

## TECHNIQUE FOR RELEASING DIFFICULT EMOTIONS

### **STEP 1. Notice Your Emotion or Feeling State**

### **STEP 2. Feel Into It**

### **STEP 3. Breathe From Inside the Emotion**

### **STEP 4. Notice the Spaciousness**

### **STEP 5. Decide if You're Ready to Feel Differently**

### **STEP 6. Notice the Change**

### **STEP 1. Notice Your Emotion or Feeling State**

Notice the specific emotion or feeling state that accompanies your physical pain as it arises. This could include sadness, grief, anger, helplessness, self pity, numbness or a host of other responses. Just allow both the emotional response and the physical pain to be there together for now, and notice how they exist side by side, or perhaps intertwined.

### **STEP 2. Feel Into It**

Step inside your emotional state, allowing yourself to feel it as fully as you can for a few moments. As you allow yourself to feel your emotions fully, is your physical pain heightened? diminished? unaffected?

### **STEP 3. Breathe From Inside the Emotion**

Let yourself breathe into and through your feelings, continuing to notice your physical pain at the same time. From *inside the emotional feeling*, breathe in and through, in and through your experience.

### **STEP 4. Notice the Spaciousness**

Still breathing in and through the emotional state, begin to notice a growing spaciousness. There is the intensity of the feeling, and there is also the spaciousness of the breath.

### **STEP 5. Decide if You're Ready to Feel Differently**

Decide if you are ready to feel differently about your pain, your situation, and about yourself right now. Don't try to resolve anything or answer all your questions about why or how it all happened or is happening, just decide whether or not you are ready for a change. Take a deep breath, if you can, and release it fully. Let the emotion release or subside or expend itself for now.

### **STEP 6. Notice the Change**

Notice how this cycle affects your physical pain levels as you work with it repeatedly.