

EMOTIONAL HEALING CHART FOR PRACTICE

DISTRACTABILITY/ANXIETY, DEPRESSION
STRESS RESPONSIVENESS

EMOTIONAL DISREGULATION, ALIENATION
EMOTIONAL BALANCING

CRITICISM SELF OTHER
DEVELOPMENT

Am I competent?

Am I lovable?

Do I belong?

Thought Labeling
Benson Henry Protocol
Meditation Stems (see handout)

Body Scan
Rick Hanson Ph.D./Savoring Installation

Rain
(See Rain handout)

Levine Emotional First Aid

Pendulum/Establishing Safety

Tonglen
Compassion Practice

Sapolsky Ph.D.
"Zebras Don't Get Ulcers"

Symbol/Vision of Groundedness/Intuition

Symbol/Vision of
Freedom/Creativity

Symbol/Vision of Courage/
Action/Beingness

Transcendence
Focus/Concentration

Renewal
Calm/Stillness

Integration/
Wisdom Insight
Emotionally Intelligent
Action/Altruism

Evidence Based Science
Vagal Tone/
Reduced Amygdala Activation

Neuroplasticity/
Mirror Neuron Pathways

Meaning-Insight
Integration/Awakening
Prefrontal Growth/
Capacity

Traditional Spiritual Sources
Buddha

Dharma

Sangha

HEALING EMOTIONS PRACTICE CHART #2

MEDITATION PRACTICE SKILLS & HOW THEY HELP HEAL EMOTIONS

<u>SKILL</u>	<u>PRACTICAL USE</u>
MINDFULL OF THOUGHTS	AWARE OF THOUGHTS WITHOUT GETTING LOST IN THEM
Bringing presence to unpleasant experience	Opening to raw feelings and bodily sensations—associating in—be present with them.
Awakening/opening self-compassion	Bringing a warm, intimate attention even when judgment or blame occur.
Starting fresh (symptoms are signals)	Inner listening and adaptability—intention and purpose refreshed—gradually there is a way through.
Recognition of getting “caught up” is a reminder to be present	Habit & conditioning can be approached with lessening reactivity.
Connection with the body’s presence via role—distance from thoughts, narrative judgments, appraisals	Connecting with how experience is expressed in your body
Recognition/naming/labeling confusion and doubt—non-critically	Non-judgmental expansion of perspective as confusion & doubt are regarded with kindness
Sincere patience, the intention	A continuous approach that dissolves conditioned obstacles