

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



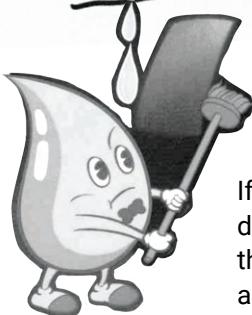
it takes less than 90 seconds for a feeling to be triggered, surge through your body, and then be completely flushed out of your system. You can sit with this and tolerate it.

feelings wheel inside!

Feelings

to feel my
I'm allowed

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

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?

naming
our emotions
gives them
less power
over us!

