

EXERCISE: EMOTIONS BRING MESSAGES

1. PICK ONE DIFFICULT FEELING: HATE, FEAR, SADNESS, GUILT ETC. THINK ABOUT WHAT THIS EMOTION IS TRYING TO TELL YOU.

2. FOCUS ON THE DIFFICULT FEELING AND THINK WHAT SENSATIONS YOUR BODY HAS WHEN YOU GET THIS FEELING.

Think about a specific situation or event. Then, write yourself a letter of how your body might describe the emotion in question. Your body could tell you about the sensations in different body parts: what strains the body the most, or what feels the worst, or what your body wishes you did about the emotion. Here's an example of the letter:

Dear Mary,

I'm writing to you about the anger felt in me. I want you to understand that this is how I feel when I'm angry:... I'm hoping that you pay me and my needs and wishes more attention in the future when you get angry. My needs and wishes are:....

Let's keep up the good work to promote our common wellbeing!

Yours truly,

Your Body

