

## **Emotional Bills**

Excerpt out of the EMO-Manual: How to present my EMOTional Invoice.

It has been published in German as a handbook, how to challenge stress :

Philipp Sonntag: Das EMO-Handbuch - So schreibe ich eine EMOTionale Rechnung.  
Thurneysser Verlag, Pf 35 05 32 in 10214 Berlin, April 2007, 135 S, 11,80 €.

An extension to include positive experiences and react in extra friendly ways has been included in chapter 6 „Widumi“, in another book:

Philipp Sonntag: Ungereimtes und Gereimtes - mit malerischen Interpretationen von Sabine Kaemmel. Projekte Verlag Cornelius, Halle/Saale, ein Kunst(volles)buch 19.90 €, 147 Seiten, ISBN 978-3-86634-690-1, April 2009.

You write EMOs as sensitively, with care, as it comes to you mind. On the other hand, you might be on the way, and an immediate reaction might be a good idea. A short form on how to write an immediate EMO is provided – make a printout and carry it in you wallet, receivers will understand your message alright.

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Author

### **1. What is an EMOTional Invoice?**

Many things trample our nerves. While freaks of nature and whims of machinery may be notorious, still in most cases there is a human being behind the nerve-splitting actions. The cause may be neglect or even evil purpose. In both cases an Emotional Invoice may very well trigger a second thought, and gently or harshly let the person consider a more gentlemanly behaviour.

We do not get accustomed to bad products, unsatisfactory service, public scandals, environmental pollutions and bad experiences within the private sector. It is bad. Accordingly we launch a protest

with an EMO (Emotional Invoice) in the form of a letter to the person or institute, that caused the stress. EMO as a tool will illustrate the emotional protest in a dramatising, and yet conciliatory, form.

The emotional invoice will be immediate to the point of actual suffering. EMO is neither suitable for general accusations nor for crude blackmail. There is a person responsible for the stress, and so there shall be an invoice presented to this person. Anything may be required, money, good deeds, at least understanding and apologies. Money is suitable, even though it is not expected that the receiver of the EMO shall pay: Rather the amount of money presented within the EMO shall demonstrate, how much would be needed for compensation, and thereby, what according amount of emotional stress has been caused.

The according English „EMO Handbook – How to Present Your Emotional Charge“ or emotional bill shall as well be a “social tool” in order to answer all and any challenges, to fight back against stress, where a person attempts to suppress somebody: Everybody can always write an Emotional charge in form of a bill to the person causing the anger, who will thereby understand, how the writer of the bill did suffer, and that the entire action has been unfair and unnecessary.

The bill may request Euros, dollars or accept other means of compensation. One would not really expect restitution payments. Rather the action has satirical character. By all means it shall carry an adequate message to the person causing anger and stress. There are manifold motives for writing an EMO, as illustrated in according chapters about items such as quarrels in families, bureaucratic terror, environmental stress or a surplus of violence in media. An EMO would not be adequate against actual violence of brute force. The handbook includes a chapter, what to do best, in case you receive an EMO: Main purpose is understanding and peace rather than war and ongoing quarrels. The handbook includes a broad multitude of examples, where writing an EMO would be helpful ...

In case a friend surprises you with an extra positive emotion, you answer with a positive EMO (in German: WiDuMi). This may be a lovely tool for a flirt, a nice tradition how to celebrate a jubilee, a diplomatic form to establish lasting peace.