

Focusing with EMOTIONAL TRIGGERS

Something
in me...

Rephrase

Instead of saying "I am sad," try saying "Something in me is sad". Substitute sad with whatever you're feeling in the moment. Notice how this creates a subtle space inside.

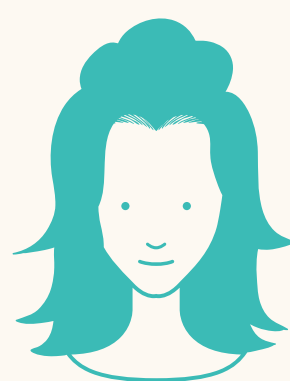


A Gentle Hand

Once you've said hello and created a relationship with the 'something in you' allow a gentle hand to move to the place in your body where the feeling is - like your belly or your heart or...

No Wonder!

When you're not lost in them, you can turn toward your feelings with compassion. Try this powerful move on for size: "No wonder you're feeling...[like the weight of the world is on your shoulders, etc.]" When it comes to your feelings, a little understanding goes a long way.



Say Hello...

Now that you know "something in you" is feeling a certain way, you can acknowledge it with the words "...and I'm saying hello to that [insert your feeling here]." Kindly letting it know that *You* are there *with It*.

I am Sensing

This fourth step is about YOU being bigger than what's bugging you. Taking that same feeling from Step One, try phrasing it as "I'm sensing something in me is..." Notice how you get in touch with a bigger You who is more than the feeling. You are what is sensing the feeling...pretty cool, right?

It's hard....

When it's hard to be bigger than what's bugging you, really acknowledge that. Try it out by saying, "Right now, it's hard to be with this [insert emotion]." OR "Right now, this [insert emotion] is so strong, it's hard to be with it."