

Emotional disarmament



*Close your eyes.
Take a few deep breaths
and let your emotions flow*

Emotional disarmament

Self awareness: You have to be aware of your emotions and your body. Be aware of when you are experiencing the emotion. The more self awareness you have, the quicker it will be to disarm the situation.

Identify and locate the emotion: What is the emotion you're feeling? Name the emotion and be as accurate as possible. Then pay attention to where you're feeling it in your body? Is it tightness of Your chest, pain or tension on your back, on your throat? Be very specific. If you are not sure, name about 5 emotions close to what you are feeling and ask yourself: Is It anger or frustration? is it frustration or overwhelmed? Is it overwhelm or stress?

Separate your self from the emotion: Anything after the word I am becomes your identity and there is nothing you can do because it becomes part of who you are. So you don't want to say I am angry. You want to say I am currently experiencing the emotion of anger. That way you separate your identity from the emotion.

for example, when you're feeling sad or depressed saying I am depressed makes you feel hopeless but if you say I am currently experiences or suffering from emotion of depression, that is more hopeful because it will pass and allows you to separate it from yourself. It's not you it's something else.

Allow and observe. you will feel like suppressing it but don't. Remember that emotion is a byproduct of thoughts. Chemicals released from the brain due to what we're thinking about, create emotions. Those chemicals go through a journey and cause it to show up in your physical body. Then the mind reacts to what you're focus on. So you are focusing on bad thoughts, you are attracting more bad thoughts, which then attracts more negative emotions.

See if the pain or pressure moves from where it was originally and watch the intensity. Give yourself permission to feel the emotions. There may be an increase in that emotion because you're been suppressing them for so long. When you do that, you will want to push it back down. Expect that, it's all that back pressure from all the time you push it in and it's trying to get released. It is a good sign if you let it happen. Don't engage.

Be okay with the feelings and allow them to complete the cycle. I am not saying the reason why you're feeling those emotions is not important. I am just saying that It's okay to feel them and then let it go.