

Emotion Acceptance

“Good morning anxiety, come in and sit down.”

There are times we will need to sit with our emotions, process them and understand them. We want to invite our emotions to come in, sit down so we can understand what they are trying to tell us.

The steps to processing your emotions.

1. Understand that there is no negative emotion. When we label some emotions as negative, we are less likely to process them. Do not judge your emotions. Accept your emotions as they are.

2. Find a quiet place, grab a notepad and jot down everything that comes to mind when thinking about the cause of the emotion and the emotion itself. Ex: Why am I angry right now? “What do I feel is the cause of this jealousy?”

3. Review everything you have written down and make sense of what the emotion(s) has communicated to you.

Ex: “I am angry because my values were violated” “I am jealous of my friend’s engagement because I would like to be engaged to my partner as well”

4. Now, when we look at the word “emotion” we see “motion”. Emotions are going to move; we can control the path of that movement. The goal is to move the emotion in a positive direction; in a life affirming way.

Ex: “I will talk to my friend and let her know that I am upset when she does not show up for planned event” “I will talk to my partner about the direction of our relationship”.

5. Identify healthy release of emotions that work for you.

Ex: Going for a walk, exercising, dancing, listening to music, meditation, prayer, etc.