

Step 1

- Stop
- Close your eyes
- Label the emotion

Feeling & Freeing Emotions

Step 2

- Personify the emotion (see it as a little person)
- Welcome it into your body
- Notice where you feel it

Step 3

- Feel how it feels
- Give it all your attention
- Give it all your energy
- Allow it to be how it wants
- Breathe into it

Step 4

- Keep allowing it until it dissipates (don't force it to go)
- Feel calm replace it
- Say "thank you" and "goodbye"

