

It is Safe to Feel Feelings.

You have to feel it to heal it. BREATH and let it Flow through.

1. Aware you are having feelings
2. Name it (use the feeling wheel if you need to)... "I feel \_\_\_\_\_"
3. Find the feeling in your body.
4. Accept it: Relax into it without judgment.
5. What does it Feel like? Hot/cold, sticky/slimy, still/moving, pokey/smooth
6. Picture it.
7. Thoughts to remember –
  - a. Feelings are safe, they are just a vibration in my body.
  - b. My feelings can easily flow down and out of body
  - c. Feelings are often created by thoughts.
8. Allow it until it subsides, it may come again like waves. Accept it, it is OK! Feel it to heal it!

-  Happy
-  Afraid
-  Angry
-  Sad

