

## Supporting Emotions to Flow - activity -

Prepared by Root Cuthbertson 2020

### Re-Orienting Toward Emotions

Many people develop beliefs and habits about judging or controlling emotions. Re-framing these beliefs can help individuals to re-orient toward their emotions and change their habits.

- There are no 'right' or 'wrong' emotions. Emotions are a form of energy which can seem irrational at first, until individuals understand their source.
- Emotions are not the entirety of an individual's identity. Emotions reside within individuals.
- The emotions which individuals do not regulate will likely affect others nearby.
- Individuals can either accept an emotion or resist it. Resistance often makes an emotion grow stronger in an individual. Acceptance often leads toward a path of resolution.
- Processing emotions helps individuals grow in their awareness, or expand in their consciousness, when they get to the source of the original experience of the emotion.

### Stuck Emotions

It can be challenging for individuals to resolve suppressed, repressed, or stuck emotions. Individuals may intellectually suspect they have emotions, but not *feel* them. Increasing awareness of feelings can be a good first step. This is part of a larger process of self-awareness and emotional maturity. (See [Guide to Emotions](#))

Stuck emotions often trigger habitual reactions and lead individuals to adopt specific behavioural patterns. These reactive behaviour patterns can end up controlling and making choices for individuals who are 'off-Center.' It can be very helpful for individuals to learn to re-Center themselves and reclaim their choice (see [Mindfulness - Re-Centering](#)).

### Supportive Phrases

(Ana Aznar)

These phrases can help support an individual who is experiencing difficulty with their emotions and/or can also be said to ourselves (either internally or out loud). An individual may benefit from a supportive culture or context, knowing that emotions are welcome, normal, and not problematic.

1. **It's OK to feel what you are feeling.** (Emotions are normal and valid.)
2. **How you feel right now won't last forever.** (Emotions are temporary.)
3. **No matter what you feel, I am here for you.** (All emotions are welcome. No emotion is 'wrong.' Emotions can be shared.)
4. **You don't have to let your feelings control you.** (Emotions are not identity. You can regulate your emotions.)
5. **Do you know why you are behaving this way? Let's think about how you are feeling.** (Emotions underlie behaviours. You can understand emotions.)
6. **Let's put a name to your feeling.** (Emotions can be identified.)

## Exercise: Allowing Emotions to Flow

(see also [Activity: Knowing What I Feel](#))

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### 1: Pause and Breathe

Moving quickly through life is a good way to avoid feeling emotions. Slowing down and pausing allows you to stop and begin to feel whatever emotions may be present. Focusing on the breath is a simple and effective practice, common to many traditions, and a good way to begin allowing your emotions to arise.

### 2: Re-Center and Become Present

The more you can re-Center yourself and become present, the more easily stuck emotions can arise or surface. (see [Mindfulness - Re-Centering](#))

### 3: Become Aware of Your Physical Body

Tune in to the physical sensations and the overall feeling in your body. Allow them to be as they are, welcoming the feelings and embracing them with growing awareness.

Focus on location - where exactly are you experiencing feelings or sensations? (Head, throat, chest, gut, feet, etc). Focus on qualities - can you describe how it feels in your body? (Hard, soft, cool, hot, sticky, pulsating, vibrating, heavy, etc). What is the intensity or duration?

### 4: Relax Self-Judgment

Relax the tendency to judge, criticise, or react to the emotion. Replace the phrase: "I shouldn't feel like this," with something like: "I am allowing this emotion to flow through me." Try to be with whatever you're feeling.

## 5: Relax Judgment of Others

As long as you consider someone or something else as the source of your emotions (“their actions are making me feel this way”), you’ll have limited resources to process emotions. For the moment, relax your judgment of anyone else the emotion may relate to.

## 6: Accept Your Emotion

Take full responsibility for your emotion. Notice that the emotional energy is arising *within you*, instead of happening to you. See if you can identify the emotion. (Anger, sadness, frustration, fear, grief, depression, shame, etc.)

## 7: Allow the Emotional Energy to Begin Flowing

Take slow, steady, deep breaths from your belly, allowing the emotional energy to flow through you. While breathing, observe how your sensory and feeling experiences change as the emotional energy moves through you. Pay attention to the emotion while you are relaxed and in your Center.

## 8: Allow Other Emotions to Arise

Other emotions may arise after the first one; in this case, repeat the process for each of them. Some emotions may bring images or childhood memories of how you originally experienced these emotions.

## 9: Experience the Emotional Energy Release

After some time, the energy of the emotion will flow through you and release. You may experience a sense of clarity, feel more open, lighter, liberated, or free.



### Related Inner Transition Resources

Inquiry: Emotions

Mindfulness - Re-Centering

Activity: Knowing What I Feel

### References

Ana Aznar. “Six Phrases to Help Your Child's Emotional Development.”

<https://theconversation.com/six-phrases-to-help-your-childs-emotional-development-130821>

Scott Jeffrey. “How to Start Working With Repressed Emotions.”

[https://scottjeffrey.com/repressed-emotions/#How\\_to\\_Start\\_Working\\_with\\_Repressed\\_Emotions](https://scottjeffrey.com/repressed-emotions/#How_to_Start_Working_with_Repressed_Emotions)

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