

RIDING THE WAVE OF AN EMOTION

Observe your Feeling

Notice it
Step back
Get unstuck

Experience your Feeling

As a wave coming and going
Try not to block the feeling
Don't try to get rid of it
Don't try to push it away
Don't try to hold on to it
Don't try to make the feeling bigger

Remember, you are not the feeling

You don't need to act on it
Remember times when you have felt differently

Become more comfortable with your feeling

Don't judge it
Radically accept it as part of you
Name your feeling Invite it home for dinner and sit with it