

Tap Into the Wisdom of Emotions: Exercise



When we acknowledge and allow our emotions to exist and inform us, they can be wise teachers. We can use our emotions as signals that help guide self-compassionate decision making.

This exercise will help you identify your emotions, allow them to be there, and connect with the message or signal they might be offering you.

1. When you notice you are experiencing an emotion, or just generally feeling emotional, pause. If possible, take a few minutes. Ideally, do this away from whatever is triggering you — perhaps walk into another room, step away from your computer, or put down your phone.
2. Take three full, deep breaths, with a focus on the exhale.
3. Tune in to which emotions you are feeling. Select the most prominent. Identify what that emotion is, without judging it or reacting to it. Perhaps, for example, you're feeling anger, sadness, resentment, frustration, grief, or fear.
4. Take three more deep breaths. Allow that emotion to be there.

The Wisdom of Your Emotions: Exercise



5. Ask yourself:

What is the message this emotion has for me?

Do I have a need that is not being met, by myself or someone else?

Has someone crossed a boundary of mine?

What might that need, or boundary, be?

6. Get clear on what your emotion is asking you to do.

It might be that you need to comfort or reassure yourself. You might need to rest or go for a walk. Or perhaps, once the emotion has passed, you need to ask someone who has crossed a boundary of yours to change their behavior in future.



When you tune in to your emotions, name them, and understand the underlying need or boundary that is driving the emotional response, it makes it easier to respond to whatever triggered the emotion from a healthy, authentic space.

This empowers you to stay grounded and authentic, acting on the wisdom of your emotions, rather than from an emotive reactive place.

Sally Clarke