

**Increase Awareness,
Regulate Emotions, &
Transform reactivity into
Insight & Integration**

Emotional Awareness Practice

1

With openness & curiosity, become aware of & identify the specific emotion. Within your current capacity, simply witness. Recognize the discomfort & tendency to dismiss or distract yourself from feeling the emotion, both pleasant & unpleasant. Hold with loving-kindness.

2

Tune into the psychological sensations. Notice where & how the emotion appears in the body. Describe this felt experience with as much detail as possible.

3

Observe & express the thoughts associated to this emotion. What is the inner story attached? Say it aloud or write it down. Acknowledge as one of many voices. Allow this voice to be heard. Register if other voices are also present. How do they speak to you?