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## STEPS TO FEELING YOUR EMOTIONS

Instead of resisting or avoiding your emotions, use this chart to guide you *through* your emotional experience. Just like weight lifting, it may be uncomfortable at first but the more you practice in gentle, loving increments the more empowered you will become.

1

Take a few deep breaths.

Identify **where** it is *in* your body.

3

Name the emotion.

4

## Give it loving attention.

(Stay in your body.)

What color is it?

What shape is it?

What is the texture?

What is the weight/density?

Is it moving?

What temperature is it?

"This is what \_\_\_\_\_ feels like."

\*What is the emotion trying to tell me?