



Learning to Recognize & Sit With Your Emotions: Info Sheet.

You don't have to fix your feelings. You just have to feel them.
Here's how to work with your emotions, not against them.

1. Name the Emotion

Acknowledging how you feel is the first step toward processing it.

- "I am feeling _____ right now." (e.g., angry, sad, fearful, hurt, anxious)
- "This feeling makes me want to _____." (e.g., withdraw, lash out, give up, shut down)

Sitting with it: Breathe into the feeling. Let it exist without rushing to change it. It's not permanent. It's just present.

2. Identify the Cause

Help your brain understand the why.

- What just happened?
- What did I notice?
- Where was I? Who else was involved?

Sitting with it: Let the cause be seen. You don't have to solve it yet—just allow the story to unfold gently.

3. Identify the Thoughts & Behaviors

Observe without judgment.

- What did I do when I felt this way? (e.g., shut down, overthink, blame)
- What thoughts came up? (e.g., "I'm not enough." "No one cares.")

Sitting with it: Notice the inner narrative. Ask: Is this thought true? Is it kind?

4. Challenge the Emotion (with compassion)

This doesn't mean denying it—it means meeting it with care.

- Was my feeling appropriate to the situation?
- Is this something I can control?
- If not, what boundaries or support do I need?

Sitting with it: You don't have to push the feeling away. You can gently ask it what it needs.

5. Breathe and Ground

Place a hand on your heart or belly. Anchor yourself with this mantra:

"This emotion is valid, but it doesn't define me. I am allowed to feel and heal."