



Mindfulness of Your Current Emotion

OBSERVE YOUR EMOTION

- NOTE its presence
- Step BACK
- Get UNSTUCK from the emotion

EXPERIENCE YOUR EMOTION

- As a WAVE, coming and going
- Try not to BLOCK emotion
- Try not to SUPPRESS emotion
- Don't try to GET RID of emotion
- Don't PUSH it away
- Don't try to KEEP emotion around
- Don't HOLD ON to it
- Don't AMPLIFY it

REMEMBER YOU ARE NOT YOUR EMOTION

- Do not necessarily ACT on your emotion.
- Remember times when you have felt DIFFERENT

PRACTICE LOVING YOUR EMOTION

- Don't JUDGE your emotion. Practice WILLINGNESS
- Radically ACCEPT your emotion
