



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

~ Brene Brown, PhD

PROCESS PAINFUL EMOTIONS

1 LABEL your **emotions**. What are you feeling?

2 LOCATE your **emotions**. Where do you feel these emotions in your body?

3 DESCRIBE the **thoughts and beliefs** you are having.

4 IDENTIFY strongest thoughts and emotions you are having vs. the softest, most subtle ones.

Strongest/high energy emotions and thoughts:

More subtle/low energy emotions and thoughts:

5 WHEN is the last time you felt this way?

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?

6 REALIZE what you would prefer to feel, think and believe instead?

7 VISUALIZE your calm place - whatever this means to you (beach, forest, bedroom, etc.). This allows access to your higher rationale. Take 4 deep breaths. Imagine the emotional sensations melting a bit, like ice melting slowly.

8 LEARN by asking your higher rationale, "What is **one thing** I could do right now to get *closer* to these preferred feelings/thoughts, as identified in 6 REALIZE?"

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

What may need to occur in life before this?

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

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

9 EXPLORE - What emotions you feel now? What thoughts? How have your emotions changed, more subtle or stronger?

10 ACTION - What priority, goal, or action plan can you take now or soon to get closer to where you want to be in life?

HONOR YOURSELF FOR MAKING IT THROUGH THIS PRACTICE. FEEL THE ACCOMPLISHMENT.