Learning how to feel emotions is a useful tool in managing your mind, and therefore achieving your goals. This is regardless of whether an emotion is labelled by yourself, or others, as negative or positive.

Benefits

- ❖ By not resisting feelings you take away their strength and lessen them
- If you are willing to feel any emotion you will be willing to show up in the world in a way that most people are unwilling to
- It gives you access to your brain, and to the thought(s) creating your feeling(s)
- When you are willing to walk into and feel the suffering your thoughts can create you take ownership of it. This creates a trust with your yourself. You know there isn't any feeling you can't feel and that you can process, rather than indulge in, it

The Process I am feeling ... (... sad, anxious, elated, humiliated, shame, frustrated, happy) Relax into it, become the watcher (Focus on your exhale breath) Describe it (What does it feel like? Where abouts in your body is it? Does it have a colour? What adjectives describe it eg hard, light, buzzy?) What is the worst part? I am feelling because of a sentence in my head. The sentence is