

"When we deny our stories and disengage from tough emotions, they don't go away. Instead, they own us, they define us... in other words, the more we try to avoid our emotions, the more control they have over our thoughts and behavior!"

Brene Brown, PhD

working through even the most painful emotional experiences

PROCESS EMOTIONS WITH R.A.I.N.

Emotions are like the weather, always occurring. Although, at times, our emotions are so subtle we may not notice. Like a calm, non-windy day.

Other times, our emotions are so intense we can't ignore them. Like getting wet from pouring rain.

We also have no control over the weather. If you try to control it you are going to waste a lot of time fighting against it, only to feel exhausted and frustrated.

Like the weather, we have no control over which emotions are activated. Emotions, and their neurochemical and hormonal impact, are triggered within 100 milliseconds of an internal or external stimuli.

We do however have power over how we **respond** to weather and to our emotions! We can choose how to respond to a rainy day, to stress, anger, shame or any other emotion. We have power with Self-Leadership and Emotional Health practices like R.A.I.N.

And remember, there's a reason for every emotion. We need to feel sad to cry and heal, we need to feel anger to detect an unmet need or a violation, and so on.



RECOGNIZE

Identify your current emotions and notice how they feel in your body. With Wise Mind you have Self-Leadership to take 100% responsibility to recognize your emotions and feelings.

ALLOW

Allow your emotional experience to be, as painful as it may be. Sit 'in the mud' with your emotions. Do not fight or react to them. Have Wise Mind to observe and allow your emotions.

INQUIRE

Use Emotional Literacy to understand the information in your emotions. Wise Mind has the power to provide care and compassion to soften and shift even the most painful emotional experiences.

NEEDS

Take action to meet your needs. You may need to accept, cry and heal. You may need to set a boundary or communicate a want. You may need to go for a walk to deactivate anxiety, or plan for action with complex solutions.



"Your intellect may be confused, but your emotions will never lie to you about how you feel!"

Roger Ebert

RECOGNIZE Recognize how you are feeling.

Start by letting yourself vent and consciously complain by freewriting what's on your mind and how you're feeling. Let it all out.

Where do you feel sensation or emotion in your body? Describe how it feels (heavy, hot, tight, pinchy, etc.).

Describe your emotions with Emotional Literacy. Use **Feelings Wheel or Mood Meter** on pages 6 and 7 to identify emotions.

Describe the strongest/highest energy emotions and feelings.

Describe the more subtle/low energy emotions and feelings.

ALLOW Allow all thoughts, beliefs and emotions to be as they are, like you'd allow rain to fall from the sky. Sit with your emotional and sensory experience. Allow it to be. Allow your current thoughts and beliefs. They may seem awful. They may seem factual. You may notice that you almost feel like you need these thoughts and beliefs, as awful, irrational or rational they seem.





INQUIRE Our emotions don't use words. We must be curious and take time to understand.

Describe who or what is tied to your current emotions. Self-worth, a value, desire, unmet need, violation, safety, work, loved-one?

If your current emotion(s) could literally speak to you, what do you believe it's trying to say?

WHEN was the last time you felt similar to the way you're feeling or thinking now? How was it different or similar to now?

How did you end up feeling better? Or did the painful emotions and beliefs go away on their own?

What must you absolutely accept as truth in this moment, whether you like it or not?

SCAN your life and notice if you feel you've turned on yourself in some way. Are there aspects you feel shouldn't be happening the way they are? Areas you're suffering? Anywhere where you're feeling not 'ok,' not normal, not lovable, or not good enough?

If you need more questions to understand your emotions right now, see the Emotional Literacy worksheet.



“Without our emotions, we can't make decisions; we can't decipher our dreams and visions; we can't set proper boundaries or behave skillfully in relationships; we can't identify our hopes or support the hopes of others; and we can't connect to, or even find, our dearest loves.”

Karla McLaren, MEd

NEEDS AND ACTIONS

Overall, what do you believe is the real reason for your current emotions? Anything missing in your life? A needed change?

Have you discovered any unmet needs or wants, as far fetch as they may seem? Any learned lessons or needed boundaries?

What do you **prefer** to feel, think and believe in this moment? Describe specific emotions and beliefs.

What is one thing you could do right now to get closer to my preferred feelings/thoughts?

Does anything get in your way of allowing this? What is possibly getting in the way of doing this one thing?



NEEDS AND ACTIONS (continued)

What is getting in the way of feeling better in this moment? Do you have any fears or doubts surrounding this?

What priority or plan can you take now or soon to get closer to how you want to feel? Do you need to communicate specific needs, wants or boundaries? Think about what ACTIONS you can take today or at least start planning for? Free-write ideas.

What emotions do you feel now? What thoughts? Have your emotions changed, more subtle or stronger?

If you are feeling activated or having intense emotions, the Four F's provide ideas on what to do RIGHT NOW to process through big emotions.

For example, if you are feeling high anxiety, going for a run is a FAST way to deactivate your parasympathetic nervous system. Another way to deactivate high anxiety or rage is to daydream, watch a movie, or reach out to a friend and offer to help them in some way.

Additional Ways to Process Painful Feelings

SAVE THIS WORKSHEET BEFORE CLICKING LINKS

Self-Compassion Meditation
<https://youtu.be/wm1t5FyK5Ek>

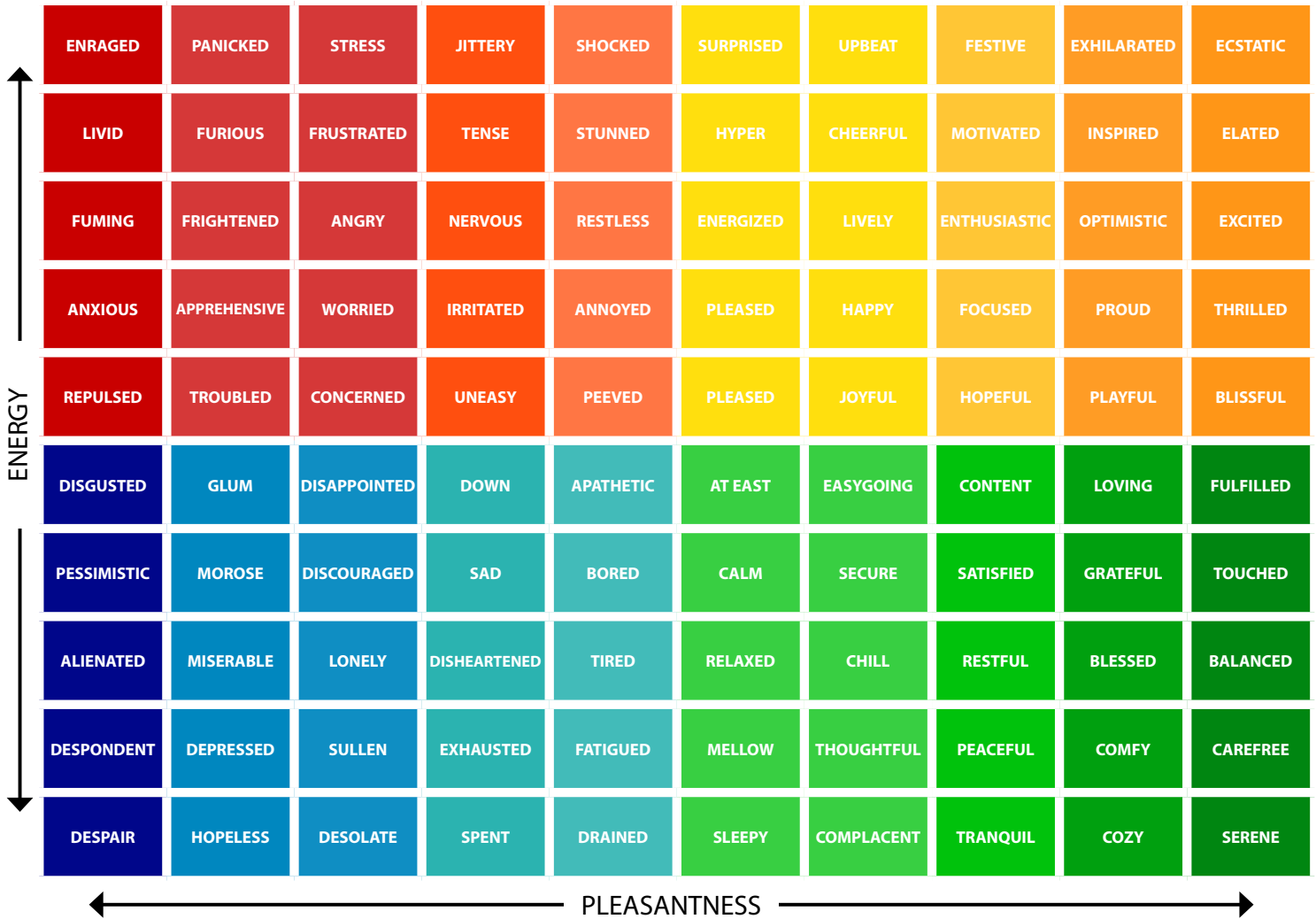
Oxytocin Boosters
<https://www.creatingyourbalance.com/oxytocin>

Self-Compassion Practices
<https://www.creatingyourbalance.com/compassion>



MOOD METER

Use this to build Emotional Literacy



EMOTIONS/FEELINGS WHEEL

