

WORKING WITH YOUR EMOTIONS USING MINDFUL OBSERVATION

1. **LIE DOWN OR SIT QUIETLY:** Try to be in a place where you can spend some time with this feeling without interruption. Lie or sit in a relaxed stance.
2. **ALLOW IT:** Let whatever emotion or physical feeling be present. If you are bringing something to mind deliberately, imagine that you are in the situation where this emotion was activated and allow it to come up again.
3. **SCAN THROUGH YOUR BODY:** What exactly am I feeling? Where am I feeling it in my body?
4. **MAKE SOME ROOM FOR THIS FEELING:** Sit with it, make some room around it. What does it feel like? How would I describe it to an impartial observer? Breathe in and out with it; let it be fully experienced.
5. **DESCRIBE IT:** What colour is it? If it had a shape, what would it be? If you could touch it, what would it feel like? Does it have a temperature? Is it still or moving at all?
6. **TALK TO IT:** Ask it questions in a relaxed, non-judgmental way. Does it have anything it wants to say to you? If it had a voice, what would it sound like? What does it want? Don't worry if it can't answer you, there is no right or wrong about this. Just be curious and notice what happens as you interact with it.
7. **ACKNOWLEDGE AND LISTEN:** If it does tell you something, acknowledge what it says and really hear it. Avoid getting into an argument with it, even if what it says doesn't feel very helpful or true to you. Emotions just need to be heard, so make sure you really listen to it.
8. **CHECK IN AGAIN:** Is there anything else it wants to tell you? Has it said enough? Does it need anything from you? Does it want you to do anything?
9. **FINISH OFF:** Trust your intuition. Do you feel that there is more you need to do with this feeling today? Have you come to a natural end?

General Hints and Tips

You won't be able to work through all of these steps for each feeling. You may not need to. Be flexible and curious. Try the different steps but don't worry about what happens. Sometimes you won't be able to get a shape or a colour, or it won't be clear what part of the body it's in. This is all fine, just notice and observe what happens.

Be kind to yourself. This is a new way of working and takes practice. Don't worry if you can't do it straight away.