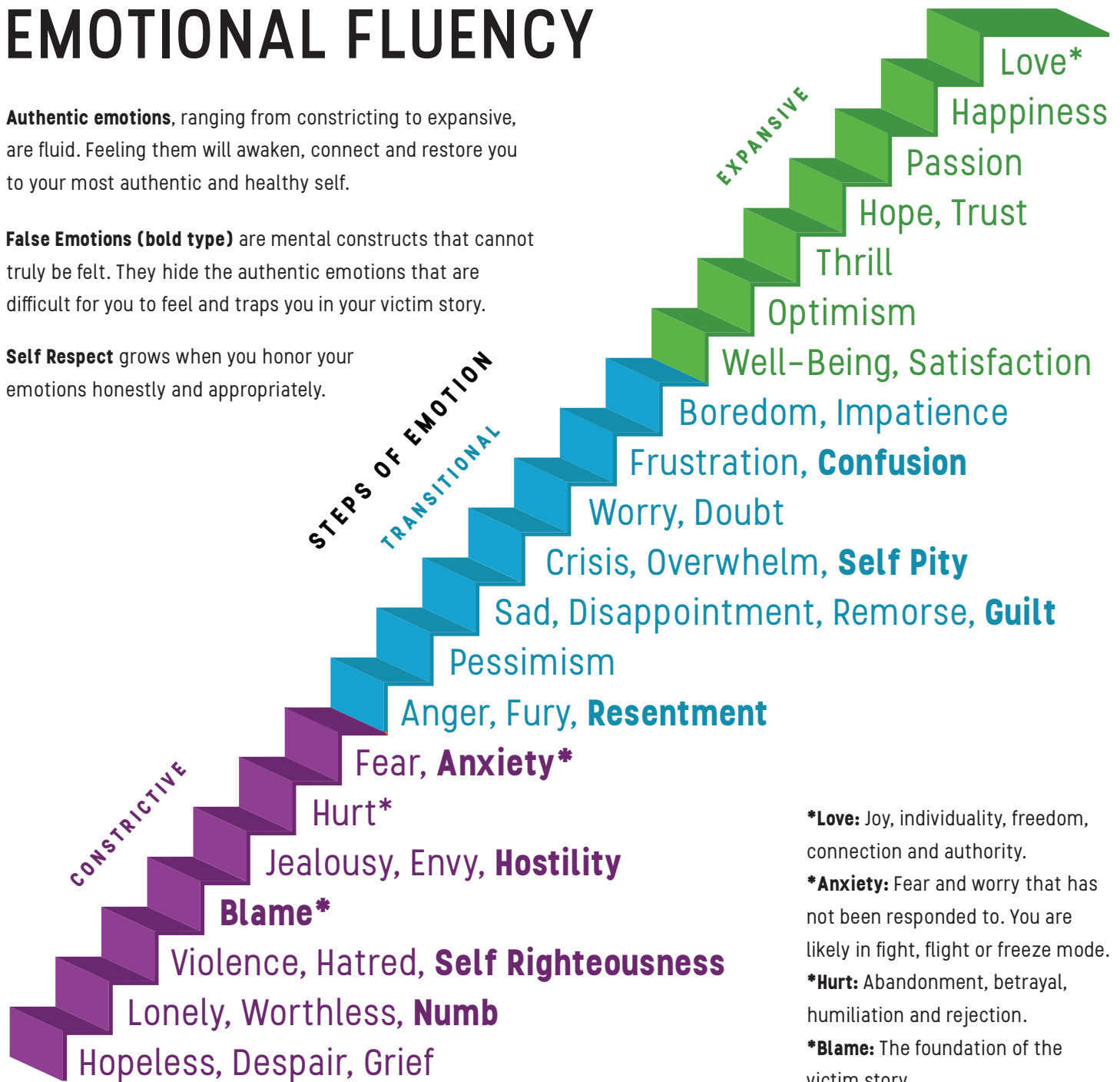


EMOTIONAL FLUENCY

Authentic emotions, ranging from constricting to expansive, are fluid. Feeling them will awaken, connect and restore you to your most authentic and healthy self.

False Emotions (bold type) are mental constructs that cannot truly be felt. They hide the authentic emotions that are difficult for you to feel and traps you in your victim story.

Self Respect grows when you honor your emotions honestly and appropriately.



- ***Love:** Joy, individuality, freedom, connection and authority.
- ***Anxiety:** Fear and worry that has not been responded to. You are likely in fight, flight or freeze mode.
- ***Hurt:** Abandonment, betrayal, humiliation and rejection.
- ***Blame:** The foundation of the victim story.

SKILL BUILDING

1. Permission to feel! Each emotion has its own resonance, from the lowest constricting emotions to the most expansive.
2. Communicate responsibly with positive intention. (WAIT - Why Am I Talking?)
3. Be curious. Which emotions do you avoid or have difficulty feeling?
4. Name the emotional places you get stuck.
5. With the guidance of your Nurturing Parent, uncover the authentic emotions that are hidden under the shell of false emotions.
6. Expand your range of emotions. Practice "walking the stairs" from top to bottom and back again. Pause and name the thought and feeling that you associate with each emotion.