

How to Sit with A Feeling

Get to know the feeling before trying to fix, solve or escape it



NOTICE

What am I feeling?

Scared? Lonely? Hurt?
Name the feeling
without trying to
change it or analyze
its cause.



MAKE ROOM

Stay with it.

You don't have to like
the feeling. You don't
have to agree with it.
Simply breathe and
let the feeling be
there for a moment.



EXPLORE

Be curious.

Ask: What is this
feeling trying to tell
me?
e.g. I'm afraid of
getting hurt again.



CHECK

Check the present.

Consider: What does
this feeling know
about the current
situation?
Does it trust that I can
deal with this issue?



RESPOND

Respond kindly.

If this feeling could
hear you, what would
you want it to know?
Say it as softly, as
kindly as possible.



DECIDE

Decide what's next.

What's one small
action you can take
that helps both this
feeling *and* your
future self?