

Understand your feelings

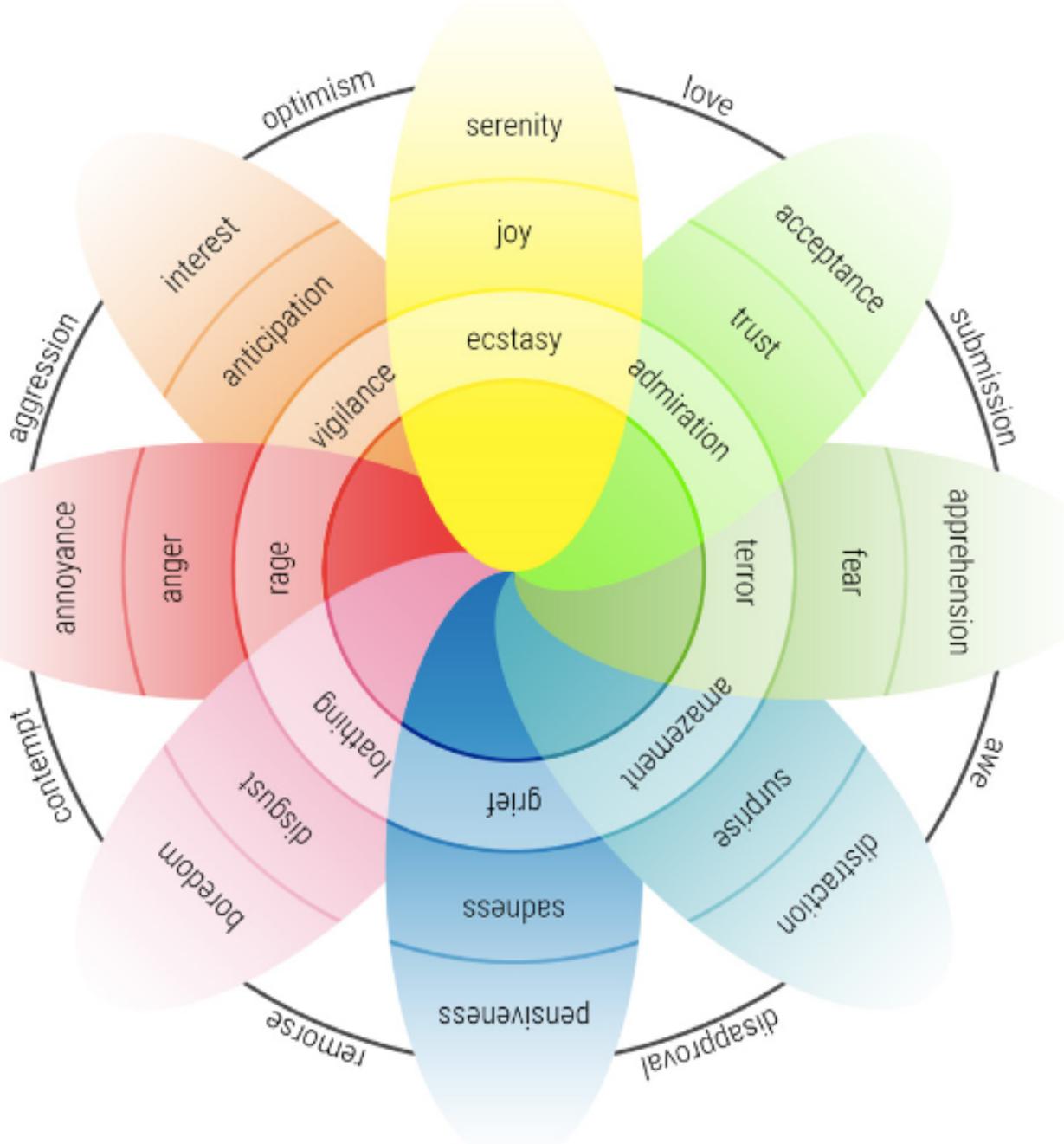
When trying to understand your feelings, the first step is to identify what you are actually feeling and the underlying emotions (refer to the emotion wheel on page 2).

I feel:

The next step would be to identify what part of us showed up on the inside to make us feel that way, example: if you get angry; did someone hurt your self-esteem? What got attacked or offended or wounded?

What part of me felt this - is it a psychological part or do I also feel it in my body?

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Why a part of us hurt or felt that emotion is important because it would lead us to acceptance of the part and the feeling itself?

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Why I felt that way?

Our response to emotions is so fascinating and so individual to each event, it says a lot about our state of mind and the relationship we hold with the emotion, the part and event.

What did I do after feeling this?

Did your actions help you feel better? Did the actions soothe the part and pat down the emotion? All emotion is information. What am I going to do with that information?

Could I use a different perspective or act differently now that I know this?