

- Get **UNSTUCK** from the emotion.

EXPERIENCE YOUR EMOTION FULLY

- As a **WAVE**, coming and going.
- Try not to **BLOCK** emotion.
- Try not to **PUSH** the emotion **AWAY**.
- Don't try to **KEEP** the emotion around.
- Don't try to **INCREASE** the emotion.
- Just be a witness to your emotion.

REMEMBER: YOU ARE NOT YOUR EMOTION

- Do not **ACT** on the sensation of urgency.
- Remember when you have felt **DIFFERENT**.
- Describe your emotion by saying "I have the feeling of _____", rather than, "I am _____".
- Notice **OTHER** feelings that you have at the same time you feel the strong emotion.