

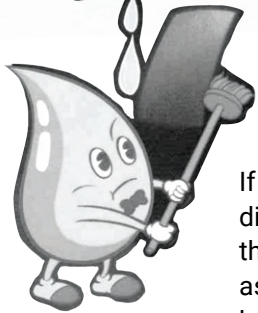


Feelings

*I'm allowed
to feel my*

feelings wheel inside ↗

**FEELINGS
are
INFORMATION!**



If your feelings were invalidated or discouraged, you learned to shut them out. Which worked really well as a survival strategy back then, but is not as helpful now. We **need** our feelings to guide us toward healthy relationships and decisions and reclaim our authentic self.

Feelings give us important messages about something we need to **pay attention** to and **motivate** us to take necessary action. However, **feelings are not always facts.**

Let's schedule that
emotion
for a
later date

It takes less than
90 seconds for
a feeling to be
triggered, surge
through your
body, and then
be completely
flushed out of
your system.
You can sit with
and tolerate this!



Your feelings are already there inside you.
Your inner world is precious and waiting to help
guide you in the right direction.

*you need to know
your feelings to
know YOURSELF!*

*to identify
your feelings:*

- 1 Clear your mind and ask yourself:
What am I feeling right now?
- 2 Focus your attention inward, pushing
away any other thoughts that arise.
- 3 Use the feelings wheel or other list(s)
to identify which ones resonate.
- 4 After you identify the feeling, ask yourself:
Why am I feeling this way right now?
Have I felt this way before?
Where do I feel this in my body?

*nam'ing
our emotions
gives them
less power
over us!*

