



## Feeling Uncomfortable Feelings

### Let's Begin:

We encourage you to keep a journal of your explorations because writing down your insights is very helpful.

- 1. Feel your body, take a few deep breaths,** and settle into this present moment. Keep feeling your body and breathing to stay grounded and centered throughout this process.
- 2. Bring curiosity, gentleness, and kindness** to yourself.
- 3. Be open to your current experience,** whatever it is. Allow yourself to feel whatever is happening, just being curious about whatever you feel, whether it's fear, or anger, or even hatred, etc. **It's ok.** Whatever you are feeling, it's ok. You are just feeling these things, not acting them out.
- 4. Acknowledge the specific feeling(s) / emotion(s)** currently being felt. Write down the specific feeling(s) / emotion(s) in your notebook or journal. Allow yourself to drop into and feel your current experience fully. Do your best to set aside any internal explanation or justification showing up in your mind. Just notice what you are feeling. Keep breathing. Write down and describe how it feels in your physical body and what emotions you are feeling in your emotional body. For more support, take 5 deep breaths and then continue.

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**5. Take your time, go slowly, and be patient with yourself.** Stay relaxed and keep track of your breath. While remaining curious, notice what happens and what is changing in your current experience, as things always change. Notice if there is any interesting imagery showing up for you. *Take note mentally, speak out loud, and/or write down what's happening in detail.*

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**6. Settle into your experience and keep feeling, sensing, and being curious about it.** What do you notice happening in your body? Where in your body do you feel things? Do you notice anything changing? Describe what you are feeling to yourself, out loud, or write it down. Remember to resist the urge to analyze, justify, or explain things in your mind, or narrate the story of what happened or why. Keep feeling and noticing what's happening physically and emotionally, and with any imagery, and write it all down.

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**7. Keep feeling your body and watching your breath.** You can also notice how old you feel and if a younger part or identity shows up. Your younger identity may have feelings to share with you. Give your younger identity the freedom to speak, share, and express all their feelings. Take your time and write it all down. Remember, it's a process. Be gentle with yourself.

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**8. Bring compassion and forgiveness to yourself and your younger part or identity (if present.)** Unconditional compassion and forgiveness are healing pathways that lead to emotional wellness. Notice what changes occur in your body, in the imagery you may see, and in the level of intensity you feel. Write down what you are noticing. You may have an "Aha!" moment. You can write about that too! (Don't worry if you don't have one.)

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**9. You can also bring in any Inner Resource** that would positively support you and your younger identity and raise your frequency. Feel free to check the list of Inner Resources and find the one(s) that will best empower you right now.

Which Inner Resources can serve you best right now?

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**10. Take a few more slow, deep breaths** and see how allowing yourself to feel even these uncomfortable feelings can bring you more compassion, resilience, and trust in yourself.

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**This is courageous and powerful work.** Congratulate yourself for being willing to explore these uncomfortable feelings.