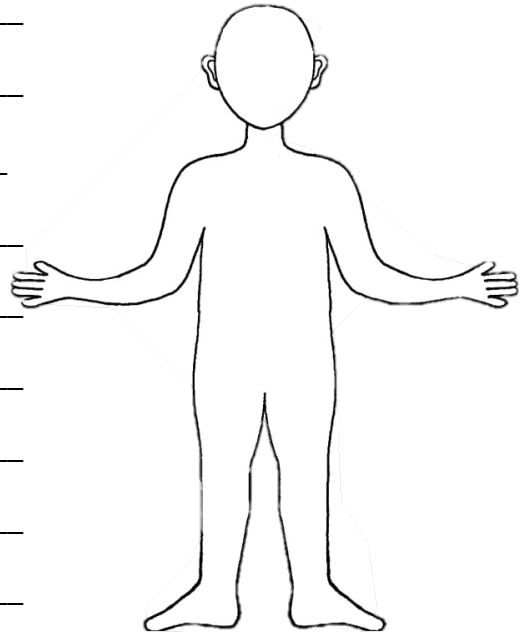


How to Move Through an Emotion

Feel, process, & overcome challenging emotions.

As you work through this guide, know that whatever comes up for you is okay. Note that feelings needn't come with 'shoulds'—nothing that you feel is right or wrong—feelings are information. When working through this, instead of using judgement or criticism, try to cultivate self-compassion.

What sensations are you feeling in your body? Indicate where you feel them on the diagram or explain below.



What do the sensations mean to you?

How would you label the feeling? Is a label necessary?

What has been happening for you that may have contributed to this feeling?

How would sitting with this feeling feel for you?

What would open up for you if you let go of this feeling?

How to let go:

1. Practice deep breathing. Try taking a 4 second inhale through the nose, holding for 4 seconds, and exhaling for 6 seconds loudly through the mouth. Repeat 4 times.
2. Feel the feeling fully. Allow whatever emotions you have to come up. Just be with them. Do not judge them. Try and be compassionate to yourself and create an openness to this experience.
3. Once calmer and more aware of your feelings, focus on sending your breath to the feeling you would like to let go of. If you'd like, place your hand over the area where the sensation is. As you exhale, imagine the feeling flowing out of you through your breath. Notice what happens. Repeat as many times as necessary.
4. Give yourself a hug. Thank yourself for the opportunity to practice letting go.

What do you need right now?