

The Logistics of Feeling: A Practical Guide

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There's a whole skillset around feeling. Who knew!? This guide aims to clearly outline the steps and processes needed to feel emotions all the way through and feel relief on the other side.

Step One: Spot the Feeling

Sometimes this is easy and obvious, you know what the emotion is right away... and other times it takes some investigation. You may start by noticing agitation in your body, or numbness, or just a general feeling of uneasiness or feeling closed down. Or you may find that you're stuck in anger* and focusing on other people or outer circumstances that you need some help sorting through it all to find the emotion. In these kinds of moments, you may find you want to grab your voice recorder or excuse yourself to get to a mirror or to a safe place to talk things out loud. Some questions you can use to begin to sort through this are:

What happened back there?

Then describe in as much detail as possible what happened. As you describe what they said and what you said, what happened, etc, you're looking for a tender emotion in yourself/Your Human/Your Inner Child.

OR

What's happening in my body?

If you're feeling uneasy or uncomfortable in your body this is a great one to start with. Describe in as much detail as you can what's happening in your body, again looking for the tender emotion underneath.

OR

Start asking out loud about specific emotions.

Is this grief? Is this shame? Is this worry? Is this unworthiness? When you land on the emotion that's arising, you may find that your sensation/ emotion will amplify. This is kind of like verbal muscle testing for the emotion.

**Just a reminder that any flavor of anger/resistance is not the root emotion. If you're still stuck in anger, rage, irritation, agitation, frustration, etc then you haven't gone deep enough. Under that anger there is bound to be some helplessness, some grief, some lack of safety, or some unmet need. So keep connecting in and getting curious until you arrive at the tender emotion under the anger.*

Step Two: Get Connected to It

Once you spot what the emotion is, connect to it. **Feel where it is in your body. Do you have the Time and the Willingness to really feel it?** If so, can you feel it in the circumstances you're in? Do you have enough privacy? If not, what do you need to do in order to feel safe to feel it?

If you **don't have the Time, the Willingness, and the Privacy, then it's time to gently use your trusty coping mechanisms to get you through (humor, distraction, connecting with nature, changing the subject, etc). Your coping mechanisms are there to help you survive situations, so use them if you just need to get through. If you can, as you cope, see if you can welcome in gentleness and the awareness that the feeling is coming up. See if you can connect in with yourself/ Your Human/ Your Inner Child and offer reassurance that you will revisit the feeling, you're not ignoring it. See what it's like to just hold yourself lovingly as you complete the task at hand or the day. This is not always humanly possible to welcome in gentleness and awareness, but it's always available if we choose it. When you are able to be gentle and practice awareness, it's a beautiful practice in just simply holding space for ourselves.*

Step Three: Create a Safe Container

Once you identify what you need in order to feel safe to feel it, it's time to make it happen. This can look like: closing a door, turning on a sound machine or a hair dryer, leaving the house, getting in your car, putting on

more clothing, getting into your bed, etc. Each emotion in each situation is going to need a different set of circumstances in order to be felt fully. So pay attention to your intuition about what you're needing, and honor the needs that are coming up.

Step Four: Connect with You

Now that you're to safety, it's time to really connect in with you. **Notice any judgments or stories your mind is creating** around the feeling. Are you rationalizing the emotion or trying to talk yourself out of it? Are you focused on trying to find a solution instead of just feeling the emotion? Are you stuck in anger or on how wrong or bad the other person is? If you notice any of these kinds of judgments or stories and you can catch it, (one: feel victorious that you caught it! And two:) see if you can quiet the story or the resistance as much as you can and shift your focus to the tender feeling that is underneath.

Remember, this is a muscle we build. It takes practice.

Step Five: Feel

Now that you are safe, you've checked your judgments and stories and quieted them, it's time to feel. This is where we get to **listen and relate to ourselves in the way we are needing to be listened to and related to**. Do we need to hear "I'm sorry"? Do we need to hear "I'm here"? Do we need just a safe space to cry and feel? Do we need to feel held?

If we notice that our mind becomes active again, this is where we catch it if we can, and come back to just being with the feeling. **This is THE MOST crucial part of this whole process. You have to keep your attention focused on the emotion**, if you go back into story about what happened or what might happen or about other people involved, you're going to get trapped in a spiral of suffering. Notice your brain when it comes in, and turn it off. It can be helpful to breathe into where you feel it in your body. Just be with the feeling, and welcome in some gentleness around it. **Hold the most**

loving space that you can for yourself as you do so, like you might hold someone who just lost someone they love. Just be a loving presence.

Let yourself make as much noise as you feel comfortable making, because sound is vibration, and vibration is energy. We liberate a lot of energy when we allow ourselves to feel emotions audibly. You may find that when you cry really hard you get really hot. This shows us just how much energy is released when we feel things deeply.

There are times, even still, in this process of feeling where I can feel that I've reached my limit and I want to be done feeling. The emotion is still coming, but I am feeling too exhausted to continue or my willingness has dwindled. In these moments I ask for help. I ask for support to be able to feel it all OR I ask to be done. **If you have a belief that Higher Guidance is available to you, call on them.** They will help you either get the last of it out, or they will help it stop for now so you can rest or take a break or whatever you're needing to do.

Remind yourself, if you need to, that **it's a very human thing to feel.** We all do it. Remind yourself it's just energy asking to be liberated and it says nothing about you that you're feeling it. Remember that when we feel emotions fully they move through and out and we feel relief on the other side. AND remember that when you hold loving space for yourself/ Your Human/ Your Inner Child, you build trust in that relationship which will only continue to heal your relationship over time.

Step Six: Check In

When you feel like you've come to the end of feeling all the emotion that's available, either because you're just done and the emotion tapers off, or because you're exhausted and you need to take a break, it's time to check in. **If you're still feeling lingering feelings,** or you are still in story about some aspect of the trigger, and you're not feeling relief. It's okay, **it just means there's more in there.** As you emerge and go back to your life, see if you can welcome in more of that gentleness or curiosity until you can head back in to feel some more. We don't always have access to all of it in one go, sometimes it comes out in fits and starts. And that's okay. Your body is only going to release what it can handle on any given day. Give yourself some grace around what this looks like for you. Trust the process.

When you have moved all of the available emotion through, you will feel a sense of relief and oftentimes a complete reset back to neutral. This is one of the incredible things about this work. If you are used to getting triggered and having lingering feelings from the trigger color the rest of your day, now you have a toolset to help you get back to neutral.

Step Seven: Acknowledgment

After this intensive process of feeling, your Human deserves some acknowledgment. What were you able to notice or feel this time that you haven't before? Can you give yourself credit for your willingness to feel? For your willingness to catch your brain, to do this hard work? Can you find gratitude or Love for your Human in this moment for the courage they just had to delve into this work? Put your hands on your heart if it feels good to do so, and just see if you can receive some acknowledgment or appreciation from yourself for all you just did or felt willing to do. You're doing it. Look at your Human go.