



"We cannot selectively numb emotions. When we numb the painful emotions, we also numb the positive emotions."

Brene Brown, PhD

MOVING WITH BARRIERS

ACCEPTANCE & COMMITMENT THERAPY + MINDFUL SELF-COMPASSION THERAPY

EMOTION IS INFORMATION. ACCEPT EMOTIONS AND ANXIETY BY INVITING THEM ALONG FOR THE RIDE. AND LISTENING TO WHAT THEY SAY TO YOU.

Realize we are raised and socialized to believe when a barrier comes up, we should get rid of it – overcome it. The problem with this strategy with our emotions, is the force it takes to overcome a struggle, ignites the limbic system within our system that responds with a Fight or Flight response.



This automatically results in higher cortisol and other stress chemicals within our system, thus trying to overcome anxiety results in more Anxiety and/or Anger!

Moving with Barriers provides a practical exercise to listen and trust your experience, not your mind! The key is to accept your emotions and move with these perceived barriers by taking them along for the ride. Do not avoid, shame or over-analyze your emotions, accept them while moving in your desired direction of your values and goals.



Visualize you are driving your "Life Bus," headed towards your "Value Mountain of _____ (list value or goal). Along the way you pick up some unruly passengers, like angry thoughts, regrets, shame, and anxiety. Other passengers are feelings of panic, apprehension, and tension.



They are loud, whiney, and persistent. They even try to bully you as you drive along. "Don't go there, it's too dangerous!" "You will fail like always." "What makes you think you deserve anything good?" "Stop trying, and just give up." You realize that while you were coming up with defenses, arguments and analyzing strategies to quiet them, you missed a road sign and took a wrong turn. You are lost and exhausted.



You chose to STOP THE BUS, turn around, and give each passenger TIME, ATTENTION, AND VALUE (loving intention). **You look them in the eye, listen and provide reassurance that you have heard their fears, and reassure them of the lessons learned from the past, and the opportunity of a well-planned future.** You realize that although it took time to stop and face your emotions, you feel a sense of calm as your passengers feel valued and safe.



Realize that if you were practicing **Mindfulness & Acceptance and Embracing and Experiencing Emotions** by feeling and processing them with the intent to learn in each moment, you would not have gotten lost, nor needed to stop to work with all of the unruly passengers that you had been trying to ignore or shush up for so long.