds the greatest tension or resource loss. Working through this primary point often leads to natural changes across other areas of life as well.

Determining the Starting Domain

After the KIT Assessment, the practitioner and the client together determine which life domain will become the initial focus of work. Although individual situations differ, most requests fall into one of five general areas.

1. Self-Worth and Inner Support

Work begins here when a person experiences self-doubt, strong self-criticism, dependence on external approval, or the absence of an internal foundation of confidence. Restoring self-worth often becomes the first step because many other changes depend on the presence of inner support.

2. Close Relationships

This direction is chosen when the main tension is related to relationships with partners, family members, or close social connections. Common themes include conflicts, loneliness, emotional distance, or difficulties expressing feelings.

Work in this area often involves deep emotional layers because relationship dynamics are closely connected with attachment, expectations, and personal boundaries.

3. Finances and Professional Realization

This focus becomes relevant when a person experiences anxiety related to money, doubts about the value of their work, professional stagnation, or fear of growth and change.

Within the ELHM method, financial difficulties are often connected to deeper emotional factors such as self-worth, internal security, trust, and personal freedom. Addressing these internal layers frequently leads to natural changes in professional and financial situations.

4. Health and Physical Well-Being

This direction is selected when the body and nervous system require primary support. Typical indicators include chronic fatigue, burnout, constant stress, or a persistent loss of energy.

In such cases, restoring internal balance and physical resources becomes the first step before addressing other life areas.

5. Meaning, Inspiration, and Life Direction

Work may begin here when a person feels a loss of purpose or direction, even when external circumstances appear stable. Individuals often describe this state as feeling disconnected from their true desires or uncertain about the path of their life.

The Principle of One Request

Each ELHM session focuses on one primary request. Concentrating on a single issue allows deeper work and more stable results. Because the emotional system is interconnected, releasing tension in one key area often produces broader changes. Clients

frequently report improved clarity, more conscious decision-making, better relationships, and a stronger sense of internal stability. Thus, although the work begins with one specific request, the outcome often results in systemic change across multiple areas of life [45, 46, 55].

Format of an Individual ELHM Session

An individual ELHM session is a guided process aimed at emotional transformation and the stabilization of a person's internal state. It is not a casual conversation or analytical discussion of problems, but a structured process of working with feelings according to the Seven Feelings protocol.

Sessions are conducted:

- online in audio format
- with closed eyes
- under the guidance of a practitioner

To participate in a session, the client requires:

- a phone or computer
- stable internet connection
- wired headphones

The duration of a session is typically 1.5–2 hours, allowing the process to unfold gradually and providing sufficient time for emotional processing and integration.

Why the Work Is Conducted Online

The online format is an intentional part of the ELHM methodology. Working in a familiar environment helps reduce external tension and supports a sense of psychological safety, allowing individuals to focus more fully on their internal processes.

In the author's practical experience, the online format has allowed work of comparable depth to in-person sessions and, for some participants, has supported deeper attention to internal experience by reducing external social stimuli [27].

Why Working with Closed Eyes Is Used

Within the ELHM method, working with closed eyes creates conditions that facilitate deeper contact with internal processes. It is not a strict technique but a supportive condition that helps shift attention from external stimuli to internal sensations.

Closing the eyes reduces the influence of visual input, allowing attention to move more naturally toward bodily and emotional signals. This shift often decreases internal control and tension, enabling the person to enter a more relaxed and receptive state [67].

In such conditions, individuals often become more aware of bodily sensations, breathing patterns, and emotional reactions. These signals support the recognition and processing of feelings that might otherwise remain unnoticed in everyday activity.

Working with closed eyes therefore helps:

- reduce external distractions
- decrease internal tension and control
- strengthen awareness of bodily and emotional sensations
- facilitate deeper contact with internal experiences

The Role of the Practitioner

An ELHM practitioner does not interpret or evaluate the client's experiences. The practitioner's role is to guide the process, maintain the structure of the session, ensure psychological safety, and support the client's focus on internal experiences [51, 54, 57].

Within the session:

- the client remains an active participant
- the practitioner maintains the structure and depth of the process
- change emerges through the client's internal experience rather than external advice

What an Individual ELHM Session Provides

An individual session creates a structured space where a person can slow down, reconnect with their internal state, and safely experience emotional processes.

During the session, individuals often:

- gain clearer awareness of their internal state
- process emotions in a balanced way
- release accumulated tension
- restore a sense of inner stability

This structure allows the work to remain both safe and reproducible while supporting the integration of changes into everyday life.

Structure of the Session: The ELHM Protocol

Each ELHM session follows a consistent internal structure based on the Seven Levels of Feelings model. This structured approach ensures the safety of the process, maintains its depth, and allows the method to be applied consistently across different client requests. Although each person's experience is unique, the internal architecture of the session remains stable. The content of the experience may vary, but the sequence of the process provides a clear and reliable framework for transformation [7, 46, 59].

Structure of an ELHM Session

Step 1. Clarifying the Request and Defining the Goal (Point A → Point B)

The session begins with clarifying the client's current state (Point A) and defining the desired state (Point B). At this stage, the practitioner and the client determine the focus of the session by identifying the present emotional condition and the state from which the person wishes to live and act.

Step 2. Creating a Safe Space

Before deep work begins, the session enters a phase of relaxation and stabilization. The practitioner slows the pace of the process, reduces internal tension, and creates an environment in which the client can safely experience their feelings.

This stage allows the nervous system to relax and supports the transition into deeper internal contact.

Step 3. Moving Through the Seven Levels of Feelings

The central part of the session involves moving through the **Seven Levels of Feelings model**. The client gradually shifts from surface reactions toward deeper emotional states, maintaining psychological safety and emotional stability throughout the process.

Step 4. Crossing the Threshold Point

At this stage, the client encounters an emotional experience that was previously avoided, such as fear, pain, or vulnerability. Through the Threshold Point protocol, the individual remains present with the experience until the emotional cycle naturally completes. As a result, the emotional charge decreases and previously automatic reactions weaken.

Step 5. Emotional Release

Following the threshold point, the body and psyche enter a phase of release. Internal tension decreases, emotional discharge may occur, and a sense of calm gradually returns. The practitioner supports the natural completion of this process.

Step 6. Formation of Resource States

Once internal space becomes available, new supportive emotional states can be strengthened. At this stage, the client develops a sense of inner support, confidence, and the experience of personal capability.

Step 7. Meaning Integration

After the emotional process, the experience is integrated at the level of meaning. The person begins to understand the internal logic of the experience and develops a new relationship with the situation.

Step 8. Integration and Action Orientation

The final stage transfers internal changes into real life. The client recognizes the internal shift and identifies simple, realistic actions that reflect the new state.

The goal is not to create rigid plans but to establish a direction that arises naturally from the transformed internal state.

Summary of the ELHM Session Structure

Each ELHM session:

- follows a consistent internal structure
- adapts to the client's individual request
- progresses through the Seven Levels of Feelings model
- supports deep work without emotional overload
- concludes with integration into real-life actions

The sequential structure of an individual ELHM session is presented in Diagram 6.



Diagram 6. Structure of an ELHM Session

Source of the figure: author

Changes After an ELHM Session

Changes following a session usually appear not as emotional excitement but as a quiet internal shift. As the nervous system integrates the experience, many clients report a sense of lightness, calmness, and greater clarity [27].

Typical experiences include:

- reduced internal tension and anxiety
- clearer perception of situations
- increased sense of inner stability
- improved emotional awareness

Practical changes often develop gradually. Clients may notice improved communication, increased energy and initiative, and greater stability in challenging situations.

These changes occur not through forced behavioral control but through transformation of the internal state from which reactions and decisions arise. Over time, individuals become more capable of returning to a state of inner support and responding to life situations more consciously.

In the ELHM method, progress is evaluated not by temporary emotional effects but by sustainable changes in how a person experiences and navigates life.

The entire flow of an ELHM session — from clarifying the initial request to final integration — follows a structured yet flexible sequence. Each stage has a specific function and contributes to the overall transformation process. This logic is visually summarized in Diagram 7, which presents a complete session map. As shown in the diagram, the session moves through eight sequential steps, ensuring depth, safety, and sustainable results.

Stages of an ELHM Session

Overview of the Process

Stage Name	Meaning of the Stage	What Happens During the Session	Key Questions / Phrases	Outcome of the Stage
<i>Awareness</i>	Interest and clarity	The client's request is formulated, Point A is identified, and the focus of the current session is defined.	What would you like to work with today?	Clarity, psychological safety, and a sense of structure
<i>Contact</i>	Entering the feeling	The client moves away from analytical thinking and establishes contact with bodily sensations and emotions.	What are you feeling right now? Where do you feel it in your body?	Clarity, psychological safety
<i>Deepening</i>	The blocking layer	The client moves deeper into emotional experience and identifies the root of the emotional block.	What could feel worse than this?	Access to the core cause
<i>Threshold</i>	Nothing worse → release	The client remains at the threshold point, allowing natural emotional discharge and release of tension.	Silence, experiencing without resistance	Lightness, neutrality, letting go
<i>Resource</i>	Creating new feelings	New resourceful emotional states are formed: feelings of strength and confidence are strengthened.	What would feel better? And if it were even better?	Energy, stability, confidence
<i>Meaning</i>	Understanding and acceptance	The experience reflected upon, linking past events with present awareness.	What was the purpose of this experience for you?	Calmness, maturity
<i>Integration</i>	Real-life action	The new internal state, is translated into decisions and practical steps in real life.	How will you act now?	Clarity of action and inner alignment

Diagram 7. ELHM Session Map

Source of the figure: author

Requests Addressed in the ELHM Method

Below is a list of the most common requests addressed in the ELHM method. In the methodology, these requests are grouped into semantic categories to present the framework in a professional and structured way.

A. Self-Worth, Inner Support, and Confidence

1. Self-doubt, self-criticism, and fear of making mistakes
2. Difficulty expressing oneself and fear of judgment
3. Perfectionism and the “inner controller”
4. Toxic guilt
5. Toxic shame
6. Self-acceptance and acceptance of one’s appearance
7. Feelings of loneliness
8. Building inner strength and self-worth
9. Reducing anxiety in various situations
10. Emotional regulation (so that emotions do not control the person)

B. Relationships and Emotional Intimacy

11. Conflicts in romantic relationships and toxic relational patterns
12. Restoring intimacy, trust, and emotional connection
13. Fear of relationships or fear of rejection
14. Forgiving parents (mother/father) and emotional release
15. Improving relationships with children
16. Letting go of resentment and emotional attachment to others
17. Restoring warmth, tenderness, and respect in relationships

C. Finances, Self-Realization, and Public Expression

18. Financial blocks: fear of money, limiting beliefs, internal prohibitions
19. Seeing new opportunities and sources of income
20. Working with debt: reducing anxiety and leaving scarcity patterns
21. Fear of clients, fear of selling, fear of visibility

- 22. Fear of the camera or public speaking
- 23. Inner conflict between “what I want” and “what I must do” in professional life
- 24. Gaining clarity about direction in career and professional development
- 25. Developing intention and inner readiness to realize goals

D. Health, Stress, and Well-Being

- 26. Chronic tension, fatigue, and emotional overload
- 27. Psychosomatic stress reactions (tension, insomnia, “tightness in the chest”)
- 28. Restoring energy and internal resources
- 29. Reducing stress as a factor influencing weight and eating behavior
- 30. Supporting women’s well-being through emotional stabilization

E. Inspiration, Creativity, and Meaning of Life

- 31. Loss of motivation and desires, feelings of emptiness
- 32. Reconnecting with dreams and creative potential
- 33. Searching for personal direction and meaning
- 34. Strengthening the inner connection with meaning and the state of flow (*Inner Support & Meaning*) [42–44]
- 35. Creating a vision of the future and a new life scenario

F. Releasing Habits and Repetitive Patterns

- 36. Letting go of persistent unhealthy habits
- 37. Breaking recurring behavioral patterns (jealousy, control, self-sabotage)
- 38. Releasing emotional triggers and automatic reactions

Requests Addressed in the ELHM Method

The framework below presents the main categories of client requests within the methodology.



Diagram 8. Requests Addressed in the ELHM Method

Source of the figure: author

Criteria for the Effectiveness of Individual ELHM Work

The effectiveness of individual work within the **ELHM method** is evaluated not by the intensity of emotions during a session but by the sustainability of changes in a person's life. The method aims to form a stable internal state from which a person perceives situations, makes decisions, and acts [27, 68].

For this reason, effectiveness is assessed through several levels of indicators.

1. Change in Baseline Emotional State

One of the primary indicators is a shift in the person's background emotional state. Typical changes include reduced internal tension, lower anxiety levels, greater calmness, and increased stability in difficult situations.

2. Increased Awareness of Reactions

Clients often develop greater awareness of their emotional responses. They begin to recognize automatic reactions, pause before responding, and consciously choose their behavior.

3. Reduced Emotional Triggers

Situations that previously caused strong emotional reactions become less intense. Emotional responses tend to weaken and shorten, and individuals are able to return more quickly to a state of inner balance.

4. Natural Behavioral Changes

Behavior often begins to change without deliberate effort. New habits and decisions arise naturally because the internal state from which actions originate has transformed.

5. Improvement in Relationships and Communication

Changes in internal state frequently lead to calmer communication, clearer personal boundaries, and reduced dependence on external validation.

6. Increased Energy and Initiative

As emotional tension decreases, individuals often experience greater energy, initiative, and interest in life activities.

7. Measurable Psychological Indicators

Subjective changes may also be supported by measurable indicators, including reduced anxiety (GAD-7), increased life satisfaction (SWLS), and improved self-esteem scores. These measures help track the dynamics and sustainability of change [47–49].

8. Development of Self-Regulation

A key outcome of the method is the ability to independently regulate one's emotional state and return to inner balance without constant external support.

Overall, the main indicator of effectiveness in the ELHM method is a transition from



Diagram 9. Criteria for the Effectiveness of Individual ELHM Work

Source of the figure: author

living in a state of anxiety or internal struggle to living from a state of inner support.

Diagram 9 summarizes the key criteria used to evaluate the effectiveness of individual ELHM work.

LIMITATIONS OF THE ELHM METHOD

The ELHM method belongs to the fields of coaching, personal development, and educational practice aimed at developing emotional awareness and self-regulation [6, 7].

It is not a psychotherapeutic or medical method and is not intended for diagnosing or treating mental disorders.

Accordingly, the method is not applied in cases such as:

- clinical depressive disorders
- diagnosed psychiatric conditions
- acute trauma requiring psychotherapy
- situations requiring medical or psychiatric treatment

In such cases, individuals should seek support from qualified mental health professionals.

The ELHM method is intended for psychologically stable individuals who seek personal development, emotional resilience, and conscious management of their internal state.

SECTION SUMMARY

The Seven Feelings (ELHM) method emerged from practical work with people and from long-term observation of how internal states change when individuals reconnect with their feelings.

The central idea of the method is not to “fix” a person but to help restore their connection with themselves. When this connection is restored, individuals begin to perceive their lives, decisions, and experiences more clearly.

The method does not promise a perfect life or constant happiness. Instead, it aims to develop inner support — the ability to remain connected with oneself and navigate life’s challenges with stability and clarity.

Over time, many clients report a gradual shift from emotional tension toward greater understanding of their experiences and life direction. Decisions become calmer, reactions more conscious, and life less dominated by internal struggle.

The ELHM method therefore functions not as a temporary intervention but as a skill that individuals can continue to use independently — the ability to recognize their feelings, restore inner balance, and move forward with greater awareness [8, 16].

PRACTICE OF THE ELHM METHOD: LIVING STORIES

The “7 Feelings” (ELHM) method reveals its essence not only through theoretical descriptions or structural models but through real human experiences. Over more than eight years of practice, the method has been applied in numerous individual sessions, allowing observation of how internal states gradually transform when a person reconnects with their feelings and internal support [27, 41].

These real-life stories illustrate how the method functions in practice. They demonstrate not quick solutions or fixed scenarios, but the gradual process through which internal changes begin to influence external life — relationships, decisions, actions, and the ability to move forward with greater awareness.

The cases presented in this chapter are included not as proof of success but as examples of how individuals experience the process of emotional transformation. Through these stories, the reader can observe how the principles of the ELHM method are applied in real situations and how internal shifts gradually lead to greater clarity, stability, and understanding of one’s life.

Case Studies of ELHM Practice

Larisa, 34 years old

“I was tired of living in fear but could not leave.”

Larisa came to the session experiencing chronic anxiety and emotional exhaustion caused by a long-term relationship with an alcohol-dependent partner. Although she understood intellectually that the relationship was harmful, she felt unable to leave due to fear of financial insecurity and raising a child alone.

The KIT diagnostic assessment revealed a high level of anxiety, a lack of inner support, and a strong sense of emotional dependence. Larisa described her life not as living, but as “enduring.” During the sessions, the work focused on processing fear,

helplessness, and long-standing internal beliefs related to endurance and dependency. As emotional tension gradually decreased, Larisa began to experience a new sense of inner stability and confidence. Over time, she started making independent decisions, explored employment opportunities, and eventually relocated to another country with her child.

Outcome: Repeated diagnostics showed anxiety decreased from 18 to 5, financial confidence increased from 2 to 7, and inner support reached 8 out of 10. Larisa described the result simply: *“Before I lived from fear. Now I live from choice.”*

Anna, 35 years old

“I want to find myself.”

Anna did not come with a specific crisis but with a persistent feeling that she had lost connection with herself. Externally her life appeared stable, yet internally she felt emptiness, lack of direction, and constant self-criticism.

KIT diagnostics showed elevated anxiety, low life satisfaction, and reduced self-esteem across several life domains. The core issue was identified as a loss of inner support and disconnection from personal desires. The work focused on restoring contact with emotions and reducing internal pressure connected with the constant sense of “I must.” As the process progressed, Anna gradually reconnected with her interests and values. Within several months she resumed drawing, reconsidered her professional direction, and reported feeling greater internal calm and authenticity.

Outcome: Anxiety levels decreased significantly, life satisfaction increased, and Anna described the change simply: *“I finally live from ‘I want,’ not from ‘I must.’”*

Irina, 34 years old

“I am constantly afraid that tomorrow may not come.”

Irina relocated from Ukraine during the war and continued to live in a state of persistent fear and hypervigilance. Although physically safe, she experienced constant anxiety, intrusive thoughts, and an inability to relax.

KIT diagnostics confirmed a high level of anxiety and a loss of basic psychological safety. The primary focus of the work was restoring the sense of safety and reducing

chronic nervous system tension. Through the ELHM process, Irina gradually confronted and processed the fears she had been avoiding. As the emotional charge decreased, she began to experience a new internal state described in her words as: *“I am safe right now.”* Over the following months she reported improved sleep, the ability to plan for the future, and renewed engagement in daily life [21].

Outcome: Anxiety decreased from 17 to 5, life satisfaction increased from 9 to 23, and inner support reached 7 out of 10. Irina summarized the change by saying: *“I want the future again.”*

Victoria, 37 years old

“It feels like I have forgotten how to love.”

Victoria sought support because she felt emotionally numb in her family life. Although her marriage and external circumstances appeared stable, she experienced inner emptiness, irritation toward her child, and strong feelings of guilt.

Diagnostics revealed elevated anxiety, low life satisfaction, and a state of emotional disconnection from herself. The work initially focused not on family relationships but on restoring Victoria’s connection with her own emotional experience. Through emotional processing and gradual release of accumulated tension, she began to reconnect with her personal needs and desires. As inner contact returned, emotional warmth toward herself and her family gradually reappeared.

Outcome: Anxiety decreased from 12 to 4, life satisfaction increased significantly, and family relationship satisfaction reached 8–9 out of 10. Victoria summarized the result: *“When I returned to myself, love returned as well.”*

Anna, 19 years old

“I felt constant panic. I could not cope with this life.”

Anna came to the session shortly after relocating from Ukraine because of the war. She was living in a dormitory, studying in a new country, and experiencing chronic anxiety, emotional exhaustion, and severe academic stress. Although her external situation appeared stable, internally she remained in a state of survival. She reported trembling

before exams, inability to concentrate, sleep disturbance, and the persistent belief that she was incapable of managing her life.

KIT Diagnostics revealed high anxiety, low life satisfaction, lack of social support, and a nervous system functioning in a constant state of danger rather than learning. It became clear that the central issue was not intellectual ability, but the absence of internal safety. The initial phase of work focused not on academic performance but on restoring a basic sense of safety and reducing bodily tension. As fear gradually decreased, Anna began to sleep better, concentrate more effectively, and regain energy. During the five-week cycle she successfully retook failed exams and also obtained a part-time job on campus, which strengthened her sense of personal capability [21].

Outcome: Anxiety decreased from 16 to 5, life satisfaction increased to 24, and most self-ratings rose to 7–8 out of 10. Anna summarized the result simply: *“It became easier for me, and I am no longer afraid of the future.”*

Marina, 43 years old

“I have everything, but there is no joy.”

Marina came without an acute external crisis. She had a family, stable work, and an outwardly well-organized life, yet internally she experienced chronic emptiness, fatigue, and the feeling that she was living according to obligation rather than desire. She reported that her life was structured entirely around “I must,” while the sense of “I want” had almost disappeared. KIT Diagnostics showed persistent background tension, low life satisfaction, weakened self-esteem, and loss of connection with personal meaning and self-realization. The central problem was identified not as family or professional instability, but as disconnection from her own desires and life direction.

The work focused on restoring inner support and helping Marina reconnect with long-suppressed feelings, including fatigue, resentment toward herself, and the loss of personal aliveness. During the process she recalled a long-forgotten dream of working in design. Gradually, she began to act on small personal desires, enrolled in training, and

later started taking private design clients. Alongside this, warmth returned to her family relationships and her overall interest in life increased.

Outcome: Life satisfaction nearly doubled, self-realization significantly improved, and inner support stabilized. Marina summarized the process in one phrase: *“I no longer live from ‘must’; I live from ‘want.’”*

Elena, 48 years old

“At my age, is it already too late to change something?”

Elena initially came with a practical request related to income. However, deeper work revealed that the issue was not only financial, but connected with a long-standing internal pattern of choosing safety over aliveness. For many years she had worked as an accountant, postponing her own desires and adapting to responsibilities without questioning her life direction.

KIT Diagnostics showed background anxiety, low life satisfaction, reduced self-worth, and a weak sense of personal influence over life. When asked about earlier aspirations, Elena recalled that she had once wanted to create jewelry but had dismissed this wish as unrealistic and unimportant. The work focused on the emotional layers underlying her passivity, including disappointment in herself, fear of visibility, and anger over years of postponing her own life. As internal tension decreased, a new feeling emerged: not urgency, but the quiet possibility that life could still unfold differently. Elena gradually returned to creative activity, began making jewelry again, and within several months developed a stable additional income from this work.

Outcome: Repeated diagnostics showed improved financial confidence, stronger leadership indicators, lower anxiety, and higher life satisfaction. Elena summarized the change as follows: *“It turns out the issue is not age, but whether you allow yourself to live.”*

Olga, 38 years old

“I constantly feel heavy — and not only in my body.”

Olga sought help primarily because she wanted to lose weight. She had repeatedly tried diets, exercise, and strict self-control, but her weight continued to return. During the assessment it became clear that her request was not only about the body, but about chronic internal heaviness, emotional overload, and a prolonged state of tension.

KIT Diagnostics showed low energy, poor self-attitude, chronic anxiety, low inner support, and a body functioning in a stress mode. Olga described her condition with unusual precision: *“It feels as if I have not exhaled for many years.”* This reflected both her bodily state and her emotional life. The work initially did not focus on weight itself, but on the emotional burden she had been carrying for years: suppressed anger, old resentment, excessive responsibility, and constant self-control. As these internal tensions were processed, Olga began to experience more psychological and bodily lightness. Only after this did natural behavioral changes appear: more movement, more contact with her own needs, and less stress-related eating. Over the following months, her weight gradually decreased without rigid struggle or self-punishment.

Outcome: Within six months Olga lost 9 kilograms, while also showing reduced anxiety, improved self-attitude, and stronger bodily awareness. She described the most important result not as weight loss, but as a deeper internal shift: *“I no longer carry life on myself; I simply walk through it.”*

Natalia, 41 years old

“I only wanted to survive — and in the end I built a new life.”

Natalia came to the method after forced relocation because of the war. She arrived in a new country with a child, a cosmetology background, and one immediate goal: to survive and provide for her family. She lived in a constant state of fear, uncertainty, and emotional tension, unable to think beyond the next day.

KIT Diagnostics revealed high anxiety, low life satisfaction, absence of safety, and loss of confidence in her own future. Although she once dreamed of opening her own

salon, she no longer allowed herself to consider such possibilities, as all her inner energy was directed toward basic survival. The initial work focused on restoring internal safety and the sense that she could cope. As fear and helplessness gradually decreased, new energy, calmness, and initiative began to emerge. Natalia first took a small step by accepting more clients, then rented a small office, later hired assistants, and over time developed a growing business. What changed most was not only her external success, but the internal transition from survival to authorship of her own life [21, 22].

Outcome: Repeated diagnostics showed a marked decrease in anxiety, growth in social openness, increased leadership, and nearly fourfold growth in life satisfaction. Natalia summarized the result in a single sentence: *“I am no longer surviving. I am creating.”*

Katya, 25 years old

“I said I did not care, but inside I had been angry with him all my life.”

Katya came with apparent indifference toward her father, insisting that his absence in her life no longer mattered. However, the diagnostic process revealed persistent emotional tension, difficulty trusting others, and a strong internal need to prove that she could cope alone. Beneath this defensive self-sufficiency lay unresolved pain and resentment connected with paternal rejection.

The work focused not on family analysis, but on processing anger, disappointment, and the deeper unmet need to feel loved and chosen. As these emotions were consciously experienced, the rigid emotional defense gradually weakened. Over time, Katya reported less anger, more inner calm, and greater openness to closeness.

Outcome: Repeated diagnostics showed improvement in family connection, closeness, and life satisfaction, with lower anxiety. Katya described the core shift simply: *“I no longer feel like an orphan.”*

Svetlana, 44 years old

“I looked at my husband and felt nothing.”

Svetlana came with a painful inner conflict: although she had a stable marriage, family, and successful professional life, she no longer felt warmth toward her husband and had developed feelings for another man. The assessment showed not primarily a marital problem, but emotional exhaustion, chronic overload, and a long-standing loss of connection with herself.

The work focused first on restoring contact with her own feelings rather than on “saving” the relationship. As fatigue, anger, and years of overcontrol were processed, a softer internal state began to emerge. With the return of inner vitality, her perception of her husband gradually changed as well.

Outcome: Repeated diagnostics showed stronger self-contact, greater relational closeness, lower anxiety, and increased life satisfaction. Svetlana summarized the process in one sentence: *“When I returned to myself, love returned on its own.”*

Andrey, 39 years old

“I was living, but without any sense of life.”

Andrey came without acute crisis, but with a persistent sense of emptiness. He was raising his son alone, functioning responsibly, but felt emotionally disconnected from life, relationships, and his own desires. Diagnostics showed chronic tension, emotional numbness, low life satisfaction, and reduced capacity for closeness.

The work progressed gradually through fatigue, overresponsibility, and the inability to relax. As accumulated tension decreased, Andrey began to experience more inner space, renewed calmness, and eventually interest in life again. This was expressed in simple but meaningful changes: returning to sport, reconnecting with friends, and later becoming open to a new relationship.

Outcome: Diagnostics showed improved closeness, stronger inner support, lower anxiety, and higher life satisfaction. Andrey described the result simply: *“I feel the taste of life again.”*

Alina, 36 years old

“I divorced him, but it felt as if I was still living beside him.”

Although Alina had consciously left her husband, emotionally she remained attached to him. She constantly monitored his life, compared herself with his new reality, and felt unable to move forward. Diagnostics revealed high anxiety, emptiness, lack of inner support, and a life still organized around the former partner.

The work focused not on “forgetting” him, but on the deeper attachment beneath the separation. As fear of loneliness, pain, and the loss of self were processed, Alina gradually shifted her attention back to her own life. Over time, she stopped monitoring her former husband, re-engaged with her own interests, and began making plans centered on herself [27, 41].

Outcome: Repeated diagnostics showed greater social openness, restored ability for closeness, strong inner support, lower anxiety, and increased life satisfaction. Alina summarized the shift as: *“I stopped living his life and finally began living my own.”*

Dmitry, 42 years old

“I lived for my child, but it felt as if I did not exist.”

Dmitry was raising his son alone and functioning effectively in daily life, but internally he felt emotionally switched off. He reported no strong complaints, only the absence of desire, closeness, and personal aliveness. Diagnostics revealed high anxiety, minimal inner support, low life satisfaction, and chronic emotional tension.

The work focused on long-term fatigue, the compulsion to remain strong, and the inability to rest. As tension gradually released, Dmitry began to experience more bodily calm, greater energy, and a renewed interest in life. Over time, he returned to sport, social contact, and later became open to intimate relationships again.

Outcome: Repeated measures showed lower anxiety, improved closeness, and a significant increase in life satisfaction. The most important result for Dmitry was the restoration of the feeling that he had the right to live not only for his child, but also for himself.

Marina, 38 years old

“I hated my body and ate to cope with stress.”

Marina sought help because of repeated cycles of emotional eating and weight gain. Although she understood nutrition rationally, she felt unable to stop the pattern of using food to reduce stress. Diagnostics showed high stress, elevated anxiety, low self-acceptance, and weak bodily awareness. It became clear that the issue was not food itself, but chronic internal tension and conflict with her own body.

The work focused on feelings rather than dieting: fear, guilt, stress, and the absence of self-acceptance. As these emotional layers were processed, Marina gradually stopped relating to her body as an enemy. This shift reduced the emotional need for food as compensation.

Outcome: Over several months, Marina lost 11 kilograms, while anxiety dropped significantly and self-attitude improved markedly. She described the essential change as: *“I no longer hate my body.”*

Olga, 35 years old

“I divorced him, but I continued living his life.”

After her divorce, Olga appeared outwardly free, yet remained psychologically attached to her former husband. She constantly followed his life, compared herself with him, and felt unable to regain interest in her own future. Diagnostics showed very low life satisfaction, weak inner support, emotional closure, and a life center still located outside herself. The work addressed not the former partner directly, but the emotional dependence beneath the attachment. As pain, emptiness, and fear of losing herself were consciously processed, Olga gradually regained internal stability. Her focus shifted away from her former husband and back toward her own needs, plans, and life direction [27, 41].

Outcome: Repeated diagnostics showed stronger inner support, lower anxiety, improved capacity for closeness, and increased life satisfaction. Olga summarized the result clearly: *“My life belongs to me again.”*

Conclusion of the Section “Living Stories”

Practice repeatedly shows the same pattern: whatever the initial request may be — whether it concerns relationships, finances, the body, anxiety, or a feeling of emptiness — real change always begins at a deeper level. Behind external formulations there are almost always three key processes: the reduction of internal tension and anxiety, the restoration of living contact with one’s feelings, and the formation of a stable inner support on which a person begins to rely not through effort, but naturally.

When constant anxiety decreases, life no longer feels like a battlefield. When sensitivity returns, a person begins to hear themselves again, to distinguish where there is “I must” and where there is “I want,” and to make decisions not out of fear but from inner clarity. And when inner support appears, the very way of being in the world changes — without the need to control everything, prove something, or endure.

It is from this state that healthy relationships begin to form, energy for caring for the body appears, more mature financial decisions emerge, and self-realization unfolds, because a person no longer lives in survival mode. They begin to live from contact with themselves. Therefore, the ELHM method manifests itself not as a set of techniques for a specific request, but as a holistic and stable system of emotional regulation and personal transformation that works with the cause rather than the symptoms, and produces results that remain in real life, not only within the space of the sessions [6, 12, 13].

EFFECTIVENESS OF THE ELHM METHOD IN MEASURABLE RESULTS AND REAL CHANGES

Concluding the section with living stories, it is important to demonstrate not only the subjective experiences of clients, but also the standardized, measurable framework used to track a person’s state before the beginning of the work and after completing the full cycle [27].

Assessment Tools Used

Within the framework of the method, internationally recognized psychometric scales are applied to record changes in psycho-emotional state in a standardized way:

GAD-7 (Generalized Anxiety Disorder Scale)

Used to assess the level of anxiety and the intensity of anxiety symptoms [47].

SWLS (Satisfaction With Life Scale, University of Illinois)

Evaluates subjective life satisfaction and the overall sense of well-being [48].

Rosenberg Self-Esteem Scale

Allows measurement of the level of self-esteem and the internal sense of self-worth [49].

PSS (Perceived Stress Scale, Carnegie Mellon University) — applied optionally

Used to assess the level of perceived stress [50].

In addition, the proprietary **KIT diagnostic assessment** is used, developed as an integral tool for evaluating life balance and a person's internal state. The assessment covers ten key domains:

- society
- body
- intimacy
- finances
- leadership
- family
- creativity
- goals
- emotional stability
- inner support and meaning

Summary Dynamics of ELHM Clients (Based on Individual Practice)

Analysis of results after completing the full **5+5 cycle** shows a stable positive dynamic across key emotional indicators: [27]

- reduction in anxiety levels on the **GAD-7** scale by an average of **60–80%**
- reduction of chronic stress by **50–70%**
- increase in life satisfaction (**SWLS**) by **2–3 times**
- Increase in self-esteem indicators by **40–65%** [27]

These changes are recorded not only at the level of personal experience, but are also confirmed through repeated measurements.

Table 1 illustrates the typical dynamics observed in clients before and after the full ELHM cycle.

Table1. Dynamics According to the KIT Diagnostic Assessment

Domain	Before the Start of Work	After the Cycle
Inner Support	2–3 / 10	8–9 / 10
Intimacy and Relationships	2–4 / 10	7–9 / 10
Self-Attitude	3–4 / 10	8 / 10
Leadership and Influence	2–3 / 10	7–9 / 10
Contact with the Body	3–4 / 10	7–8 / 10
Sense of Meaning	2–3 / 10	8–9 / 10

The growth of indicators is not point-based but systemic in nature, affecting several areas of life simultaneously.

Behavioral and Life Outcomes

(observations within 6–12 months after the program)

Changes that occur at the emotional level naturally manifest in the real lives of clients.

Relationships

- restoration of intimacy in marriage
- reconciliation with parents
- creation of new partnership relationships
- noticeable reduction in conflict levels

Psycho-emotional State

- disappearance or significant reduction of panic states
- improvement in sleep quality
- increase in the overall level of calmness
- reduction of impulsive and reactive responses

Realization and Career

- change of profession or direction of activity
- opening of one's own business
- income growth
- strengthening of leadership position and confidence in decision-making

Body and Health

- weight reduction without strict restrictions or self-punishment
- reduction of psychosomatic manifestations
- increase in energy and vitality

Interpretation of the Results

Practice demonstrates a stable pattern:

when a person releases suppressed feelings, restores contact with themselves, and forms inner support, changes begin to occur naturally, without coercion or external pressure.

This is why work at the emotional level triggers a chain reaction across all areas of life. The ELHM method does not eliminate individual symptoms, but works with their root cause — the disruption of emotional regulation and the loss of inner support. This is what ensures a long-term and sustainable result [12, 13].

Professional Conclusion

The “7 Feelings” / ELHM method demonstrates:

- reproducibility of results
- measurability of changes
- systemic character of impact
- stable long-term dynamics

Based on practical and measurable data, the method can be considered as:

- a structured model of emotional regulation
- an educational methodology
- a tool of applied coaching
- a foundation for further scientific research [6, 7, 24]

Thus, ELHM occupies a clear professional position at the intersection of emotional development, personal transformation, and applied work with human potential.

Educational Program at KIT Academy “7 Feelings” ELHM Professional Program Emotional-Level Happiness Management

Philosophy of Learning

The ELHM method cannot be learned only at the level of understanding or analysis. It is not a set of techniques and not an algorithm that can be mastered “by instruction.” The method operates at the level of feelings, which means it cannot be transmitted without first being experienced internally.

Therefore, training in the ELHM method at KIT Academy is structured according to the principle of a sequential inner path: first — personal transformation, then — the formation of professional skill, and only after that — mastery, maturity, and the ability to transmit the method to others [24, 25].

Every specialist who completes training at KIT Academy does not simply know the structure and protocols of ELHM but experiences the method through their own personal journey.

This is what makes the work deep, ethical, and truly effective — both for the specialist themselves and for their clients.

Structure of Training

Training in the ELHM method at KIT Academy is organized in stages — from the first introduction to the method to the level of master and instructor. This path is natural and organic, without artificial acceleration or pressure.

It always unfolds through four stages:

experience → realize → practice → transmit

ELHM Demo (Introductory Intensive / Personal Introduction to the Method)

Format: 2–3 days online

For whom: for anyone who wants to experience the ELHM method personally and understand whether it resonates with them — both for personal transformation and for a possible professional path within KIT Academy.

ELHM Experience is not training in the classical sense. It is a deep personal experience of living through the method.

Within the intensive, participants:

- experience the **7 Feelings system** through their own process
- go through **1–2 deep ELHM sessions**
- become familiar with the proprietary **KIT diagnostic assessment**
- observe real internal changes already during the work process

Here there is only experience, contact with oneself, and the feeling of how the method works.

As a result of participation, participants most often experience:

- noticeable reduction of anxiety and internal tension
- a feeling of lightness and inner space
- clarity in life-related questions
- a deep understanding: “this resonates with me” or “this is not my path”

Result

Upon completion of ELHM Demo, a person makes a conscious decision: to use the ELHM method exclusively for personal purposes or to continue the path of professional training within KIT Academy.

LEVEL 1. ELHM Basic (Basic Practitioner of the Method)

Training Format:

1–2 months online, with practice and guidance.

Purpose of the Level:

This level introduces participants to the fundamentals of the ELHM approach and forms a basic understanding of how a person’s internal states are connected with thinking, perception, and the quality of decision-making. Participants receive initial knowledge

about the mechanisms of forming internal states and begin to master practical tools for working with attention and feelings.

Level Program

1. Introduction to the ELHM Method

General understanding of the principles of how the method works.

How perception of reality is formed through thinking, feelings, and attention.

2. Systemic Perception of the World

The concept of systems and interconnections between a person and the surrounding environment.

The influence of collective informational fields on human thinking and behavior.

3. Energy as a Resource of State

Understanding a person's internal resource and its influence on productivity, clarity of thinking, and emotional stability.

The state of flow and its role in the effectiveness of activity [42, 43].

4. Management of Thought Processes

How thoughts form internal states and influence decisions.

The modern informational environment and the role of technologies as tools that amplify thinking.

5. Inspiration and Internal Resource

Understanding the state of inspiration and its influence on human actions.

The role of positive feelings in forming a stable internal state [61, 62].

6. The Concept of Happiness in the ELHM Model

Basic understanding of the concept of managing internal state through working with feelings.

7. Consciousness Trainer

A practical tool of the ELHM method for developing awareness, inner support, and stability of thinking.

8. Awareness and Transition to a New Level of Perception

Development of the ability to notice internal states and manage attention.

Formation of the skill of conscious interaction with one's thoughts and feelings.

Certification upon Completion of LEVEL 1

Upon successful completion of training at the **ELHM Foundations** level, the participant receives the certificate **Certified ELHM Basic**.

LEVEL 2. ELHM Practice – ELHM Method for Personal Development

Training Format

2 – 4 months of training in the format of practical sessions, independent work, and guidance during the process of mastering the method.

Purpose of the Level

To introduce participants to the practical application of the ELHM method through work with various areas of their own lives. The program is aimed at developing awareness, improving internal state, and forming skills for managing feelings in everyday life.

Training Program

1. Principles of the Practical Application of the ELHM Method

Understanding how the method is used to work with personal states, thinking, and everyday life situations.

2. Awareness of Internal State

Development of the skill of observing one's feelings, thoughts, and reactions.

Formation of the ability to notice internal processes and their influence on decisions.

3. Work with Key Areas of Life

Application of the ELHM method to improve various aspects of life:

personal state, relationships, self-realization, decision-making, and internal balance.

4. Practice of State Management

Mastering the basic practices of the method for stabilizing internal state, increasing clarity of thinking, and strengthening emotional stability.

5. Formation of a Personal Development Strategy

Integration of acquired knowledge and practices into everyday life.

Learning Outcomes

Upon completion of the level, the participant:

- gains a practical understanding of the ELHM method
- masters tools for managing internal state
- applies the method to improve various areas of their life
- develops stable skills of conscious attitude toward their feelings and decisions

Certification upon Completion of LEVEL 2 – Upon successful completion of the training, the participant receives the professional certificate **Certified ELHM Practice**.

LEVEL 3. ELHM Master – Professional Practice of the Method

Training Format

3 – 6 months of practical training with supervision, mentorship, and work with real cases.

Purpose of the Level

Preparation of specialists capable of professionally applying the ELHM method in work with people, conducting individual sessions, and supporting clients in the process of internal change.

Training Program

1. In-Depth Understanding of the ELHM Method

The structure of the method, the logic of working with states and feelings, and the stages of the transformational process.

2. Professional Work with Clients

Conducting individual sessions using the ELHM method.

Creating a safe and effective space for working with a client's internal states [51, 55, 57].

3. Work with Complex Requests

Supporting clients during periods of change, internal crises, and life transitions.

Maintaining the process and the professional boundaries of the specialist.

4. Structure of an ELHM Session

Diagnosis of the client's state.

Building the logic of the session.

Completion and integration of the results.

5. Practice and Supervision

Analysis of real cases, professional feedback, and development of facilitation skills.

Learning Outcomes

Upon completion of the level, the specialist:

- is able to conduct individual sessions using the ELHM method
- is capable of supporting clients in the process of internal change
- possesses the structure of professional work with client requests
- forms a sustainable practice of applying the method
- reaches a level of mastery in the ELHM method
- obtains the right to train and certify specialists
- creates their own programs and formats of work based on the method
- officially represents the ELHM method and KIT Academy
- becomes part of the core professional community of the method

Professional Status The specialist receives the certificate **ELHM Master**.

LEVEL 4. ELHM Trainer – Instructor and Carrier of the Method

Training Format

3 – 6 months of preparation, including teaching practice, methodology of instruction, and participation in the educational programs of the Academy.

Purpose of the Level

Preparation of ELHM method instructors who are capable of training specialists,

transmitting the methodology, and participating in the development of the Academy's educational programs.

Training Program

1. Methodology of Teaching ELHM

Structure of educational programs.

Logic of transmitting the method and building the learning process.

2. Teaching and Training Skills

Conducting lectures, seminars, and practical classes.

Working with groups of students.

3. Supervision and Support of Specialists

Supporting students during the learning and practice process.

Assessment of professional competencies.

4. Development of the ELHM Method

Participation in research, collection of practical experience, and development of the methodology.

5. Academic and Professional Activity

Preparation of educational materials, participation in conferences, and professional projects of the Academy.

Upon completion of the level, the specialist:

- receives the right to teach the ELHM method
- conducts educational programs within the Academy
- participates in the training of new specialists
- becomes part of the ELHM teaching team

After completing ALL levels, the ELHM method becomes for the specialist not just a profession, but a platform for long-term professional growth, scaling, international development, and the transmission of knowledge.

The specialist:

- works not from “helping,” but from mature mastery
- does not depend on external support
- is capable of developing other specialists and maintaining the high standard of the method

Professional Status The specialist receives the certificate **ELHM Trainer**.

Diagram 10 presents the complete training pathway of the ELHM method at KIT Academy.

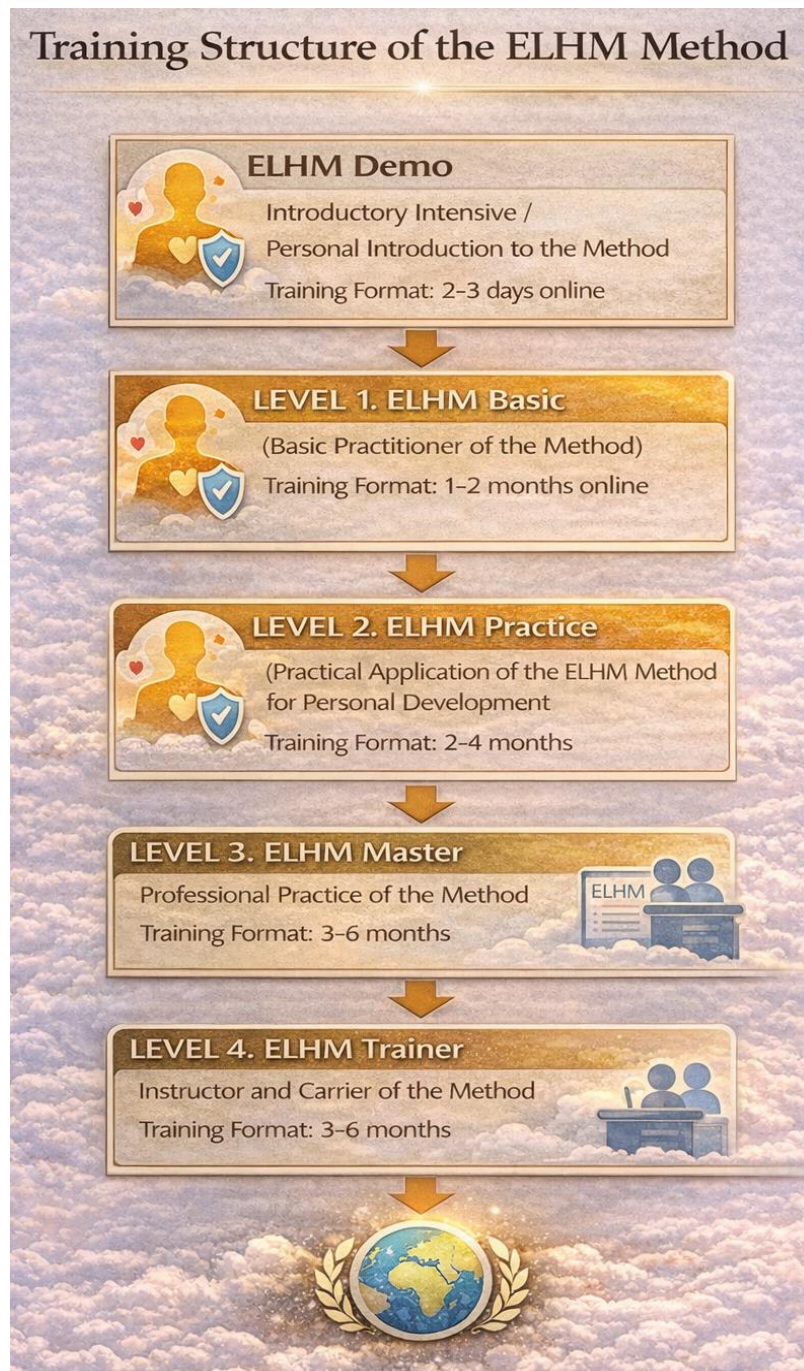


Diagram 10. Training Structure of the ELHM Method

Source of the figure: author

Training in the ELHM method at KIT Academy is structured in such a way that a person does not simply study a technology but enters a living process of internal transformation and professional development at the same time. Here it is impossible to

remain only “in the head” – the method must be experienced, felt, and integrated into personal experience.

Personal transformation is organically embedded into the program. Every student goes through the method themselves, encountering their own feelings, layers, limitations, and resources. This is not an additional bonus but the foundation of the training, because lived experience is what forms the depth, precision, and ethical quality of working with other people.

Practical training begins in the first weeks. A student does not wait until the program ends to “someday start.” They immediately try, practice, observe processes, receive feedback, and gradually build confidence in their skills. The method becomes understandable not at the level of theory but at the level of real action and results.

An important part of the training is working with real cases. They demonstrate how the method functions in real-life situations — in relationships, finances, the body, purpose, crises, and transitional states. Through cases, students develop the ability to see the root cause of a request, understand the emotional map of a person, and accurately identify the entry point into transformation.

Supervision creates professional depth and safety. It is a space where students learn to hold the process, understand complex moments, adjust their work, and grow not through mistakes but through awareness. This is where professional maturity and responsibility as a specialist are formed [54, 57, 58].

The professional community also plays a special role. Training does not occur in isolation but within an environment of people who are on the same path, share the values of the method, and maintain standards of quality. The community provides a sense of belonging, support, and growth, and also forms a culture of respect for both the method and the client [36].

The system of levels, achievements, and certifications makes the learning path transparent and structured. A person clearly understands where they are, what they have already mastered, and where they are moving next. Certification confirms not the formal

completion of the program but the real readiness to work and take responsibility as a specialist.

That is why an ELHM student does not “study for years” while waiting to become ready. They immediately apply the method, observe real changes — first within themselves, and then in their practice — and step by step develop professional mastery.

Who Is an ELHM Specialist

An ELHM specialist is a profession of a new era. It emerges where people no longer want to “fix themselves,” fight symptoms, or endlessly analyze the past, but instead want to live consciously, calmly, and from a place of inner support.

An ELHM specialist is not a psychologist and not a therapist. The method deliberately exists outside the clinical field and does not work with diagnoses, treatment, or pathology. It works with the living person, their states, feelings, and inner reality — here and now [54, 56].

It is a specialist in state management, a guide in happiness management, a coach in emotional regulation, and a facilitator of deep transformation. Their key competence is the ability to guide a person through internal processes in such a way that change occurs without violence, pressure, or struggle.

How an ELHM Specialist Works

An ELHM specialist does not “fix” or “rescue.” Instead, they create a space in which a person:

- begins to understand what is truly happening to them
- allows themselves to feel rather than suppress
- safely experiences even complex and frightening states
- releases accumulated blocking layers
- forms new resourceful states
- and begins to act not from fear, but from inner support

This path always follows the same logic:

become aware → experience → release → create → act

It is precisely this sequence that makes the work of an ELHM specialist deep, ethical, and sustainable in its results.

What Makes the Profession Unique

An ELHM specialist works not with a person's history for the sake of explanation, but with the state that is currently guiding a person's life.

They do not persuade, motivate, or “reprogram.” Instead, they help a person return to themselves — to sensitivity, clarity, and the ability to make their own choices.

The results of this work appear naturally:

- anxiety decreases
- energy returns
- relationships improve
- decisions become clearer
- the quality of life changes

Who Chooses This Profession

The ELHM profession is chosen by people who:

- feel that they want to work more deeply than classical coaching allows
- do not want to become therapists but want to work truly effectively
- value ecological work, respect for the person, maturity, and ethical practice
- want to see real changes
- are ready to first go through the path of transformation themselves and then guide others [26]

This is a profession for those who want to be not an “expert above,” but a guide beside a person.

Why People Want to Enter This Profession

Because an ELHM specialist:

- works in the field of emotional regulation
- can apply the method in different areas of life
- observes changes in clients' internal states and everyday functioning
- develops

personally while maintaining professional boundaries • creates human-centered value • becomes part of a professional community

And most importantly, they help people return to life rather than simply “solve problems.”

The Essence of the ELHM Profession

An ELHM specialist is a person who is able to guide others to the place where survival ends, inner support appears, sensitivity returns, and real life begins. This is why the profession becomes not just a job, but a path, a meaning, and a contribution to the world.



Diagram 11. Why People Choose the ELHM Master Profession

Source of the figure: author

Many professionals are drawn to the ELHM method because it combines personal transformation with professional application.

Diagram 11 highlights the main reasons people choose to become ELHM Masters.

CONCLUSION

The ELHM program at KIT Academy forms not just graduates but mature specialists capable of working with people at the level of feelings, states, and internal decisions. It creates professionals who are able to see root causes, leaders capable of guiding people and processes, instructors ready to transmit the method further, and gradually builds an international community of specialists united by a shared philosophy and standards of quality [23–25].

In this way, the “7 Feelings” method becomes not a single author’s practice but a scalable global system capable of developing, teaching, reproducing, and producing sustainable results in different countries and cultures, while preserving the most important elements — depth, humanity, and a person’s inner support [21, 25, 52].

Thus, the ELHM method (“7 Feelings”) represents a structured, practice-oriented model of emotional regulation and personal transformation that combines measurability, reproducibility, and stability of results.

The obtained data and practical experience confirm the potential of the method for further scaling, educational application, and scientific study [6, 12, 13, 27].

ELHM is a contribution to the culture of awareness, emotional maturity, and responsibility for one’s inner state. The method forms people who are able to feel, choose, and act from inner support. And it is precisely such people who create sustainable change - first in their own lives, and then in the world around them.

Final Words from the Author of the Method

We live in a time when the world is changing faster than ever before. Life constantly presents people with new tasks, new decisions, and new challenges. Circumstances change, rules change, and the pace of events continues to accelerate. In this reality, more and more people feel that the familiar sources of support are no longer sufficient.

That is why inner stability has become so important today - the ability to remain in contact with oneself, understand one's feelings, and make calm and conscious decisions even when there is a great deal of uncertainty around.

The **“7 Feelings” method (ELHM)** emerged as a response to this need. It was formed at the intersection of coaching and positive psychology. Coaching contributed a focus on the future, action, and development. Positive psychology provided an understanding of human resources - the capacity to recover, grow, and create well-being from within [58, 65, 66, 68, 71, 72].

The combination of these approaches gradually formed a system that helps a person not remain stuck in the past, but learn to manage their inner state and through this shape their future.

The main idea of the method is very simple.

When a person changes their internal state, their life changes.

Decisions change. Reactions change. Relationships change. The direction of movement changes.

The ELHM method was not created to endlessly analyze the past. It helps a person experience and release accumulated feelings, restore contact with themselves, and then begin to build their life from a place of inner support.

When a person learns to manage their feelings, they begin to manage not only their internal state - they begin to create their future.

I sincerely believe that this method can become an important part of the lives of many people. For some, it may become a professional path. If you feel a desire to help people, accompany them through difficult periods of life, and support them in finding inner stability and clarity, you can study the ELHM method and become a master of this approach.

Training provides not only tools for working with people but also a deep transformation of one's own inner state. It is a path of development that changes not only a profession but also the way a person perceives life.

But this method was not created only for specialists. Many people come to masters of the method simply as clients - to understand themselves, to experience difficult feelings, to release internal tension, and to restore confidence and clarity. This is also a very important path.

Working with masters of the method helps a person gradually release painful experiences, learn to hear themselves, and rely on their inner state. Over time, this changes not only the inner world but also real decisions, relationships, and the direction of life.

The ELHM method is not a one-time form of help and not temporary relief. It is a skill that remains with a person. The skill of hearing oneself. The skill of returning to inner support. The skill of making decisions from clarity rather than from fear. The skill of living one's life consciously.

In a world where the speed of change continues to increase, such a skill becomes one of the most important abilities a person can have. That is why I invite you to become more closely acquainted with this method. If you feel resonance, come and study the method and become masters who help others find their inner support.

And if you simply want to understand yourself better, release heavy feelings, and change your life - come for individual work with masters of the method.

Because the most valuable thing a person can do in their life is to learn to hear themselves, rely on themselves, and create their future from a state of inner strength and clarity.

REFERENCES

1. Diener, E. (1984). Subjective well-being. *Psychological Bulletin*, 95(3), 542–575. <https://doi.org/10.1037/0033-2909.95.3.542>
2. Lyubomirsky, S., Sheldon, K. M., & Schkade, D. (2005). Pursuing happiness: The architecture of sustainable change. *Review of General Psychology*, 9(2), 111–131.
3. Seligman, M. E. P. (2011). *Flourish: A visionary new understanding of happiness and well-being*. Free Press.
4. Brooks, A. C. (2022). *From strength to strength: Finding success, happiness, and deep purpose in the second half of life*. Portfolio.
5. Brooks, A. C., & Winfrey, O. (2023). *Build the life you want: The art and science of getting happier*. Portfolio.
6. Dunaievska, T. (2025). Emotional-level happiness management in the system of personal development and coaching practice. *Millenium Scientific Journal*, No. 250. <https://journal.milleniumra.com.ua/250/14462/>
7. Dunaievska, T. (2026). *The “7 Feelings” Method: Emotional-Level Happiness Management System*. Zenodo. <https://doi.org/10.5281/zenodo.19985007>
8. Dunaievska, T. (2025). The role of emotional awareness in the development of internal support and psychological resilience. *Millenium Scientific Journal*, No. 253. <https://journal.milleniumra.com.ua/253/14873/>
9. Salovey, P., & Mayer, J. D. (1990). Emotional intelligence. *Imagination, Cognition and Personality*, 9(3), 185–211.
10. Goleman, D. (1995). *Emotional intelligence*. Bantam Books.
11. Dunaievska, T. (2026). *Metod “7 chuvstv”: sistema upravleniya schast'yem na urovne chuvstv* [The “7 Feelings” Method: Happiness Management System at the Level of Feelings]. Zenodo. <https://doi.org/10.5281/zenodo.19987358>
12. Dunaievska, T. (2026). Emotional-level happiness management as a method of psychological transformation. In *Current trends in the development of science and society: Proceedings of the X International Scientific and Practical Conference* (pp. 206–216). Oslo, Norway: International Science Group. <https://doi.org/10.46299/ISG.2026.1.10>
13. Dunaievska, T. (2026). Emotional-level happiness management as a method of psychological transformation. In *Global trends and directions of scientific research development: Proceedings of the XIII International Scientific and Practical Conference* (pp. 206–210). Bilbao, Spain: International Science Group. <https://doi.org/10.46299/ISG.2026.1.13>

14. Dunaievskaya, T. (2025). *The role of emotional awareness in personal development and coaching practice*. Scientific Notes of Central Ukrainian State University. Series: Pedagogical Sciences, (213), 19–23. <https://doi.org/10.36550/2415-7988-2025-1-213-19-23>
15. Gross, J. J. (1998). The emerging field of emotion regulation: An integrative review. *Review of General Psychology*, 2(3), 271–299.
16. Gross, J. J. (2015). Emotion regulation: Current status and future prospects. *Psychological Inquiry*, 26(1), 1–26. <https://doi.org/10.1080/1047840X.2014.940781>
17. Dunaievskaya, T. (2026). Technology-induced stress and emotional self-regulation: Exploring the potential of the ELHM method. In *Technology as an extension of man: The limits of the possible and new paradigms: Proceedings of the XVII International Scientific and Practical Conference* (pp. 203–209). Paris, France: International Science Group. <https://doi.org/10.46299/ISG.2026.1.17>
18. Dunaievskaya, T. (2026). Emotional-Level Happiness Management as a tool for shaping modern thinking under conditions of rapid social change. In *Rapid implementation of new technologies: Shaping modern thinking and problems: Abstracts of the XVIII International Scientific and Practical Conference* (pp. 216–221). Krakow, Poland: European Conference. <https://eu-conf.com/en/events/rapid-implementation-of-new-technologies-shaping-modern-thinking-and-problems/>
19. Seligman, M. E. P. (2006). *Learned optimism: How to change your mind and your life*. Vintage Books.
20. Seligman, M. E. P. (2018). *The hope circuit: A psychologist's journey from helplessness to optimism*. PublicAffairs.
21. Pavliuchenko, M. V. (2026). Psychological assistance to displaced persons during the war: Theoretical and practical justification for the application of the “Emotional-Level Happiness Management” (ELHM) method in resource-based psychological meetings. In *Digitalization and sustainable development: From technology to society: Proceedings of the XI International Scientific and Practical Conference* (pp. 146–153). Florence, Italy: International Science Group. <https://doi.org/10.46299/ISG.2026.1.11>
22. Dunaievskaya, T. (2025). Conscious entrepreneurship: The power that begins within. *Programming Insider*. <https://programminginsider.com/tetiana-dunaievskaya-conscious-entrepreneurship-the-power-that-begins-within/>
23. Savchuk, V. O., Dunaievskaya, T. O., & Polenkova, M. V. (2025). The leader psychology and team building. *Humanitarian Forum*, 3(2), 67–76. [https://doi.org/10.60022/3\(2\)-9-GF](https://doi.org/10.60022/3(2)-9-GF)

24. Dunaievska, T. (2025). Pedagogical technologies for forming awareness and emotional resilience in the educational process. *Scientific Notes. Series: Pedagogical Sciences*, 221, 169–173. <https://doi.org/10.36550/2415-7988-2025-1-221-169-173>
25. Malyk, Y. (2026). Application of the Emotional-Level Happiness Management Method in the formation of emotional competence in preschool children. In *New paradigms of interdisciplinary research: Theories, ideas and developments: Proceedings of the XIX International Scientific and Practical Conference* (pp. 243–250). Prague, Czech Republic: International Science Group. <https://doi.org/10.46299/ISG.2026.1.19>
26. Dunaievska, T. (2026). Emotional–intuitive approaches in coaching: Barriers and professional identity of women coaches in academic and corporate contexts. *Economics and Education*, 11(1), 57–65. <https://doi.org/10.30525/2500-946X/2026-1-9>
27. Dunaievska, T. (2026). Implementing the Emotional-Level Happiness Management (ELHM) Method: A coaching-based emotional regulation program for women before, during, and after divorce. *International Science Journal of Education & Linguistics*, 5(3), 8–16. <https://doi.org/10.46299/j.isjel.20260503.02>
28. Dunaievska, T. (2025). Managing happiness: The art of living consciously. *TechBullion*. <https://techbullion.com/tetiana-dunaievska-managing-happiness-the-art-of-living-consciously/>
29. Diener, E., Oishi, S., & Tay, L. (2018). Advances in subjective well-being research. *Nature Human Behaviour*, 2(4), 253–260.
30. Ryff, C. D. (1989). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *Journal of Personality and Social Psychology*, 57(6), 1069–1081.
31. Ryff, C. D., & Keyes, C. L. M. (1995). The structure of psychological well-being revisited. *Journal of Personality and Social Psychology*, 69(4), 719–727.
32. Lyubomirsky, S. (2007). *The how of happiness: A scientific approach to getting the life you want*. Penguin Press.
33. Seligman, M. E. P. (2002). *Authentic happiness: Using the new positive psychology to realize your potential for lasting fulfillment*. Free Press.
34. Wong, P. T. P. (2011). Positive psychology 2.0: Towards a balanced interactive model of the good life. *Canadian Psychology*, 52(2), 69–81. <https://doi.org/10.1037/a0022511>
35. Beck, A. T. (1979). *Cognitive therapy and the emotional disorders*. Penguin.
36. Deci, E. L., & Ryan, R. M. (2000). The “what” and “why” of goal pursuits: Human needs and the self-determination of behavior. *Psychological Inquiry*, 11(4), 227–268. https://doi.org/10.1207/S15327965PLI1104_01

37. Neff, K. D. (2011). *Self-compassion: The proven power of being kind to yourself*. William Morrow.
38. Neff, K. D. (2023). *Self-compassion: Theory, method, research, and intervention*. Guilford Press.
39. Goleman, D. (1998). *Working with emotional intelligence*. Bantam.
40. Martin, L., Villagran, M. A. L., & Cragin, S. (2024). Emotional intelligence and happiness: Varied perspectives of supervisors and employees. *The Journal of Academic Librarianship*, 50(6), Article 102978. <https://doi.org/10.1016/j.acalib.2024.102978>
41. Dunaievskaya, T. (2026). *Після розлучення життя існує: книга жіночої сили* [Life exists after divorce: A book of women's strength]. Zenodo. <https://doi.org/10.5281/zenodo.20008608> Available at: <https://www.amazon.com/dp/b0f897k2m7>
42. Csikszentmihalyi, M. (1990). *Flow: The psychology of optimal experience*. Harper & Row.
43. Csikszentmihalyi, M. (1997). *Finding flow: The psychology of engagement with everyday life*. Basic Books.
44. Lin, Z. (2022). Emotion regulation strategies and sense of life meaning: The chain-mediating role of gratitude and subjective wellbeing. *Frontiers in Psychology*, 13, Article 810591. <https://doi.org/10.3389/fpsyg.2022.810591>
45. Grant, A. M., & Cavanagh, M. J. (2007). The goal-focused coaching skills questionnaire. *Social Behavior and Personality*, 35(6), 751–760.
46. Whitmore, J. (2017). *Coaching for performance* (5th ed.). Nicholas Brealey Publishing.
47. Spitzer, R. L., Kroenke, K., Williams, J. B. W., & Löwe, B. (2006). A brief measure for assessing generalized anxiety disorder: The GAD-7. *Archives of Internal Medicine*, 166(10), 1092–1097. <https://doi.org/10.1001/archinte.166.10.1092>
48. Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The Satisfaction With Life Scale. *Journal of Personality Assessment*, 49(1), 71–75.
49. Rosenberg, M. (1965). *Society and the adolescent self-image*. Princeton University Press.
50. Cohen, S., Kamarck, T., & Mermelstein, R. (1983). A global measure of perceived stress. *Journal of Health and Social Behavior*, 24(4), 385–396. <https://doi.org/10.2307/2136404>
51. de Haan, E. (2008). *Relational coaching: Journeys towards mastering one-to-one learning*. Wiley.

52. Khaustova, T. M. (2026). Empathy as the basis of psychological interaction and internal stabilization of personality: The ELHM method in the practice of emotional regulation. In *Education and science in the modern world: Problems and prospects: Proceedings of the XII International Scientific and Practical Conference* (pp. 166–172). Tallinn, Estonia: International Science Group. <https://doi.org/10.46299/ISG.2026.1.12>
53. de Haan, E., Duckworth, A., Birch, D., & Jones, C. (2013). Executive coaching outcome research: The contribution of common factors. *International Coaching Psychology Review*, 8(1), 40–57.
54. Palmer, S., & Whybrow, A. (Eds.). (2007). *Handbook of coaching psychology: A guide for practitioners*. Routledge.
55. Rogers, J. (2012). *Coaching skills: A handbook* (3rd ed.). Open University Press.
56. Passmore, J. (Ed.). (2010). *Excellence in coaching: The industry guide* (2nd ed.). Kogan Page.
57. Passmore, J., Peterson, D. B., & Freire, T. (Eds.). (2013). *The Wiley-Blackwell handbook of the psychology of coaching and mentoring*. Wiley-Blackwell.
58. Stober, D. R., & Grant, A. M. (Eds.). (2006). *Evidence based coaching handbook: Putting best practices to work for your clients*. Wiley.
59. Grant, A. M. (2011). Is it time to REGROW the GROW model? Issues related to teaching coaching session structures. *The Coaching Psychologist*, 7(2), 118–126.
60. Kabat-Zinn, J. (1990). *Full catastrophe living*. Delacorte Press.
61. Fredrickson, B. L. (2001). The role of positive emotions in positive psychology: The broaden-and-build theory of positive emotions. *American Psychologist*, 56(3), 218–226. <https://doi.org/10.1037/0003-066X.56.3.218>
62. Fredrickson, B. L., & Joiner, T. (2002). Positive emotions trigger upward spirals toward emotional well-being. *Psychological Science*, 13(2), 172–175.
63. Fredrickson, B. L. (2009). *Positivity*. Crown Publishers.
64. Park, N., Peterson, C., & Seligman, M. E. P. (2004). Strengths of character and well-being. *Journal of Social and Clinical Psychology*, 23(5), 603–619. <https://doi.org/10.1521/jscp.23.5.603.50748>
65. Peterson, C. (2006). *A primer in positive psychology*. Oxford University Press.
66. Peterson, C., & Seligman, M. E. P. (2004). *Character strengths and virtues: A handbook and classification*. Oxford University Press.
67. Dunaievskaya, T. (2024). Into the future through the subconscious. 7 Dniv. <https://7dniv.rv.ua/suspilstvo/u-maybutnie-cherez-pidsvidomist>
68. Grant, A. M. (2003). The impact of life coaching on goal attainment, metacognition and mental health. *Social Behavior and Personality*, 31(3), 253–264.

69. Green, S., Oades, L., & Grant, A. M. (2006). Cognitive-behavioral, solution-focused life coaching: Enhancing goal striving, well-being, and hope. *The Journal of Positive Psychology*, 1(3), 142–149.
70. Grant, A. M. (2014). The efficacy of executive coaching in times of organizational change. *Journal of Change Management*, 14(2), 258–280.
71. Snyder, C. R., & Lopez, S. J. (Eds.). (2002). *Handbook of positive psychology*. Oxford University Press.
72. Snyder, C. R., Lopez, S. J., Edwards, L. M., & Marques, S. C. (Eds.). (2021). *The Oxford handbook of positive psychology* (3rd ed.). Oxford University Press.