

Learning how to feel emotions is a useful tool in managing your mind, and therefore achieving your goals. This is regardless of whether an emotion is labelled by yourself, or others, as negative or positive.

Benefits

- ❖ By not resisting feelings you take away their strength and lessen them
- ❖ If you are willing to feel any emotion you will be willing to show up in the world in a way that most people are unwilling to
- ❖ It gives you access to your brain, and to the thought(s) creating your feeling(s)
- ❖ When you are willing to walk into and feel the suffering your thoughts can create you take ownership of it. This creates a trust with your yourself. You know there isn't any feeling you can't feel and that you can process, rather than indulge in, it

The Process

