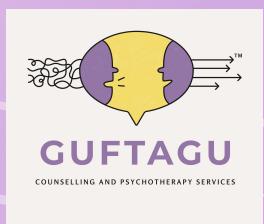


EMOTIONS

Many a times, we get into a habit of intellectually bypassing emotions. According to Heidi Priebe, what this means is that instead of feeling and processing the emotion, we name the emotions, get familiar with its psychology, and even communicate the feelings to others without realising that we are not actually feeling that emotion.

Although we develop this defence mechanism unconsciously for keeping us safe in potentially threatening situation, as we grow older, this disconnect between self and emotions becomes a barrier in our different kinds of relationships.

If this sounds like you, here's an exercise to get more in touch with your feelings.



EMOTIONAL HYGIENE EXERCISE

(You can try this exercise at the end of the day, about an hour or two before sleeping)

- Write down or think of the emotions you felt in your whole day
- Which emotion was the most prominent one for you today?
- What events or situations or memories caused this emotion?
- How did that make you feel ?
- Now that, you have recognised your emotion, stay with it.
- Check with your body sensations and notice where in your body are you feeling it.
- Stay with those sensations and feelings.
- Anytime, you feel like you are unconsciously losing the emotion, bring your awareness back to your senses, your body experiences.

- Next, ask yourself what is this feeling requesting from you? Just be aware of its need.
- After 15-20 minutes (or longer if you need it to be), take a few slow deep breathes.
- Conclude the exercise, shake your hands, your legs, your whole body, in order to shake off the emotions off you.

We hope that little exercise of awareness helps you in some manner. If you have anything to share about this exercise or any suggestions for next month's newsletter, you can DM us on Insta handle “@guftagu.therapy”.

