



"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

PROCESS PAINFUL EMOTIONS

1 FEEL, IDENTIFY AND ACCEPT YOUR EMOTIONS

What are you feeling? Where do you **feel** emotion in your body. Describe (heavy, hot, tight, suffocating, etc.)

IDENTIFY specific emotions with Emotional Literacy. Use the **Mood Meter**, page 4 as needed to identify emotions.

Describe the strongest/highest energy emotions and feelings.

Describe the more subtle/low energy emotions and feelings.

2 BE CURIOUS AND UNDERSTAND THE MEANING WITHIN YOUR EMOTIONS

What are your thoughts and beliefs about what you are feeling. Allow **free-writing** without over-thinking.

Describe who or what is tied to the emotion? Your self-worth, a value, desire, unmet need, violation, safety, a loved-one?

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

Describe the loudest, strongest thoughts and beliefs you're noticing.

Describe the quietest, most subtle thoughts and beliefs you're noticing.

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

Overall, what do you believe is the real reason for these emotions? Anything missing in your life? A needed change? Acceptance and grieving through a loss? Since our emotions don't use words to communicate, we must be curious and take the time to understand. Use [Internal Questions](#) (pages 5-9) as a guide if you'd like.

WHEN was 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?

Is there is anything you can do right now to help with what caused these emotions?

3 CHANGE EMOTIONS WITH EMOTIONS

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

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 feeling the preferred emotions and beliefs you described above.

Ask your Compassionate, higher rationale, "Wise Mind" (the calm, intelligent part of your psyche) the following:

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

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?

ACTION PLAN - What priority or plan can you take now or soon to get closer to how you want to feel? Free-write ideas.

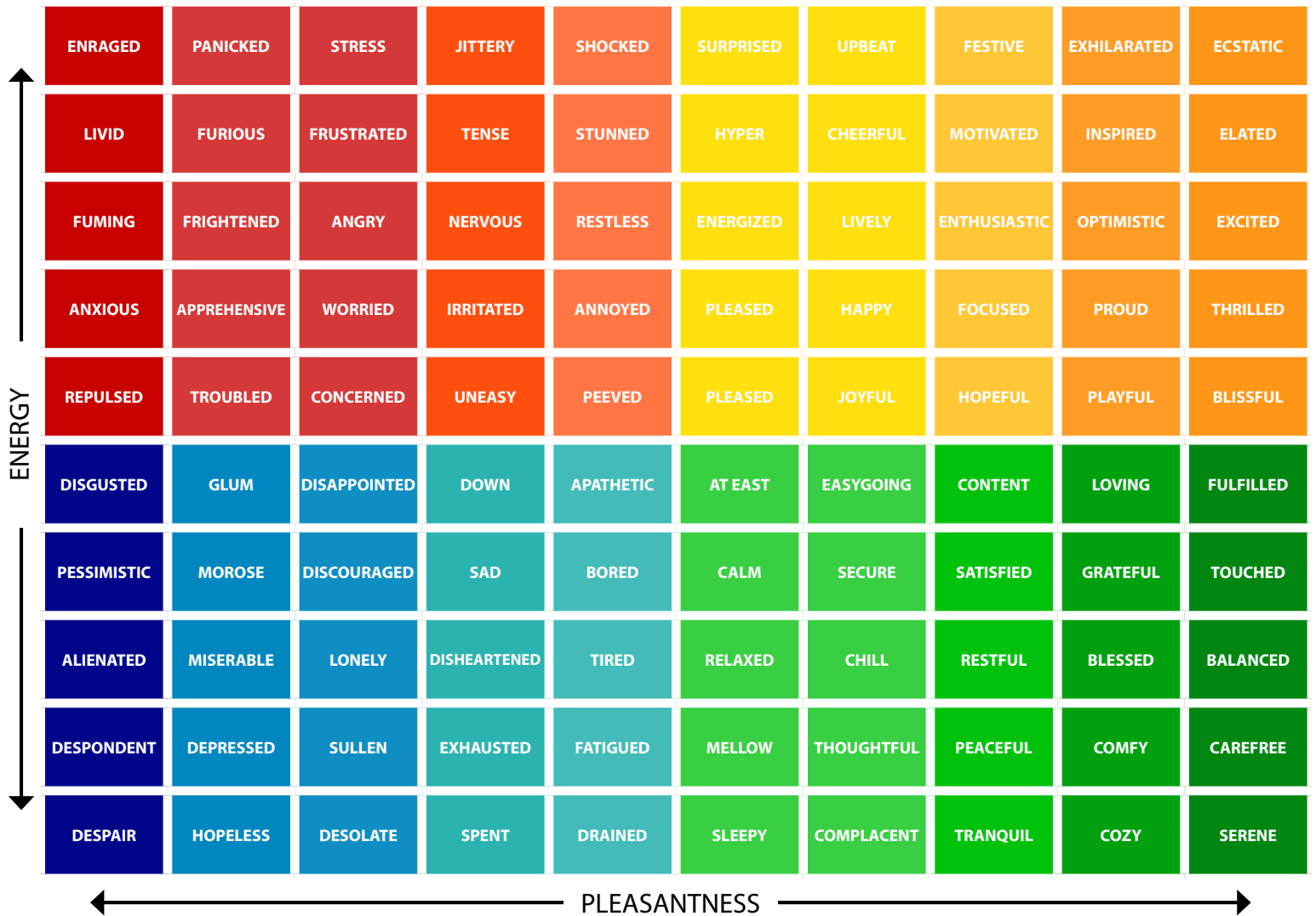
What emotions do you feel now? What thoughts? Have your emotions changed, more subtle or stronger?

HONOR YOURSELF FOR MAKING IT THROUGH THIS PRACTICE. THIS PRACTICE ISN'T EASY, ESPECIALLY AT FIRST.

If emotions are stronger or more painful, you may start back at **1** and follow the steps again, or you may try Dr. Neff's meditation for processing difficult emotions: https://self-compassion.org/wp-content/uploads/2016/11/softensootheallow_cleaned.mp3

MOOD METER

Use this worksheet or the Mood Meter App to build Emotional Literacy: <https://moodmeterapp.com>





"I would not look upon anger as something foreign to me that I have to fight...
I have to deal with my anger with care, with love, with tenderness, with nonviolence.."

- Thich Nhat Hanh

MAD/ANGER GROUP PROTECTION, VALUES, AND BOUNDARIES

Emotion & Purpose	Internal Questions	Required Actions
<p>Anger Protection</p> <p>Arises when you perceive that you or someone else has been wronged. It also serves to overcome obstacles or feeling powerless.</p> <p>Alerts of a violation (real or perceived) of your values, your sense of self, a boundary, or your actual safety - or a loved-ones safety.</p>	<p><i>What has been violated?</i></p> <p><i>Is there an unmet need?</i></p> <p><i>Is my anger protecting sadness or vulnerability?</i></p> <p><i>Is there a need to take corrective action?</i></p> <p><i>What do I value?</i></p> <p>We only get angry about aspects we care about</p>	<ul style="list-style-type: none"> • Validate and experience through the heat of anger, honor it and own it 100% to understand it • Do not react (unless you're in immediate danger) • Accept your right to feel angry • Take a time-out and time-in as needed to process • Seek to understand what has been violated (value, safety, identity, sense of self, boundary, etc.) • Once calm, you may need to speak your truth or negotiate corrective action to restore and protect.
<p>Apathy (or Boredom) Mask for Anger</p> <p>Allows you to know when you are not able, or willing to set boundaries.</p> <p>Detachment, boundary-setting, separation, taking a time-out to assess</p>	<p><i>What is being avoided?</i></p> <p><i>Are you resenting yourself or someone else?</i></p> <p><i>What must be made conscious?</i></p>	<ul style="list-style-type: none"> • Honor your need to gain clarity and space, without taking yourself out of commission • Leverage the anger beneath to gain clarity on what you perceive is being violated. Realize what needs to be protected, restored, and/or corrected in order to feel safety and freedom
<p>Disgust (also felt as Hate) Offers You Profound Awareness</p> <p>Alerts you to something you find aversive, repulsive and/or toxic. Ranges from mild dislike to intense loathing. Disgust wants to keep you away from potentially dangerous/damaging people and situations, to keep you safe.</p>	<p><i>What has fallen into my unawareness?</i></p> <p><i>Who or what is toxic?</i></p> <p><i>What must be understood and accepted or changed if change is possible?</i></p>	<ul style="list-style-type: none"> • Realize who or what may be toxic in your life • If you are feeling self-disgust, discover rejected aspects of yourself (exiles) by understanding faults you perceive and accept what you've deemed unacceptable about yourself (regrets, faults, etc.) • Burn contracts with these despised behaviors and restore your own self to wholeness • <i>Tearing-up Contracts Practice and IFS Self Leadership</i>
<p>Envy (aspects of Interest) Desire Radar</p> <p>Fairness, security, access to resources, approval, self-preservation. Provides you with awareness of what you may desire but have shame or limiting beliefs.</p>	<p><i>What must be made right?</i></p> <p><i>Am I wanting something but shaming or denying this desire?</i></p> <p><i>What are my desires in life?</i></p>	<ul style="list-style-type: none"> • Honor self-preservation, needs, wants, desires • Discern perceived fairness versus unfairness • Check-in with your limiting beliefs about what you can accomplish and work towards in life. • Take a time-in, and see if you can understand your own limiting beliefs and Protector Parts • Leverage this opportunity to realize your dreams and desires - reestablish goals as you see fit



"Fear keeps us focused on the past or worried about the future. If we can acknowledge our fear, we can realize that right now we are okay."

- Thich Nhat Hanh

FEAR GROUP INSTINCTS, SAFETY, ORIENTING

Emotion & Purpose	Internal Questions	Required Actions
<p>Fear</p> <p>Intuition & Action</p> <p>Perceives a threat and attempts to force you to respond immediately with FLIGHT (flee) or FIGHT (action).</p> <p>Instincts, focus, clarity, attentiveness, readiness, vigor</p>	<p><i>What is it about this situation or person that makes me feel unsafe?</i></p> <p><i>How can I feel safe?</i></p>	<ul style="list-style-type: none"> • Acknowledge your fear and need for clarity • Focus attention on your fears and orient yourself • With curiosity and compassion, have the intent to learn what you are truly scared of • Restore safety with wise, rational, clear choices
<p>Anxiety & Worry</p> <p>Focus & Completion</p> <p>Helps urge you to prepare and plan for the future and get things done.</p> <p>Foresight, focus, task-completion, alert system. Procrastination alert system.</p>	<p><i>What triggered this feeling?</i></p> <p><i>What really needs to be done right now?</i></p> <p><i>What needs to be planned?</i></p>	<ul style="list-style-type: none"> • Attend to the information anxiety sends • Realize/restore your boundaries in relationships to regain self-trust and reduce feeling helpless Anxiety NEEDS YOU to listen to it with compassion, and then plan for action • Use 'Conscious Questioning Anxiety' practice and other exercises such as <i>mindful meditations, journaling, grounding, and IFS Self Leadership</i>
<p>Confusion</p> <p>Mask for Fear & Anxiety</p> <p>Lets you know too much is going on. Alerts the need to take a time-out and time-in to decompress and reflect.</p>	<p><i>What is my intention?</i></p> <p><i>What is most important?</i></p> <p><i>Am I living aligned with my values?</i></p>	<ul style="list-style-type: none"> • Decipher confusion by understanding intention • Take a time-out and time-in • Stop looking outside yourself for answers • Ask internal questions, what are your values, intention, purpose - this overrides ambiguity • <i>Inner Connecting journaling, Mission Statement, and other practices</i> focused on realizing intent
<p>Shame (blends with Sad)</p> <p>Restoring Integrity</p> <p>Say hello to your Inner Critics. Shame enforces an 'ideal role' based on your programming and pressuring expectations. Work into shame for atonement, tearing up contracts, restoring self-worth and integrity.</p> <p>Signs of Repression/Obstruction</p> <p>Failing to end toxic relationships, endangered by your own behaviors, addictions, reactivity, self-sabotaging</p>	<p><i>Who has been hurt?</i></p> <p><i>What was so unacceptable about my actions?</i></p> <p><i>What must be made right?</i></p> <p><i>How can I learn lessons from my mistakes and allow self-forgiveness?</i></p>	<ul style="list-style-type: none"> • Understand restoring integrity and self-worth • Shame is a visceral emotion that can be felt as a bundle of jarring, stuck pain, even gut-wrenching • Provides opportunity to atone for your deemed unacceptable actions in the past and learn lessons • Identify Authentic versus Inauthentic Shame and use <i>Tearing-up Contracts Practice</i> • Identify <i>Shame Protectors</i> with <i>IFS Self Leadership</i> • Video: Listening to Shame, Brene Brown https://www.youtube.com/watch?v=psN1DORYYV0



"Children aren't born knowing how to regulate their emotions any more than they are born knowing how to tie their shoes."

- GenMindful.com

FEAR GROUP INSTINCTS, SAFETY, ORIENTING

Emotion & Purpose	Internal Questions	Required Actions
<p>Jealousy (aspects of Sad and Anger)</p> <p>Relational Radar</p> <p>Commitment, security, connection, loyalty. Helps you choose and maintain strong, loyal relationships.</p> <p>Signs to Repression/Obstruction</p> <p>Patterns of unfounded suspicions causing harm in relationships - or forcing yourself to remain with a betraying partner</p>	<p><i>What has been betrayed?</i></p> <p><i>Am I feeling my partner's disloyalty or is this my own lack of self-regard and self-worth?</i></p> <p><i>What must be healed and restored?</i></p>	<ul style="list-style-type: none"> • Honor your human need for loyalty and trust • Discern whether you're responding to disloyalty in the present - or from the past experiences • Check-in with your own sense of worthiness and lovability and restore your intrinsic worth • Take a time-out and time-in to see, hear and value your Jealousy to understand it • Once grounded and calm, you may need to speak your truth or make corrective action to restore and heal trust in your relationship
<p>Panic & Terror</p> <p>Frozen Fire</p> <p>Sudden energy, hyper-focused attention on perceived threat, 'armed and ready' with an activated nervous system and neurochemical state of life-saving energy.</p> <p>Signs of Repression/Obstruction</p> <p>Cycling attacks of panic and terror that immobilize and torment you.</p> <p>Panic attacks typically reveal need for trauma healing. This could be due to complex-PTSD or PTSD.</p>	<p>During Panic Experience:</p> <p><i>Tell yourself, I am having a flashback or backdraft emotion. Feel physical symptoms. Practice breathing and grounding exercises to gain access to calm.</i></p> <p><i>What healing action must be taken to access calm?</i></p> <p>For Overall Healing Work:</p> <p><i>What has been frozen in time?</i></p> <p><i>What is it about my current life situation that has me feeling 'stuck' and powerless?</i></p> <p><i>What has me feeling trapped or repeating undesirable patterns?</i></p> <p><i>How may I regain a sense of power in my life situation?</i></p> <p><i>What subtle anxieties and worries have I been unaware of to the point they feel the need to set off the alarm get attention?</i></p>	<ul style="list-style-type: none"> • Unlock panic and terror • Realize that panic is trying to save your life - it truly thinks you are undergoing a real threat • Understand you may need help unwinding and de-thawing past traumas • Remember, you've already survived the worst. Panic and terror reveal your mind doesn't trust that you have learned enough lessons from the past to ensure they do not repeat and cause more pain. • Pursue therapy methods that help you navigate the underlying cause for cycling panic and anxiety attacks. Renegotiate trauma consciously, and move from these primal emotions of 'surviving' into honor, resilience, and 'thriving' in self-trust • Practice <i>IFS Self Leadership and Parts Work, Mindful Self-compassion, Inner Connecting journaling and more approaches</i> to regain empowered emotions and access to calm



"The emotion that can break your heart is sometimes
the very one that heals it..."

- Nicholas Spark

SAD GROUP PAUSE, HEAL, PROCESS, REVITALIZE

Emotion & Purpose	Internal Questions	Required Actions
<p>Sadness</p> <p>Cleansing and Letting Go</p> <p>Helps you let go of things and create space for new. Release, fluidity, grounding, acceptance, rejuvenation.</p>	<p><i>What must be released?</i></p> <p><i>What must be rejuvenated?</i></p>	<ul style="list-style-type: none"> • Accept sadness and release what no longer serves you. Restores natural healing fluidity. • Sadness appears when it's time to let go of something that isn't working. • Accept, release and grieve through the pain of sadness, to let go, rejuvenate. • Relief follows. You'll realize space and time to
<p>Grief</p> <p>Deep Heavy Healing</p> <p>Helps you take the time to pause and heal from loss of people, things, ideals, animals, dreams, or situations. Mourning, release, crying, acceptance and flow of psychologically letting go.</p>	<p><i>What must be mourned?</i></p> <p><i>What must be released completely?</i></p>	<ul style="list-style-type: none"> • Embrace grief for cleansing • Grief appears when an ending occurs, a death, a death of an idea, a dream, a relationship, or something deeply important to you • Stop and drop everything. Take a time-in. Feel through the heavy weight of daunting grief. • Allow pain, tears, release. Patience and self-care.
<p>Situational Depression</p> <p>Ingenuous Stagnation</p> <p>Your emotional 'Stop' Sign. Drains energy to help you slow down and notice things that are not working.</p> <p>Produces neurochemicals that push for "SLOWING," so you take much-needed time to heal, cleanse, rest and recover.</p>	<p><i>Where has my energy gone?</i></p> <p><i>Why did my mind demand this halting state?</i></p> <p><i>How may I regain a sense of powerfulness during this time of feeling powerless?</i></p>	<ul style="list-style-type: none"> • Slow down. Take a time-in. Feel your feelings. • Do not force yourself to move along until you understand and address the conditions that evoked your depression. • There are good reasons for energy to halt into depression. Whether due to change, injustice, relationships, career, powerlessness situations in life, or old traumas. • Understand differences in types of depression. • May require professional guidance to navigate
<p>Deep Depression</p> <p>Darkness Before Dawn</p> <p>Breakthrough, transformation, rebirth. Arises when something in your life needs to change but you feel lost and stuck. Bleak agonizing feelings can feel life threatening, isolating, helpless, powerless and severely murky.</p> <p>Reach out for help to identify what wounded parts of you needs to be seen, heard, valued and understood, so that you can get a new, restored life back.</p>	<p><i>What idea or behavior needs to end now?</i></p> <p><i>What is keeping me feeling stuck and helpless?</i></p> <p><i>What can no longer be tolerated - and thus changed with planning and support?</i></p>	<ul style="list-style-type: none"> • Understand deep depression is an emergency message from you psyche to breakthrough - it can arise in a range of intensities • If you can honor and attend to your deep depression "in a grounded, empathetic way... it can stand up for your lost dreams and clear away everything inside you that threatens those dreams... in essence, giving you a new life - it can give you your own life back." McLaren, Language of Emotions. • Connect with professional guidance to navigate • If you are in crisis contact Crisis Response at 602.222.9444 https://www.crisisnetwork.org



"Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy."

- Thich Nhat Hanh

HAPPY GROUP HOPE, CONFIDENCE, INSPIRATION

Emotion & Purpose	Internal Statements	Required Actions
<p>Happiness</p> <p>Anticipation and Possibility</p> <p>Helps you look forward to the future with hope and delight! Good sign you're on the right track. Simplicity, gratitude, delight, wonder, playfulness.</p> <p>Signs of Obstruction</p> <p>If you are unable to feel your other emotions fully, you lose access to happiness as well. Plus, happiness seems to stem from hope and gratitude.</p>	<p><i>Be grateful and enjoy!</i></p> <p><i>What am I grateful for now in this present moment?</i></p>	<ul style="list-style-type: none">• Allow Gratitude for your happiness.• Feel the accomplishment.• Let it shine. Let flow. Do not try to cage it in.• Happiness only works properly when you allow yourself to feel and accept all of your emotions equally• Continue to allow for gratitude with intention with daily gratitude journaling, prayer, meditations, and mindfulness methods for gratitude
<p>Contentment</p> <p>Pleasure & Appreciation</p> <p>Fulfillment, confidence, invigoration. Lets you know you've done well. Helps you feel proud of yourself, satisfaction, self-esteem.</p> <p>Signs of Obstruction</p> <p>Inability to allow yourself to feel calm, satisfied and proud of your accomplishments. Or, on the other extreme, limiting beliefs have you unwilling to challenge yourself to achieve so you are stuck in inaction ((maladaptive protective strategies))</p>	<p><i>Simply allow yourself to feel content and invigorated.</i></p>	<ul style="list-style-type: none">• Celebrate your excellent fortune and skills, and perhaps hard work• Allow yourself to feel a esteemed• Allow for calm in the moment.• Sit in this moment. Allow it. Enjoy it.
<p>Joy</p> <p>Affinity & Connection</p> <p>Expansion, inspiration, splendor, radiance, bliss.</p> <p>Signs of Obstruction</p> <p>Inability to access a calm and connection. May indicate you are stuck in 'over-drive' flight-fight-freeze stress mode with heightened cortisol levels.</p>	<p><i>Thank you for this radiant moment!</i></p>	<ul style="list-style-type: none">• Celebrate your joy in the moment and let it flow naturally.• Joy will seek you out if you let it move in its own time and own way - not forced.• Think of joy being a lot like light - it travels effortlessly, it just needs space to shine through (and a calm nervous system in the moment)