



Self-check in

One of the fundamental concepts of Acceptance and Commitment therapy is the acceptance of our uncomfortable emotions. Usually when we experience an emotion that is uncomfortable, we will engage in behaviours to try and avoid it. Often those behaviours only bring us short term relief from the uncomfortable emotions, and usually end up creating more problems for us.

This is simply a reminder to 'check in' with yourself. Pausing throughout the day to focus on how you are feeling. Noticing the emotion you are experiencing, is a form of acceptance. In order to notice something, you have to accept that it is there.

1> Allow yourself to pause for a moment. Take a deep breath, and try to pop out of the thoughts in your mind. Shift your attention to how you're feeling. Use the feelings wheel to identify which emotions (there are often more than one) you are experiencing.

2> Take another deep breath, close your eye and focus on where you feel this emotion in your body—notice where it is sitting, what it physically feels like. Don't focus on trying to make the feeling go away, just notice where it is—imagine making some space for it.

3> Breath into that sensation for a moment or two.

4> Notice as you simply notice and identify the emotion, where it sits in your body, and accepting that it is there—it may start to shift, change, and soften on its own.

