

What are EMOTIONS????????

***A signal from our body telling us something has changed - for- good or for bad.....
and we need to pay attention!***

- Emotion shapes and coordinates our experiences and communicates our needs to ourselves and others
- Emotions are often pathologized and viewed as something to be overcome and not something to be embraced or acknowledged.
- Emotions are often labeled as:
Weak Dramatic Irrational... Problematic
- Engaging emotion incorporates MINDFULNESS - Being totally open to the present moment
- Being Authentic – receiving what IS and moving INTO and THROUGH it...We can attain peace and clarity
- Mindfulness grounded in - not escaping LIFE - but in entering more deeply into it ~
- We do not suppress – deny – minimize – project or rationalize what we feel - RATHER - we receive what IS and EMBRACE the message-

- **1. Embrace the feeling** (good- bad – uncomfortable) Where in my body:
 - **2. Name the Feeling:** Expand on the bodily sensation
 - **3. Reframe the feeling** (re-organize)
 - **4. Make a choice** in how we choose to engage with that feeling

- Openness to embrace our emotions is crucial to being Authentic and truly knowing ourselves.
- At the heart of all emotional engagement lies Vulnerability
- Vulnerability is Risky

By avoiding Vulnerability we HIDE our TRUE selves