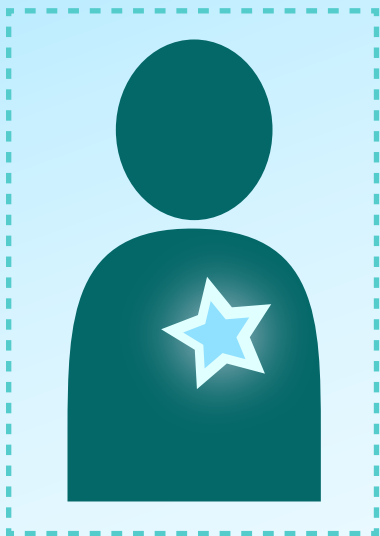


Emotions



Noticing
Naming
Accepting
Exploring
Defusion
Self-Compassion

How is this emotion a problem?

If the emotion wasn't a problem... what would change?

Emotions are separate from actions

We can't stop feelings but we can learn to handle them more effectively so they don't push us around as much!

Notice with curiosity and openness...

Where is this feeling located in the body?

Does it have a shape? Temperature? Size?

Name the emotion: "Here's some sadness."

Accept: Make room, hold gently, allow it to be there.

Explore: Are there other feelings underneath?

Defuse from painful stories about the emotions.

Treat yourself kindly, use exercises like kind self-touch.