



Mindfully Dealing With Difficult Emotions

A Relationship Bootcamp Connection Activity

1. Turn towards your Emotions with Acceptance

Become aware of your emotions, triggers, vulnerable moments and identify where this happening in your body. Sit with the curiosity.

2. Identify and Label the Emotion

Mindful moments include being able to label the feeling. You are not the feeling. Examples could include, "This is anger" or "This is a moment of anxiety".

3. Accept your Emotions

Accept your emotions and acknowledge that they exist for you. Your emotions can not hurt you. All emotions and feelings are necessary and okay. 'In order to feel joy, one must first experience suffering'.

4. Realise that Emotions will Pass

Even if your emotion or feeling is overwhelming, remind yourself that it will pass. Sitting with uncomfortable is often the key.

5. Inquire with Curiosity

Ask yourself, "What triggered me?", "Why do I feel this way?", "What happened just then?", "What is my alarm bell in my mind. Was it a tone, a word, a look, a gesture?".

6. Let go of the Need to Control Your Emotions

Be open to the outcome of your feelings. You are not expected to always get it right, but an awareness and gentle approach to yourself and others is the first step to acceptance.

KEY:

Letting go of the need to control difficult emotions

