

Noticing Your Emotional Self

First, let's get rid of the assumption that we are only feeling one emotion at a time. It's important to sit with ourselves to better uncover the variety, sometimes conflicting, emotions we can be experiencing in any given moment. By starting the day reviewing our emotions, we can better understand what our needs and capacity for that day might be.

This is best done in combination after reviewing sensations but at least taking the same starting steps. In the first few days of this, you may want to make a separate time for this.

1. Finding a quite, safe space.
2. Look around for 30-60 beginning to just be present. Paying attention to details but not getting fixated on any one thing too long
3. Start to pay attention to what emotions you notice in your body.

Here's a list of emotions

Content	Calm	Afraid	Ashamed	Angry
Encouraged	Caring	Anxious	Defeated	Defensive
Excited	Connected	Bored	Disappointed	Frustrated
Hopeful	Grounded	Confused	Exhausted	Impatient
Proud	Kind	Guarded	Lonely	Judgmental
Relieved	Loving	Uneasy	Overwhelmed	Pessimistic
Thankful	Relaxed	Suspicious	Tired	Resentful

