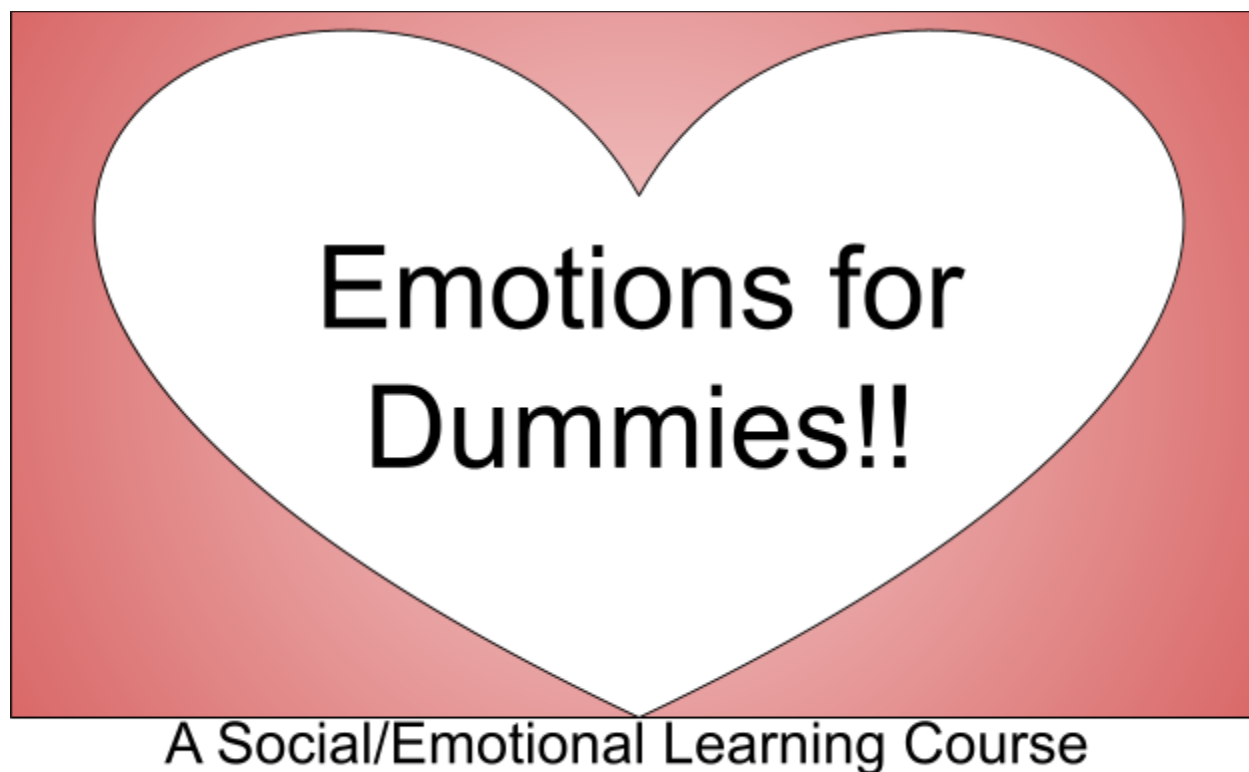




By Dr. Donny (Donovon Keith Ceaser) Ph.D. (2020)

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This workbook is to accompany Dr. Donny's 4-week Social/Emotional Course: Emotions for Dummies.

A trauma- informed collection of information and exercises about emotions, questioning beliefs, self-help, mindfulness meditation, and the "Ego Killer".

Please bring this workbook to every class.

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About this Workbook

This is a workbook dedicated to examining your thoughts and feelings. In particular, this workbook uses mindfulness meditation, visualisations, and inquiry to create a self-help platform that can aid anyone in need of healing their inner life. Extensive measures were taken to apply this material to a developmental perspective so that the effect of childhood socialization and its role in cognitive distortions could be central to understanding our life history. Equally so, a great effort was made to collect material from a trauma-informed perspective; one that acknowledges the complex after effects of abuse and neglect. Because both of these concerns relate to unhealthy relationships, a third concern was to address the role of healthy boundaries throughout this work.

This is a workbook precisely because emotions need to be experienced, in order to learn from them. Each exercise is meant to be read and then to engage in meditation or writing about feelings. Meditation is literally engaging in the experience of ourselves, turning ourselves into knowledge. Free writing allows us to bypass our consciousness and access our subconscious, emotional mind. While I designed this workbook for my college courses, it is my deepest hope that this resource can be used by anyone who is dealing with their feelings, hard times, or troubling thoughts.

Trigger Warnings

Because this workbook is about emotions, expect your feelings to be triggered! All sorts of feelings are going to come up in this process. If any of those feelings are too difficult, it's important to develop your own self-care plan for your emotions (see Self-Care Plan). If you have been through anything you would define as traumatic, take special care to only take on what you can handle, including if you want to close your eyes or not.

See this workbook as like a toolbox and each exercise is a hammer, a screwdriver, or a saw that can be used to deconstruct and rebuild your inner life. But like all tools, you can also damage yourself if you are not careful. All of these resources are made with the focus of learning how to love ourselves and build our ability to feel, not to just feel bad, beat ourselves up, or retraumatize ourselves. Pick topics that range lower on your trigger scale and save the harder things for when you have practiced these exercises a bit. Please know this may also mean having to learn a great deal of patience.

Finally, this workbook is not a substitution for therapy or crisis care. If you feel you need the long-term help of a licensed professional please access a psychologist, therapist, counselor, or confidant of your choice. If you are in a crisis and in need of help, please access a crisis center who can help you find resources or call emergency services such as the police, a hospital, or dial 911.

Instructions for Students

I will always begin each class by asking, “How are we feeling today?” And I will always wait for an answer. Your response, or no response, is always your choice. Since this is about expressing feelings, I am going to press for an answer as the term progresses.

Each worksheet is designed to be read aloud first, and then to engage in an exercise. Because I want you to dig deep, I will usually read my own examples out loud to everyone. There will be time after each exercise to discuss things.

Because of the difficulty of learning emotions, not to mention also getting your education, after each exercise I will always say, “even if you are not feeling like digging into things today, the take home message is ____”. Also, “whether you felt something good, nice, or loving- or if you felt something painful, gross, or depressing- it's ok, because we are learning how to feel. It's good to feel.” Hopefully these words help you develop patience and let you know that you are not alone.

Self-Care Plan

This workbook is going to bring up all sorts of feelings, so it's important to create a strong plan for taking care of ourselves. Use the table below and infographics on the next page to help you list what you honestly do and what would be a healthier, realistic option.

Physical/Systemic (honest go to) (healthier options)	Psychological/Emotional (honest go to) (healthier options)	Mental/Cognitive (honest go to) (healthier options)
Relational (honest go to) (healthier options)	Financial (honest go to) (healthier options)	Environmental (honest go to) (healthier options)
Spiritual (honest go to) (healthier options)	Aptitudinal (honest go to) (healthier options)	Luminescent (honest go to) (healthier options)
When I feel something I can't handle, I: (honest go to) (healthier options)		
When I can tell I'm about to cry, I: (honest go to) (healthier options)		
What do you want to work on? What is getting in your way? What triggers you easily? What negative strategies do you want to avoid?		
Any other things important to your self-care? (pick-me-up quotes, affirmations, reminders, doodles)		



WHEN I AM ANGRY, SAD OR UPSET, I CAN ...

	☐ Read a book	☐ Play, run with friends	
	☐ Drink water	☐ Make a collage or scrapbook	
	☐ Take a nap	☐ Take a walk	
	☐ Listen to music	☐ Use a stress ball or slime	
	☐ Take 20 deep breaths	☐ Use positive affirmations	
	☐ Cry	☐ Eat a fruit	
	☐ Clean or organize	☐ Play, run with a friends	
	☐ Forgive, let go	☐ Color with a crayon	
	☐ Exercise	☐ Do something kind for others	
	☐ Talk to a friend	☐ Imagine your favorite place	
	☐ Talk to a trusted adult	☐ Meditate	
	☐ Ignore annoying people	☐ Chant a hymn or a poem	
	☐ Build something	☐ Turn off all gadgets	
	☐ Climb a tree	☐ Watch the sky or the clouds	
	☐ Do a puzzle	☐ Watch something funny	
	☐ Throw or kick a ball	☐ Hug your parents or siblings	
	☐ Get a hug	☐ Take a bath	
	☐ Cook or bake	☐ Write thank you notes	
	☐ Ride a bike or skate	☐ Write gratitude notes	
	☐ Learn something new	☐ Write down your feelings	
	☐ Stretch	☐ Blow bubbles	
	☐ Sing or dance	☐ Count	
	☐ Do origami	☐ Keep your hands to yourself	
		☐ Do Gardening	

When I feel upset, sad, or unfocused at school I can:

SELF-REGULATION PRINTABLES FOR KIDS

WHOLEHearted SCHOOL COUNSELING

☐ Count to 10 and back in coordination with my breath.	☐ Think about 3 things am grateful for.
☐ Place my hands over my ears and breathe slowly & deeply, listening to the sound that my breath makes.	☐ Use 'I-statements' to express how I am feeling, what I need, or what I hope for.
☐ Roll my neck and shoulders.	☐ Ask to work with a buddy.
☐ Tell my teacher I would like to help or take on a classroom responsibility.	☐ Give myself an arm and hand massage.
☐ Rest my head on the desk for a moment or two.	☒ Devise a secret code word or signal with my teacher that means, time to get back on track.
☐ Tell my teacher I need help with the assignment or lesson.	☐ Smile or laugh, even if I have to fake it.
☐ Push my palms together.	☐ Do an act of kindness.
☐ Give myself or a stuffed animal a great big hug.	☒ Eat a healthy snack or let my teacher know I am hungry.
☐ Help a classmate or my teacher.	☐ Rub or tap my temples.
☐ Cross my arms in front of me and do the arm pretzel.	☐ Talk with my school counselor.
☐ Ask if I can do my work standing up.	☐ Ask permission to quietly jog in place for a minute or do 20 jumping jacks.
☐ Pretend I am squeezing a lemon in my fist, squeezing as hard as I can to get the lemon juice out. After a few moments, I can relax my hands.	☐ Go outside during recess and notice the sky, trees & sounds from nature.

Mindfulness is about examining your quality of life. Most of the time we are caught up in doing things, but we are not human doings, we are human **beings**. Thus, when we examine our lives with mindfulness, we are moving deeper into our state of being in the world. For example, we use our phones to do things like send messages or check email quickly. With mindfulness, we take time to examine the things we do. So we may examine each button we press, each letter we type, the layout of the app, etc. This is about examining the **quality** of what we are doing, not just the doing of it.

In traditional “old school” meditation, we develop mindfulness by sitting in silence and being with our thoughts. The idea here is that eventually you will learn to treat yourself with compassion. The story of the Buddha is that he was a naïve prince who left his palace and saw suffering (or stress) in the world and vowed to end it. After several failed attempts, he sat underneath a tree and began to sink into his thoughts. And from this he came to realize that wanting things, desire, is what led to suffering. Today, we can expand this to say that (1) the human mind only perceives **thoughts, feelings, sensations, and images**, so, (2) **thoughts/beliefs/concepts shape what we think is reality**, but is not reality itself. If thought is not real, then (3) **thinking and imagination are the same thing**, but the first reduces/represses while the second expresses/unrepresses. Therefore, (4) **all stress must come from believing thoughts that don’t line up with reality**. What happens in life is information, our stressful feelings about it come from our unconscious use of the **5 frustrations of life**: our 1)assumptions/expectations, 2)beliefs/attachments, 3)judgments/comparisons, 4)preferences/requirements, and 5)attempts to manipulate/control things beyond our ego.

The human brain is truly amazing. It has two major sections: our frontal lobe which is responsible for abstract thought, planning, judgment, and our “back brain” (limbic system and amygdala) which processes emotions. This part is also more connected to our spinal cord, heart, and stomach (gut), which research also shows have neurons surrounding them that create our “deep in the heart feelings” and “gut reactions”. In fact, our brains have 100 billion neurons, making 10,000 connections with each other, doing 50 processes at the same time! Unfortunately, that means the human mind can think 80,000 thoughts a day or 1.5 thoughts a second. Worse, 98% of those thoughts are just repeated over and over. Even worse, some argue that 80% of those thoughts are negative. Add to this the fact that only 20% of the brain is conscious (the other 80% is unconscious!) and it’s clear how **our mind can be our worst enemy**. Putting a bunch of unconscious negative thoughts on repeat guarantees you will focus on what you lack, blocking your ability to be open minded, question anything, or develop stillness and mindfulness. In contrast, Buddhism offers cultivating positive thoughts of gratitude, compassion, and kindness. Genuinely finding the good, and especially the good in what we think is bad, shifts our mind into a friend, or a space of more support and possibility.

These days, modern physics, spiritual people, and hippies all agree that with the creation of the Big Bang came the creation of consciousness itself. Despite that, many people feel that meditation is boring. Well it is! When we meditate, we are boring into our “inner universe”, which is just as vast as the outer universe. So Boredom brings us to the Kingdom (Queendom). **Each person is a total inner universe** of things separate from other people. It is our inner world that shapes how we make sense of our outer world. To help us with our thoughts and feelings, and to greatly expand our consciousness, in this class we will learn a variety of techniques for developing mindfulness.

How to Meditate:

1. Stop what you’re doing and come to the present moment. No need to think about the past or the future. You can keep your eyes open or closed. If closing your eyes makes you uncomfortable at all, keep them open.
2. Bring mindfulness to your breathing. How are you breathing right now? Fast or slow? Deep or shallow? Slow down and deepen your breath. The breath is the best anchor we have for staying in connection with the present moment.
3. Notice if you are thinking. The mind only perceives thoughts, feelings, sensations, and images. Explore each. Can you release/unclench them and return to stillness, inner silence, and peace? If not, can you bring mindfulness to what you are feeling? Can you locate it in your body, name it, and be with it without placing judgment or trying to change it?
4. How long can you sit in this state of doing nothing (nothingness)? When you are ready you can open your eyes. Now, can you apply this mindfulness to your life? Try with your phone, the commute home, the next argument you have. This is the real practice!

From Teal Swan's "How to tell the truth" <https://www.youtube.com/user/TheSpiritualCatalyst/videos>

Obviously, telling the truth is an important part of developing a strong, healthy relationship with ourselves and others. For many of us, however, the truth can either be too uncomfortable or scary to embrace, especially when the truth may force us to alter our sense of reality or identity. **We often don't tell the truth when something happens that we can't handle emotionally**, such as 1) when we're in danger (trauma, abuse), 2) risk losing something important (money, love, security), 3) when who we actually are isn't good enough to get what we want, or 4) when we are trained (by parents, adults, society, or ourselves) into denial, rejection, rationalizations, and avoidance as coping mechanisms.

While we often treat the truth as something stable, permanent, and objective (Universal Truth), most "truth" is one part what people believe or all agree is accurate, and one part how your subjective emotional range is reacting to information. Our "personal truth" may be totally different from someone else's or what society says is true. In Buddhism, telling the truth is always balanced against compassion. Saying true things without kindness can be cruel, and saying kind things that are not true (lies) can lead to mistrust and hurt. So, one way to deal with the difficult feelings around the truth is to explore our emotional range from negative to positive. **A full truth involves expressing all of your: 1) anger, 2) hurt, 3) fear, 4) understanding, and 5) love.** (Use the fingers of your hand as a way to remember this.) Find one problem/issue about your life, yourself, or the world that you feel is causing you stress. Start with 1) anger, and for each one, allow yourself to get out all of the thoughts/feelings you are having before you go onto the next one. When you get to 4) understanding, also examine the frustrations of life: (our assumptions/expectations, beliefs, judgements, preferences/requirements, and attempts to manipulate/control). If you have trouble with anger, try other words like frustrated or bothered. Or try sadness or stress.

Remember, you can always choose whether you want to tell someone else the truth, because they may or may not wanna hear it, but if you lie to yourself you risk throwing your whole world into confusion and unconscious self-sabotage. Since you don't have all the info you would need to take responsibility and make good decisions, everything you do to address your problems won't work either, which can lead to hopelessness, resentment, and deep insecurities. In contrast, the truth gives us a solid, powerful foundation to build a life based on honesty and integrity, or as they say, **"the truth will set you free"**!



1) Anger _____



2) Hurt _____



3) Fear _____



4) Understanding (assumptions/expectations, judgements/comparison, preferences/requirements, beliefs, manipulation/control) _____



5) Love _____

From: *Journey through Trauma* by Gretchen Schmelzer, *The Tao of Fully Feeling*, and *Complex CPTSD: from surviving to thriving* by Pete Walker.

Trauma is defined as an experience or event that overwhelms your capacity to depend on or protect yourself, leaving you with feelings of terror, horror, and helplessness. Since the body processes physical and emotional pain the same way, physical trauma and emotional trauma are the same thing; sure a family death or car accident, but also things like road rage on our commute, getting bad news we didn't expect, or suddenly remembering something painful from the past. Other kinds of trauma can be cultural (sexism), historical (transatlantic African slavery), or psychic (being told you would never amount to anything). Trauma can leave us with PTSD (posttraumatic stress disorder) where our brain copes by developing flashbacks, easily startled, nightmares, and difficulty concentrating or eating or sleeping. Repeated trauma however, like child abuse, domestic violence, or war is more complicated, so it leads to C-PTSD (complex PTSD) where instead of trying to cope, our brains learn to shut off (go numb) and forget (go unconscious) and put up walls around our feelings so that we don't have to constantly re-experience the pain. Trauma hits the preverbal areas of the brain, leaving us howling in fear or frozen in silence. These symptoms are often misdiagnosed as other things when we don't acknowledge the trauma. While these coping mechanisms may have kept you safe when the trauma was happening, as adults they can keep us stuck in survival mode, afraid of the world, and unable to move on and really live life.

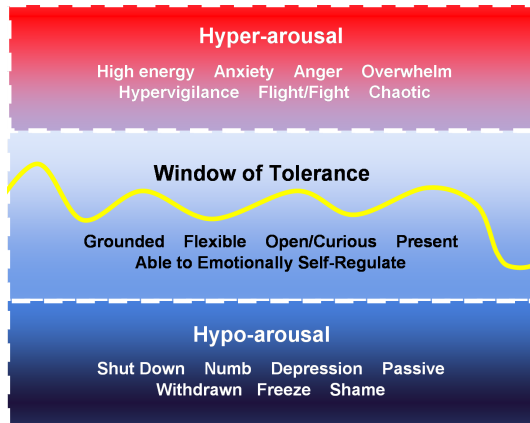
Healing from trauma is literally one of the hardest things to do. These feelings can resurface at any time, and trauma can make it hard to even open to the idea of help altogether. We have to relearn developmental milestones like basic trust, faith in the world, learning self-confidence, self-compassion, healthy boundaries, identity formation, even the ability to relax! After a lifetime of protecting yourself psychologically and physically to survive, you now have to dismantle all the defenses, protections, problematic behaviors and habits in your life. Other people, even friends and loved ones, who haven't been through or don't acknowledge their trauma may be unable to understand or validate what you are going through. Often our trauma is connected to our relationships with people who are supposed to love us, so "people" in itself can be retraumatizing (google #peopleing if you want validation for this, and a laugh).

Healing from trauma is not a linear, one-and-done, process. It takes a lot of time, and a LOT of rest! Also we have to heal as life goes on, so doing this healing work can feel like having a 2nd job. Good news is, we already survived the worst of it: the trauma itself! The key to healing is to acknowledge what happened, what didn't or should have happened, and how did you cope with it all. To heal we move repeatedly through 5 phases: **Preparation, Un-integration, Identification, Integration, and Consolidation.**

Preparation- Develop an awareness of your thoughts and feelings (check-in). Assess and store your internal and external resources (physical, emotional health and safety). What do you really need, or definitely don't need, so that you can handle these feelings? This can take a while, and can make you nervous if your trauma was connected to being silent or staying unaware to stay safe. Showing up for you and finding dependable others teaches us to relearn trust, which lets us feel safe, be willing to explore, have hope and gratitude, and to be patient and persevere- things we might not have gotten in our lives.

Un-integration- To heal, we have to give ourselves permission to TOTALLY FALL APART and regress back to being a child, back to when we were innocent. Find a safe space where you can let down all the walls without the need to pull yourself together. This will move the numbness and bring up all of the broken pieces of pain, fear (and fear of feeling), helplessness, shame, violated boundaries, and attachment wounds. So, straight up, it's gonna feel totally shitty- expect to be caught off guard, irritable, off balance, uncomfortable, and scared. You can even temporarily lose the ability to speak! Children do this very well, but as adults we train ourselves to be in control and keep it together all the time, so we don't give our brain a true chance to reset and relearn. Use trust and safety to see what you can handle, and then slowly learn to handle a little more. This will create a container so that you can heal and still manage your daily life.

Identification- After working with the pure feelings, we can discuss our trauma story and coping mechanisms. Trauma messes with ALL forms of memory. The story of our trauma can be an adult retelling with coherent sentences, or it may be childhood fragments of words, sounds, smells, and emotions. Sometimes it helps to reenact the story, not just speak it, to get the feelings out. Recognize the abuse and neglect. If you can't make sense of a feeling, ask "what would someone listening to me feel?" Focus on what is true for you. Believe you, support you. This takes time and practice so go slowly so you don't feel like your world is falling apart. You can fall back into lots of feelings of grieving, worry, and doom, so it's ok to go back to Un-integration.



A **coping mechanism** is the tactics of fight, flight, freeze or collapse we engage in to feel safe or avoid our feelings. Literally ANYTHING can be a coping mechanism like: disconnecting from feelings or the present moment (dissociation), hypervigilance, extreme rules to keep you safe or extreme emotional walls that let no one in, obsessive or compulsive thinking, constantly fidgeting or checking your phone, living constantly in your imagination, drugs food and sex, constantly staying busy, constantly talking to yourself, codependent relationships, always people pleasing, always feeling helpless, afraid to feel altogether, being super critical to ourselves or others, being stuck on negative and always expecting the worst, extreme narcissism, bullying others, relentlessly hoping things could have been different or better or not really true or as bad as you remember, social isolation, etc. All of these things allow us to stay in

denial about how the abuse we suffered is affecting us now. Allow yourself to identify them and how they make you feel. Remember we developed these habits to survive, so be thankful to yourself, and be kind to any resistance or walls you may have also.

Use this space to list any triggers and coping mechanisms not mentioned above: _____

Integration- Now we can start to create a new story and find healthier ways to deal with our feelings in life. How can we retell our trauma story in a way that empowers us and acknowledges how we really feel? We can use our imagination to question our assumptions and retell the story but include all the things that we wished would have happened instead so we can give ourselves the love and support we wanted. This is called reparenting ourselves. We can also question our inner voice, or inner critic, that we developed from our caregivers that might not be serving us well. This is also the time to question ALL of those coping mechanisms. What works, what doesn't, what would serve you better? All this takes practice, like baby steps, or moving from a bad first draft toward something better and better, so be patient and understanding and try like a child- without judgment and full of play. Learn to express yourself in all kinds of new ways so you can feel freedom, wonder, and possibility. Take back your right to say no, make mistakes, and change your mind. Listen to other people's trauma stories.

Consolidation- The final phase is mostly one of rest so that all this healing can set and create a new you. All learning/healing requires rest. Do things like sleep, watch TV, focus on your new life, try something new. Get used to feeling just "fine" and doing mundane things without drama and conflict. Being at peace can feel real odd at first. As you build strength you can go back to the Preparation phase for what trauma is left. Again, this is a repeated process. Going through it over and over (and over and over) is how you build up the ability to heal the things you haven't yet addressed. Remember, take it in baby steps that you can handle. "Inch by inch, life is a pinch. Yard by yard, life is hard."



Trauma Releasing Exercises

This is a list of exercises that can help you to regulate as you process your more difficult emotions. While they may feel awkward or silly, they are all based on strong trauma research, so please try them out during your meditation practice. Especially try these if you feel triggered or having a hard time feeling.

1. Trauma Informed Breathing

Breathing connects us to the present moment, so it can help free us from past trauma. Notice your breath. How deep or shallow? In the chest or the belly?

- Try: breathing slow (AEIOU), breathing fast, forceful outbreath, consciously hold it in, nostril breathing

2. Trauma Yoga

Trauma makes us shut down and close up. So exercises that open up the body can help (this is only a list of exercises that you can do in a chair)

- Shoulder taps, face stretch (smile, lift eyebrows), neck stretch (side to side/up down), arm raise, stick out tongue, hugs

3. Trauma Release Exercises (TRE), Dr. David Berceli, <https://traumaprevention.com/>

A series of shaking exercises to mimic how animals deal with trauma (spontaneous shaking)

- Allow yourself to relax, and let yourself shake. Particularly note the psoas muscle which is the muscles that connect the legs to the trunk of your body (a lot of trauma is held there). Start small then get bigger.

4. Emotional Freedom Technique (EFT) or “Tapping”, Dr. Gary Craig, <https://www.emofree.com/>

Tapping on the “energy meridians” (Chinese Medicine) in the body loosens up emotions

- Tap in this order: one hand, other hand, forehead, underneath eyes, heart, stomach, knees. Then repeat. (you can tap each one as long as you want. Also you can speed up or slow down as you wish.)
- You can input messages to yourself as well by saying things over and over , like “I feel this pain”, “I let go of this feeling so I can feel peace”
- Sleep tapping- tap the heart fast with alternating hands and say sleep, let the tapping slow down.

5. EMDR (Eye Movement Desensitization and Reprocessing) Therapy, <http://www.emdr.com/>

EMDR is basically moving your eyes from one end of the visual field to the other back and forth. Doing this makes your front brain focus on something so your back brain (emotions) can process feelings.

- Using your finger, scan from one end to the other, or up and down. (once you are familiar with this you don’t need a finger, or you can keep your eyes closed. You can also tell your messages like with EFT.

6. Crying, Screaming, and Whining

Crying and screaming are the body’s natural way to process trauma. Whining is high pitched emotional utterances that let out our feelings of stress and fear. However, many of us are taught “boys don’t cry, “suck it up”, “put a lid on it”, “play cool”, or “be quiet or it’ll get worse” instead of letting it out.

- To cry, find a place where you feel super safe (bedroom, into a pillow, in your car, under a blanket), put on sad music or remember something sad, put your hands on your heart and sink into the energy there. Let yourself sink down to the bottom of the pain; don’t cry for 2 seconds and go back to normal. It’s not pleasant but it will help your body process the feelings. Screaming pushes out the feelings so that you can cry them up. It also teaches you to use your voice if you have ever been forced to be silent.
- Whining is letting out our stress by emoting sounds of frustration. It’s more about feelings than rational complaints, so instead of "School is stupid and stressful" it's more productive to say "I'm irritated at how hard school is" or just a straight up "ahh,iiee,whyyy,owww"

“Losing It!” - tap your head, move your eyes, breathe fast, scream and whine all at the same time!

Emotions List

In this class we are going to learn how fundamental emotions are to life. Despite how important they are, most people only have a few words to describe how they feel (like “FINE” which I learned in the mob movie *The Italian Job* stands for Fucked up, Insecure, Neurotic, and Emotional). Even worse, most of the time, when people ask “how are you doing?”, they often don’t really want an answer, it just becomes something to say to introduce conversation. In this class I will ask you how you are doing every class, and I want you to experience actually going inside and labeling your feelings. Using this emotions list, I will encourage you to move beyond just “good, fine, ok, or bad” and work to develop a more in-depth vocabulary. Also, it is 100% ok to express both negative and positive feelings- you don’t have to ever lie or fake what you feel.

Judge Your Neighbor Worksheet by Byron Katie

If you have tried meditating, you have noticed just how hard it is to actually sit in silence. The mind constantly thinks, and we have so many attachments to those thoughts we feel all sorts of things about them. When the 95% unconscious stuff becomes conscious, it is rarely just good feelings that rise to the surface. Therefore it is important to develop a method for dealing with thoughts as they arise, not just ignoring or dismissing them.

Byron Katie’s story is that she was a wife and mother in southern California who, over time, became increasingly unhappy, depressed, suicidal, overweight, and agoraphobic. She yelled at her children, she wouldn’t shower, and for a decade she stayed in bed, even sleeping with a gun because she became afraid of everything. One day she enrolled in a weight loss live-in program where she was given a room in the attic (because everyone thought she was crazy and didn’t want to sleep next to her). She slept on the floor and one night a roach crawled over her foot. When she woke up, in that instant, all of her depression and painful thoughts were gone, just for a split second. From there she realized that the roach was real, but her thoughts were not real. The roach was an actual thing she could put in a bucket, but all the thoughts she had that had given her a decade of hurt, pain, fear, and depression, all that would be nothing in a bucket. In that moment, she lost all identification and attachment to her thoughts and experienced the simple joy of just experience itself, or being with reality, being with what is.

This epiphany didn’t last long, so she would go out into the desert to meditate alone, but she found that the whole world was there in her mind. This led her to realize that the problem wasn’t the world, it was all her thoughts about the world, herself, and others. Since she knew she was so good at judging others, she developed a Judge Your Neighbor Worksheet. Here you write down a series of statements about what bothers you, how do you want them to change, what they should/shouldn’t do, what do you need from them to be happy, what do you think of them, and what do you not want to experience again. And to each of these statements you ask 4 questions: is it true, can you absolutely know it’s true, how do you react when you think that thought, and who would you be without the thought? Finally, after the 4 questions, you take each statement and apply 3 turnarounds, making the statements about yourself (your thinking), the other person, or the opposite of the original statement. So, if I am mad at my mom because she doesn’t listen to me, this process opens me up to how much I don’t listen to myself, how much I don’t listen to her, and all the times she actually did listen but I don’t give her credit. This process of questioning her thoughts is what she calls Inquiry, and it has allowed her to maintain the consciousness she developed that night on the floor with the roach, even creating an organization, The Work, that spreads Inquiry meditation around the world.

Byron Katie has many famous sayings: “There are only 3 kinds of business: mine, yours, and God’s. When you go into someone else’s business you will feel stress”, “When you argue with reality you lose, but only 100% of the time”, “love your thoughts, love the world”, “open mind, open heart”, “The present moment is the only moment there will ever be, the past is over and the future never comes”, “you can’t stop thinking, you can only believe what you think or question it”, “love is who we are, any thought that opposes that feels like stress”, “Judge your Neighbor, write it down, ask 4 questions and turn it around.”

Emotions & Reactions List

Question 3. How do you react when you believe that thought?

ANGRY		DEPRESSED		AFRAID	
irritated enraged hostile insulting annoyed upset hateful unpleasant offensive aggressive bitter frustrated controlling resentful hotheaded malicious infuriated critical mean-spirited violent vindictive sadistic mean spiteful furious agitated antagonistic repulsed mad cross incensed	loud reactive swearing abrupt quarrelsome venomous irate short-tempered stubborn rebellious exasperated impatient contrary condemning seething scornful sarcastic overbearing sharp poisonous insulting disrespectful jealous ticked off hitting yelling screaming revengeful retaliating reprimanding	disappointed discouraged ashamed powerless diminished guilty dissatisfied miserable despicable self-denigrating self-hating sulky low terrible lousy desperate alienated bad pessimistic dejected bummed out self-critical self-deprecating gloomy glum disheartened down despondent cheerless rotten	masochistic stuck contracted tight blocked despairing hopeless grouchy off moody crabby faultfinding resistant punishing morose cranky grumpy burdened negative closed out of sorts no energy in hell shaky touchy haggard drawn slumped slouching achy	fearful terrified suspicious anxious alarmed panicked nervous scared worried frightened timid shaky restless threatened cowardly insecure wary menaced uptight apprehensive aggressive attacking defensive hostile	dreadful guarded troubled self-absorbed rigid phobic intolerant disturbed disrupted intimidated avoiding unwelcoming petrified unbending paranoid inhibited immobile attached prejudiced hateful agoraphobic self-conscious
CONFUSED	HELPLESS	INDIFFERENT	HURT	SAD	JUDGMENTAL
doubtful uncertain indecisive perplexed embarrassed hesitant shy disillusioned distrustful misgiving lost unsure uneasy tense stressed uncomfortable comparing dishonest superior disdainful manipulative judgmental prejudiced argumentative authoritative condescending demanding confounded distracted disoriented off-kilter frenzied blushing awkward	incapable alone paralyzed fatigued useless inferior vulnerable empty distressed pathetic distraught doomed overwhelmed incompetent inept incapacitated shut down cut off trapped weak sick nauseated fidgety trembling craving hungry squirming jittery woozy twitching compulsive	insensitive dull reserved weary bored preoccupied cold lifeless uncaring uninterested unresponsive tired robotic slow sluggish	crushed tormented deprived pained tortured rejected injured offended afflicted aching victimized heartbroken agonized appalled wronged humiliated upset insulted withdrawn miffed indignant suffering distant invaded bulldozed bullied secretive slighted smothered belittled	tearful sorrowful anguished desolate unhappy lonely grieved mournful dismayed downhearted oversensitive dirty remorseful sullen sour self-castigating unworthy fragile disconnected devastated blindsided discontented crying groaning moaning	stony serious stern frowning recoiling glaring disgusted unfair attacked attacking tactless hurtful bossy stilted stiff brutal combative pushy neglectful stonewalling rude ranting scolding shrill hard fake phony shallow taut territorial complaining obsessive blunt

Question #4: Who would you be without that thought?

OPEN	LOVING	HAPPY	INTERESTED	ALIVE
understanding confident easy connected free sympathetic interested satisfied receptive accepting kind harmonious empathetic tolerant friendly approachable outgoing flowing flexible present listening welcoming embracing	considerate affectionate sensitive tender devoted attracted passionate admiring warm touched close loved sweet gentle compassionate caring allowing nonjudgmental appreciative respectful humble gracious patient honoring expansive kindly grateful	blissful joyous delighted overjoyed gleeful thankful festive ecstatic satisfied glad cheerful sunny elated jubilant jovial fun-loving lighthearted easygoing mellow happy-go-lucky glorious innocent child-like gratified euphoric rapturous in good humor in heaven on top of the world	fascinated intrigued absorbed inquisitive engrossed curious amazed involved attentive observant amused thoughtful courteous intent focused	playful courageous energetic liberated optimistic frisky animated spirited thrilled wonderful funny great giving sharing intelligent exhilarated equal excited enjoying communicative active spunky youthful vigorous amused tickled
POSITIVE	PEACEFUL	RELAXED	STRONG	Emotions And Reactions
eager keen earnest inspired excited enthusiastic bold brave daring hopeful upbeat beautiful creative constructive helpful resourceful motivated cooperative productive exuberant in the zone responsive conscientious approving honored privileged adaptable	calm good at ease comfortable pleased encouraged surprised content quiet certain relaxed serene bright blessed assured clear balanced fine okay grateful carefree adequate fulfilled genuine authentic beautiful forgiving sincere uplifted unburdened receptive creative confident self-sufficient	glowing radiant beaming reflective smiling grounded unhurried focused open-minded efficient non-controlling unassuming trusting supported fluid light spontaneous aware healthy meditative still rested waiting laughing graceful natural steady centered placid	reliable sure certain unique dynamic tenacious hardy secure stable honest composed self-affirming truthful supportive excellent perseverant responsible energized sane complete mature Solid	

Judge your neighbor • Write it down • Ask four questions • Turn it around

Think of a recurring stressful situation, a situation that is reliably stressful even though it may have happened only once and recurs only in your mind. As you answer each of the questions below, allow yourself to mentally revisit the time and place of the stressful occurrence. Use short, simple sentences.

1. In this situation, who angers, confuses, saddens, or disappoints you, and why?

I am _____ with _____ because _____
emotion name

Example: I am angry with Paul because he doesn't listen to me.

2. In this situation, how do you want them to change? What do you want them to do?

I want _____ to _____
name

Example: I want Paul to see that he is wrong. I want him to stop lying to me. I want him to see that he is killing himself.

3. In this situation, what advice would you offer to them?

_____ should/shouldn't _____
name

Example: Paul should take a deep breath. He should calm down. He should see that his behavior frightens me. He should know that being right is not worth another heart attack.

4. In order for you to be happy in this situation, what do you need them to think, say, feel, or do?

I need _____ to _____
name

Example: I need Paul to hear me when I talk to him. I need him to take care of himself. I need him to admit that I am right.

5. What do you think of them in this situation? Make a list. (Remember, be petty and judgmental.)

_____ is _____
name

Example: Paul is unfair, arrogant, loud, dishonest, way out of line, and unconscious.

6. What is it about this situation that you don't ever want to experience again?

I don't ever want _____

Example: I don't ever want Paul to lie to me again. I don't ever want to see him ruining his health again.

Now investigate each of the above statements using the four questions. Always give yourself time to let the deeper answers meet the questions. Then turn each thought around. For the turnaround to statement 6, replace the words "I don't ever want to..." with "I am willing to..." and "I look forward to..." Until you can look forward to all aspects of life without fear, your Work is not done.

The four questions

Example: Paul doesn't listen to me.

1. **Is it true?** (Yes or no. If no, move to 3.)
2. **Can you absolutely know that it's true?** (Yes or no.)
3. **How do you react, what happens, when you believe that thought?**
4. **Who would you be without the thought?**

Turn the thought around

- a) **to the self.** (I don't listen to myself.)
 - b) **to the other.** (I don't listen to Paul.)
 - c) **to the opposite.** (Paul does listen to me.)
- Then find at least three specific, genuine examples of how each turnaround is true for you in this situation.

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Many of us struggle with loving ourselves. Luckily however, according to modern physics, spiritual people, and hippies, love has been found to be the energy of the universe itself. With the origins of the Big Bang came the beginnings of Consciousness and Love. So self-love is about developing a deep consciousness and unconditional appreciation of your role in the universe! This is why meditation can be so healing. Also, **if love is the essence of the universe, then no one can give love or receive love** from someone else. Love is just what’s left when we are not attached to the judgements of our negative thoughts and feelings (the 5 frustrations). When we do not feel love, it is not because it isn’t there, it is because we are actively thinking and believing things that block us from experiencing our true inner nature. In religious terms, this is what is meant by “God is Love” (or whatever Higher Power of your understanding)

Most of us have learned a definition of love that is radically different than this. We learn from infancy that we have to love someone (family/community), or get someone to love us (bf/gf), and that we have to show it by doing the right things or saying the right words. If we went through anything abusive we may learn that love comes with fear and pain. However, these things are conditional love- they are more about acting/manipulating/controlling to get someone’s approval, which (unlike real love) can lead to self-abandonment, denial, superficial relationships, and repressed feelings. Unlike our ego’s desire to get what we want, **unconditional love is about accepting something as it is, for what it is and for what it isn’t**. So, the key to developing self-love is through self-acceptance. Self-acceptance is about accepting the reality of what is happening inside of us. It is about moving away from our judgements and positive/negative feelings about right/wrong, good/bad, success/failure, and embracing a larger acceptance of who we actually are- not who we (or others) think we should be. Allowing our self-talk to be more accepting increases our ability to love others and the world as it is, too.

We develop self-acceptance through internal validation. We have been taught our whole lives to seek validation through external things like money, grades, clothes, degrees, or through other people like our friends or romantic partners, through people pleasing behavior, faking it to blend in, or needing people to like us or think of us as good. However, healthy validation means being able to validate our own feelings for what they are, as they are, without needing approval from anything or anyone else. Anything you feel is valid, because you feel it. **You can be totally wrong about why you feel that way, and your feeling is still 100% completely valid**. This teaches us to honor our emotional boundaries and helps to build healthier relationships with ourselves and others.

Human beings are all doing the best that they can, so our ability to love can only move at the level of our consciousness. While unconditional love is not easy to give to or get from others, **if you don’t give yourself unconditional love you will always feel something negative, bad, wrong, missing, empty, or hollow**. This exercise will offer you an opportunity to work on your self-love, acceptance, and validation by feeling through the positive/negative range of your emotions and offering some statements to help you validate your feelings. Since negative judgement is one of our greatest coping mechanisms, validating yourself at first can feel like speaking a foreign language, so practice, practice, practice. Examining how we talk to ourselves creates space for our unconscious, child parts to feel internal validation. This exercise is extremely useful for any feelings of hurt, pain, fear, and shame-the hardest things to feel through.

Part 1: Questioning Beliefs

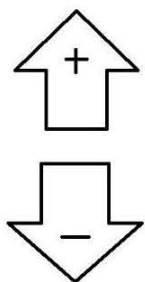
Start by naming all the ways that you seek external validation. It’s just good to know. Ask yourself why do you seek each one? What do you get out of it? What are you giving up internally so that you can have it externally?

Part 2: Self-Talk Meditation on Judgement and Feelings

Our judgements and feelings are strongly correlated. Using our “How to tell the Truth” exercise, we can line up both our feelings and judgements from positive to negative, or love to hate. We can arrange this in steps that gradually move from one to the other, or expand the number of categories:

Truth

LOVE
Understanding
Fear
Hurt
Anger



Love

LOVE
Like
Indifferent/ Don't Care
Dislike
Hate

Acceptance

Embrace, Love
Accept
Understand/Acknowledge
Recognize/Know
No Opinion/No Thought
Don't Know
Don't Understand
Can't Accept
Reject, Hate

Note in the middle of both there is a Neutral feeling. We often move from positive to negative quickly, so it is important to know what neutral, or no thought, would feel like. We can also use neutral to examine the 5 frustrations of life: our 1)assumption/expectations, 2)preferences/requirements, 3)beliefs/attachments, 4)judgements/comparisons, and 5)attempts to manipulate/control).

1. Practice this first by naming and feeling through something you have no opinion/indifferent about.
2. **Next**, pick something that you know you do like/love (or at least accept) about you or the world and feel through each step of the positive side of this scale. Give 3 reasons why you know it, understand it, accept it, and love it.
3. **Now, for the real challenge**, pick something you reject/hate and take it from the bottom of the scale all the way to the top. Give yourself a lot of time on each step, especially as you move from neutral on up.

Part 3: Validation Statements

This process starts new neural pathways in your brain that will overcome negative beliefs and self-talk. To further develop self-love, you can validate your feelings with the following statements, or come up with your own. Keep it simple, even “you got you, boo.” can get you really far!

Love

Acceptance

I love myself even when.....	I accept that I (can't accept)...	I can't accept....but I know/recognize/understand....
Love is always here, even when.....	I have every right to feel (the way I feel about).....	It is perfectly understandable to feel....because....
Under this (feeling) is love. Love is always under this (feeling)...	Anyone who went through(what I went through) would feel that way.	I don't totally understand how I feel about....and I don't need to right now. I can give it time and space and rest.
I let go of..... because love is letting go	I'm worthy enough to feel (this feeling) because it matters to me.	I don't need anyone's approval/acceptance to be ok with.....

Emotions are a fundamental part of how we develop knowledge to understand ourselves and the world. They determine the quality of our lives. Some people call emotions the guideposts of life because they teach us what our boundaries are. In fact, you could say that every day, every moment, **we live in an emotional universe** that uses how we feel to guide us through life. We know this because an emotional communication is always taking place alongside any verbal or other communication. There is always what is said and what is felt, or, as the late great Maya Angelou used to say, “People may forget what you said, they may even forget what you did, but they will never forget how you made them feel.”

Emotions are part of the deeper, “back brain” of your limbic system, amygdala, and most importantly the heart. The heart is actually surrounded by several neurons that control your heartbeat and your feelings. These are the parts of you that were around when you were a tiny baby and did not have a developed prefrontal cortex. As a baby, you are born completely helpless yet highly emotionally developed, so as babies we all struggle to deal with intense emotions even when we can barely think or control our bodies. Thus, **emotional recognition and connection is fundamental to life**. This is why babies need loving touch in order to survive and why love is a deep need for all of us.

Because our brain only perceives thoughts, feelings, sensations, and images, **our emotional system can only respond to our thoughts**, giving them a corresponding emotional weight we perceive as reality. This means, fundamentally, emotions are always the byproduct of something you are thinking- our beliefs shape what feels real for us. I didn’t believe this until I tested it out, and it appears to be true. We have a thought about something, and then we produce a feeling in relation to that thought. So, we think “I hate broccoli”, then we see broccoli and feel sick. Without the thought happening first, there could not be an emotional reaction. Even if you get a sudden emotional reaction like curiosity, or “a bad vibe”, even if you are totally right about the person or situation, your reaction is still in response to the thoughts you had, even if the thoughts were unconscious (some of our most powerful emotional reactions are from our unconscious thoughts). We produce a feeling so that we are prompted into action, like saying “I won’t eat it” or running away. Since feelings determine our quality of life, it’s always: **think, feel, act, have**.

Many of us, and especially if you were born male, are taught not to feel in our society. All of us on some level have been taught to suppress, deny, or evade emotions because they are inconvenient, too difficult, or secondary to our other life responsibilities. When we don’t feel our emotions they build up under the surface or hide behind walls, meaning **a little on top can mean a lot underneath**. Since our feelings are our connection to our true self, not listening to your feelings is a kind of self-abandonment. Your own feelings may not trust you and go into denial or develop secondary emotions to cover up the emotions you can’t handle, like getting angry when you are hurt, or afraid when you are vulnerable. You may also become extremely judgemental, feel numb all the time, develop addictions, or pursue unhealthy relationships. Becoming an adult involves taking responsibility for yourself: being financially independent, making your own mistakes, letting go of other people’s responsibilities, and taking responsibility for our own feelings.

If you have been through anything traumatic or your boundaries were ever majorly violated, your **emotional guidance system can go haywire**. Trauma disrupts how the two parts of your brain interact and can lead to hyperarousal, obsessive thinking, and memory/emotional flashbacks that can severely disrupt your sense of reality. You may be extra sensitive to others’ emotions (empath, rescuer) or identify with an emotion (an angry person, a victimized person). Abuse (emotional boundary violations) can teach us to accept self-boundaries that leave us hurt, afraid, codependent, helpless, or empty. If we were not taught how to deal with our feelings, then

this damage can lay underneath any kind of healthy boundaries we use to build our adult lives. Emotions all come from the same place. It's not like some come from the heart and some come from your butt. So, when you block yourself from feeling an emotion, like something sad or traumatic, you block yourself from feeling all your other emotions too. Instead of judging our emotions as good/bad, right/wrong, it may be better to see our emotions as an infinite palate of different colors, and each experience of our emotional universe brings us closer to a full painting of life. Or, **“we have to feel all our feels so that we can heal”**.

Since feelings come from thoughts, and thoughts are not real, we can question if any feeling is real as well. In Buddhism, sitting with our feelings, whatever they are, without trying to fight, change, or deny them, is called the **practice of equanimity**. For example, if I feel angry but couldn't call it anger, it might be called hurt. If I couldn't call it hurt, it might be fear. If I kept digging like this it would become stuck, then uncomfortable, just a feeling I don't like, a feeling, just what is, then _____ (nothingness). This works great, however, this “old school” approach leads many “spiritual people” to detach from thoughts and feelings as a way to avoid or invalidate others (spiritual bypassing). If the majority of our thoughts are negative, or if we have been through abuse/trauma, just sitting in silence can trigger you. Since **feelings come from the heart not the brain** we can stop using thoughts to analyze our feelings and instead bring them into our heart and process them directly through our body. This is called emotional meditation, or emotional vipassana.

Our emotional universe works generally in terms of negative and positive. So, while there are many emotions, all emotions have their opposite. Feeling through the emotion and its opposite can retrain your emotional guidance system by breaking up old or distorted thought/feeling patterns. Simply building our capacity to feel can greatly help us to take responsibility for our lives and give us space to love ourselves.

Emotional Meditation

1. Name an emotion. Or name a thought you are having and ask “what is the emotion underneath it?”
2. Let go and let yourself feel the emotion. If it helps, imagine a situation where you would experience this emotion. Where do you feel this emotion in your body? If you couldn't label or put a story around this feeling, and just sit with it as it is, what does it feel like? (Use your trauma exercises to help)
3. Slow down the emotion. Then, bring the feeling into your heart. Feel it inside the heart. Breathe it through.
4. Now, what is the opposite of that emotion? Like, if you said calm, the opposite is frantic. Or if you said angry, the opposite may be happy. Pick an opposite word that works for you. Feel that emotion. (repeat part 2 and 3)
5. Give yourself some Validation statements “I have every right to feel _____. Anyone who went through what I went through would feel that way.” Validating our emotions strengthens our ability to listen to and honor our feelings.

More advanced options include: 1) asking yourself when did you feel this feeling as a child, 2) finding something good about the negative emotion and something bad about the positive emotion. So if it's angry/happy, what's a good thing about being angry, and what's a bad thing about being happy? 3) Further use your imagination to describe or talk to the feeling and then responding to what it needs, like letting an emotional wall fall down or explode, or fully playing through a repeating scene in your mind (there is an infinite number of emotional landscapes your imagination can play with). Or 4) see the Body Scan exercise.

Bessel Van Der Kolk (2014). **The body keeps the score**, and H. Cloud and J. Townsend (1992). **Boundaries.**, and Psalm Isadora- Tantra-the art of sacred sexuality- https://www.youtube.com/watch?v=_5EO3mnb0BY

Our feelings make up our emotional universe, but feeling is not just an emotional state, it is also our bodily sensations. I can activate the feelings in my right toe by just thinking about it. I can describe what I feel as a feeling (calm, hurt, inspired) or as a sensation (burning, soreness, tight). I can go further and describe the feeling in terms of size, movement, shape or any other quality. I can go from my right toe all the way up to my head, taking in each body part. This is known as a body scan meditation, which comes from the school of Tantra, a philosophy that is about seeing the body as a spiritual place of energy transference. **Our Higher Power gave us a body so we can take in and give out the energy of the universe, fulfilling our life's purpose.** By doing a body scan we can greatly examine our emotions through the brain/body connection.

In terms of evolution, human beings have the same basic senses, emotions, and physical reactions as all the other mammals (hairs stand up when afraid, snarling when enraged), but a larger frontal lobe and so a greater capacity to think. However, since our brain is still 80% emotional and unconscious, **our animal nature will always win out over our willpower 4 out of 5 times.** Modern psychology has found that while the body cannot think, it does "keep score" by holding both emotional energy and memories. A frightening incident can make you lose your voice, or a pain in your back can be from years of not getting the support you needed. While your rational brain can analyze, justify, and/or dissociate from your experiences, your emotional body cannot. This is why you can't rationally talk yourself out of your feelings, or from what you really want, or who you feel you really are inside. We often use knowledge to fight our body limitations, but as animals we will always end up compromising between our ideals and what our body can actually handle.

Our body is an important part of understanding our physical and emotional boundaries. A healthy boundary is like a building with doors or a fence with gates- most of it strongly keeps bad things out but part if it can deliberately let good things in. Boundaries denote ownership, or what is mine and what is yours. How our bodies were treated as babies and children shape our first emotional boundaries and what to expect from others. Since research has shown that the brain processes emotional pain in the same manner as physical pain, **abuse and trauma are, by default, internal emotional boundary violations.** Not feeling accepted or loved can feel like a literal stab in the heart. Our bodies remember the fear/shame of a spanking even if our brain does not. Since the body will remember the trauma and keep reacting to it, you may lose the ability to distinguish between safety and danger, always assume danger, and then stay stuck in anger or fear. A lack of safety in our primary relationships can make us into adults who have an impaired sense of inner reality, feel places of deadness or numbness inside, gravitate toward unhealthy situations, and treat ourselves poorly by engaging in risky, self-damaging behavior; making us feel unsafe in our own bodies. Research has even found that babies who are abused can develop infant depression or constant feelings of terror that can stick with them throughout life. Long term, all this can lead to migraines, asthma, back pain, headaches, weight gain, poor sleep, and perhaps even irritable bowel syndrome.

Healing our brain-body connection means recognizing and naming our physical sensations. We can move past the difficulty of words by engaging the self-observing, body-based system which speaks through sensations, tone of voice, and body tensions. We can learn to pendulate, or move in and out of our body sensations. We start by establishing an inner place of safety, or a place where you can ground yourself when you feel uncomfortable (focus on breath, clench hands/feet, tapping). This teaches us to overcome any dissociation we have with our

body memories. **Making friends with your body** also means examining our body narratives (the ways we talk about our body and our body memories) and examining our feelings. Our bodies' feelings shift constantly. If we develop equanimity and we let ourselves fully experience the feelings, it will eventually shift into something else. It may take you back to a memory or a thought that you are holding onto that is not serving you well. Other safe ways of learning how to reconnect to your body are meditation and yoga because these techniques calm us down and let us check in on our breath and heart rate.

While every area of the body is important, there are three key areas to really focus on: **the stomach, the heart, and the head**. Our stomach has been found to hold neurons that not only control the movement of food but also our instantaneous bodily responses to fear and safety. This is why we call it the “gut brain”. Our body can store memories in our gut that tell us to be careful or afraid. Our heart also has neurons that control heartbeat and regulate our emotions. Our “heart brain” tells us how we feel and holds happiness and sadness. And our head area, including the neck and shoulders, is where most thought happens. This is also where we store anger, frustration, and tension.

Like it or not , this body is the only one you are ever going to have, and you have little control over what’s going to happen to it. Getting in touch with how we feel about our body is the best we can do to care for ourselves in an immediate and intrinsic way, to heal our internal emotional boundary violations, and to develop wisdom that moves our lives toward a whole body experience in harmony with the universe.

The following prompts are written in level of intensity, you are never required to do all of them.

Body Scan Meditation

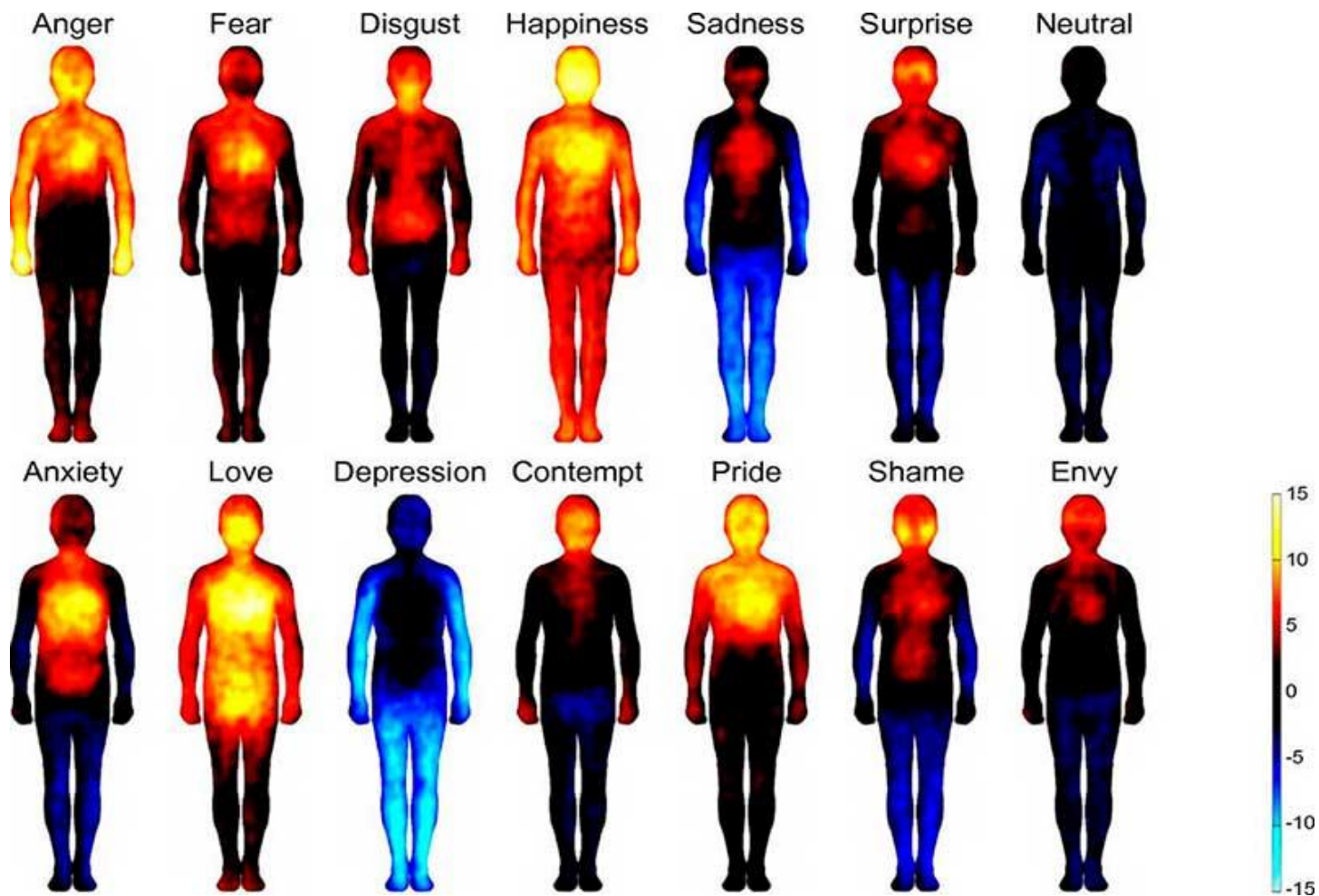
1. Take a moment, get comfortable and take in your entire emotional universe, from head to toe.
2. Next, bring your conscious awareness to your toes. What do you feel there? Warm or cold, large or small, stillness or movement? Whatever you feel, if you are willing, I invite you to :

A. Relax: Sink in (like sinking into a jacuzzi) Slow down (to stillness) Drop your defenses (give up the fight) Follow the feeling (notice where it travels) B. Unrepress: Let go (of control, judgement) Give yourself permission to fall apart. Let it release on it’s own (uncoil, bubble up, break apart) Ride the wave (back/forth, up/down, in/out) Feel/fill this space with compassion	C. Digest: Bring the feeling into the heart (let it drip slow like honey, or drop fast like a stone) Feel it deeper in your core/spirit/soul (whatever that means for you) Drop it into the gut (and continue to let go) D. Release: Expand the feeling (into the big muscles of your hips and thighs, your seat muscles) Let the feeling bubble up (expand all over your body) Push out the feeling (like you can’t take it anymore) And in its place, may this space be filled with love.
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3. Move to the bottom of the feet, then work from ankles, calves, knees, etc., all the way to the head, and repeat step 2 for each body part. Be sure to take extra time for your gut, heart, and head. Take in your whole self again when you get to the head at the end. If this is more than you can handle, always back up to 2a or step 1.

A more advanced technique is to connect your sensations to your life experiences. When was the first time you felt this feeling? Also you can try this with a mantra, like: pick a body part (or a thought), feel any weight or stress that is connected to it, and say “Please rest. You deserve rest.” over and over.

Emotion Body Map



To test your ability to use the preceding social/emotional material well, I have created the following exercise that combines them together in an effective way. It works well, so I am calling it “The Ego Killer”, but don’t worry, it’s more of an “ego corrector” or stress reliever. It does work well, however, so please take much self-care both during and after this exercise.

1. Write a **Judge your Neighbor worksheet** about anything that stresses you out.
2. When you get to the end of the worksheet, **identify 1-2 emotions that came up as difficult** to feel through. Write them at the top of the page. (Note: these emotions may be what you wrote in number 6, but it may not. Scan over the worksheet to find 1-2 feelings that were hard to feel or even acknowledge.)
3. Pick one of those emotions, or just combine them, and do the **Emotional Vipassana** exercise. Feel it through with the **Body Scan**. Then find the opposite of that emotion and Body Scan that one too.
4. Run your emotion through the hate/love range of the **Self-Love, Acceptance, Validation** exercise. Be sure to use neutral to examine each of the 5 frustrations.
5. Then do the **Judge your Neighbor worksheet**, in full, from start to finish. Allow yourself to rest!!

(This Page has been left intentionally blank for any notes or drawings or whatever you need it for)