

# Another Beautiful Life

## Processing Emotions

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We treat feelings by...

- 1) Resisting – “What we resist persists.” Pushing them down, like a beachball under water. It takes effort & energy to hold it under water, but it’s still there until it explodes up.
- 2) Reacting – All the actions out of the emotion: tantrums, fits of crying, yelling, etc.
- 3) Avoiding – You may not be aware of the emotion but are blind to it. You buffer to avoid it with something like an activity, overeating, smoking, etc.
- 4) Allowing – This is what we want to do with our emotions. You allow emotions by bringing awareness (as in “the watcher”, the third party looking in) owning it, naming it, having compassion for yourself. Be aware of the emotion and breathe through it. When you allow the emotion, it allows the emotion to move through you and go away.

If you feel the emotion somewhere in your body, do this:

- Close your eyes and breathe in and out a few times.
- Tap into that particular feeling and notice where the emotion is in your body.
- Does it have a shape?
- What is its size? Small? Large?
- Does it have a color?
- Is it spinning or moving?
- Does it move through your body? If so, does it leave one part of your body and move into another? Or does it consume different parts of your body as it moves?
- Breathe and sit with the feeling for a minute. Just let it be there.
- Ask yourself and let your mind answer: Why is your sadness here? What’s the purpose?
- Notice if it’s changing (shape, color, movement) or dissipating at all.
- Breathe.
- Give yourself compassion for the process.

The worst thing that can happen to us is a feeling. Processing allows the feeling to run its course. By allowing the gamut of emotions we have, we are saying “yes” to the full experience of what it is to be fully human. There’s no need to be afraid of our emotions. We’ll just lean into them as part of the human experience. It makes for a rich life.