

UNBOUND

EMOTIONAL LIMITATIONS

WORKSHEET

We have two options for feeling emotions: identifying the *emotion* first, or identifying the *feeling* first.

Take a few moments to close your eyes and notice your breathing. Allow your thoughts about your day, your to-do list, etc. drift away as you intentionally slow the pace of your thoughts, your breath, and your body.

Emotion first

Take a deep breath and sign it out. Say to yourself (either silently or aloud) "I feel" and let yourself naturally finish the sentence. Continue this 5-10 times until you feel like you have found the root emotion.

Feeling first

Begin to direct your thoughts to your body. As you scan your body, notice what parts feel good? What parts don't? Where is there discomfort or tension? In that discomfort or tension, ask yourself what emotion is there?

Feeling the emotion

When you have identified the emotion, begin to notice what it feels like in your body. What are the sensations? How would you describe it?

Once you have connected with the emotion in your body, start the inquiry:

- If I allowed myself to feel this, what might I learn about myself?
- What might be here for me that I don't know yet?
- What is asking to be witnessed?
- What need do I have that isn't being met?
- How am I able to meet that need for myself?

Grab your journal and take some time to reflect on the your experience.