

WEEK 2: MANAGING EMOTIONS

Solution number 1

SADNESS

- Get active (example: go to gym, visit a friend, go for a walk, study for that test, go sit outside and drink some tea, go sit in nature etc.)
- Do things that make you feel **COMPETENT** and **SELF CONFIDENT**.

FEAR

- Do what you **AFRAID** of doing.... **OVER AND OVER AGAIN**.
- Do things that give you a sense of **CONTROL** and **MASTERY**.
- When overwhelmed, make a list of small steps or tasks that you can do.
DO THE FIRST THING on the list.
- **ASK THE FEAR WHAT IT WANTS TO TEACH YOU? ASK IT TO BRING IT ON!**

GUILT OR SHAME

Justified:

- **APOLOGISE** and **REPAIR** the transgression.
- Commit to avoiding the mistake in the future.
- Accept the consequences gracefully.
- Then, **LET GO**.

Unjustified: (shame)

- **APPROACH**, don't avoid.
- Do what makes you feel guilty or ashamed.... **OVER AND OVER AGAIN**.

Guilt or shame is **NOT A FACT**.

ANGER

- Take a deep breath and **WALK AWAY**.
- Imagine **SYMPATHY** and **EMPATHY** for the other person rather than blaming them. Put yourself in their shoes (but it does not now mean that their behavior was okay).

WEEK 2: DIRECTING LOVING KINDNESS TOWARD YOUR SUFFERING

Solution number 2

****taken from the book “Self-Compassion stop beating yourself up and leave insecurity behind” by Author Kristin Neff.*

If you are grappling with self-judgment, or if you find yourself in the midst of difficult or stressful times, see if you can take 15-20 minutes out of your day to cultivate feelings of loving-kindness and compassion for yourself.

To start the practice, sit in a quiet, comfortable place where you won't be disturbed, or else take a solitary walk in a quiet spot. Take a few deep breaths to settle into your body and the present moment. You are right here, right now.

1. Gently get in touch with the source of your suffering. Are you feeling scared, lonely, angry, worthless, frustrated, or sad? See if you can just be with the emotions as they are, without too much thinking about the story line driving the emotions (what you did, what you didn't do etc.). Whatever you are feeling IS OKAY. All visitors are welcome. No need to CLING to anything or to PUSH AWAY.
2. Now see if you can SENSE the emotion in your BODY. Let's say you feel sad. What does sadness feel like? Is there dullness, a pulling sensation at the corner of your eyes, tenseness between your eyebrows, and so on? By locating your emotions in your body (you can refer to the “ways of describing emotion” document), it's easier to feel them without getting lost in thought, and instead be with your present moment experience as it is.
3. Now place your hand on your heart, and set your intention to offer yourself kindness, understanding, and compassion for the suffering you are experiencing right now. Remember that your feeling is an integral part of the human experience. You are not alone in your suffering.
4. Now repeat the following phrase;

May I be safe.
May I be peaceful.
May I be kind to myself.
May I accept myself as I am.

Or if it feels more appropriate;

May I accept my life as it is.

****Keep repeating the phrases, refreshing their emotional content by either getting in touch with the painful emotions in your body, or else feeling the gentle and comforting pressure of your hand on your heart.**

When you notice that your mind is wandering, return to the phrases, or to the experience of your emotions in your body, or to the feeling of your hand on your heart. And start again.

5. If you ever overwhelmed with emotion, you can always return to your breathing as a way of soothing and calming yourself. Then, when you are comfortable return to the phrases.
6. Finally take a few breaths and just be still for a moment. If the feeling of compassion is arising for you, allow yourself to savor the sweet feeling. If few or no feelings of compassion are arising, this is the equally beautiful truth of the present moment. Allow yourself to savor your goodwill and intention to care for yourself.
7. When you ready, slowly resume your normal activities knowing that you can return to the phrases at any time.