



Emotional GPS

AN AWARENESS EXERCISE

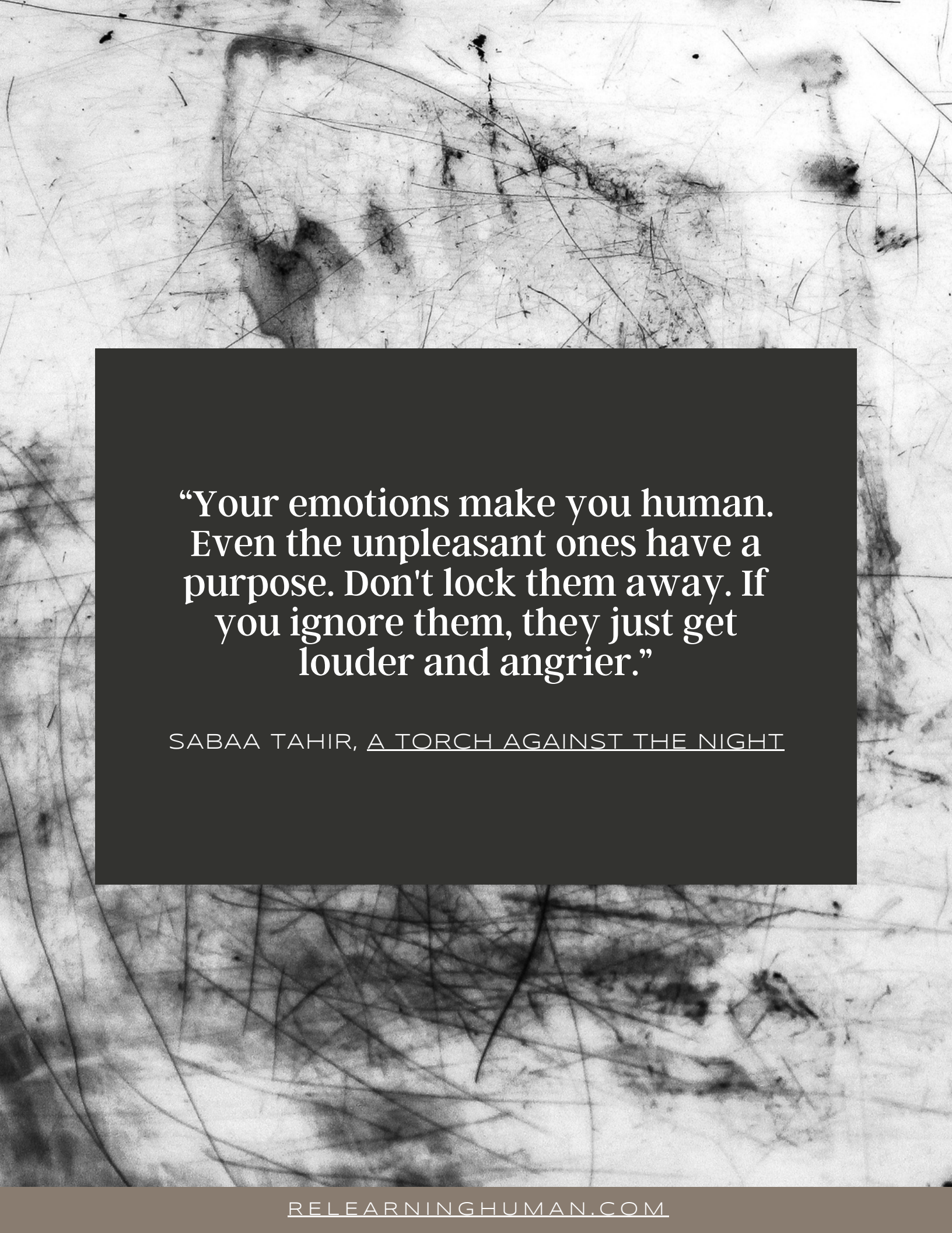
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HOW IT WORKS —

Find a sense of safety in your skin with this body-based technique, designed to help you stay grounded so that you can tolerate and understand what you're feeling.

Emotions have both a mental and physical component and we can feel resistant to one, the other or both. Directing our attention to the specific bodily experiences that are connected to an emotion can help facilitate greater awareness and acceptance of that emotion. Try this next exercise to acknowledge what you're feeling and accept the associated sensations in your body.

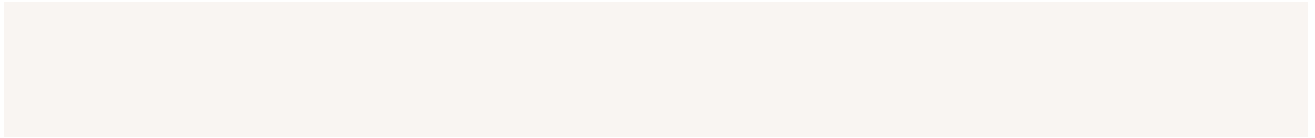
The background is a dark, heavily textured surface, possibly a piece of old paper or a wall, with numerous scratches, scuffs, and smudges in shades of grey and black. A solid black rectangle is centered on the page, containing white text.

**“Your emotions make you human.
Even the unpleasant ones have a
purpose. Don't lock them away. If
you ignore them, they just get
louder and angrier.”**

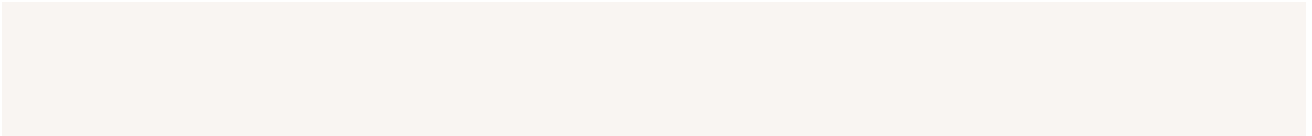
SABAA TAHIR, A TORCH AGAINST THE NIGHT

Step 1

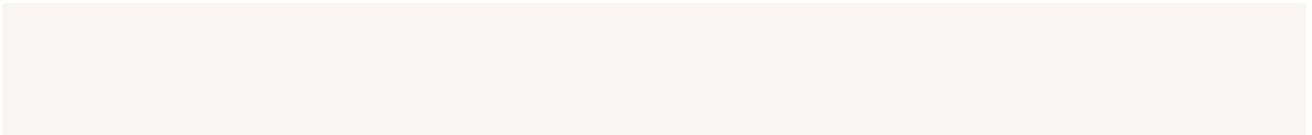
1. Recall the last time you were angry with someone close to you. Can you sense (even just a little) of what it felt like? Where do you feel it in your body? *(Example, it in my upper chest)*



2. Imagine the size/shape/temperature/color/ quality of the emotion. *(Example: it feels like a hard, polished lump that vibrating in my chest)*

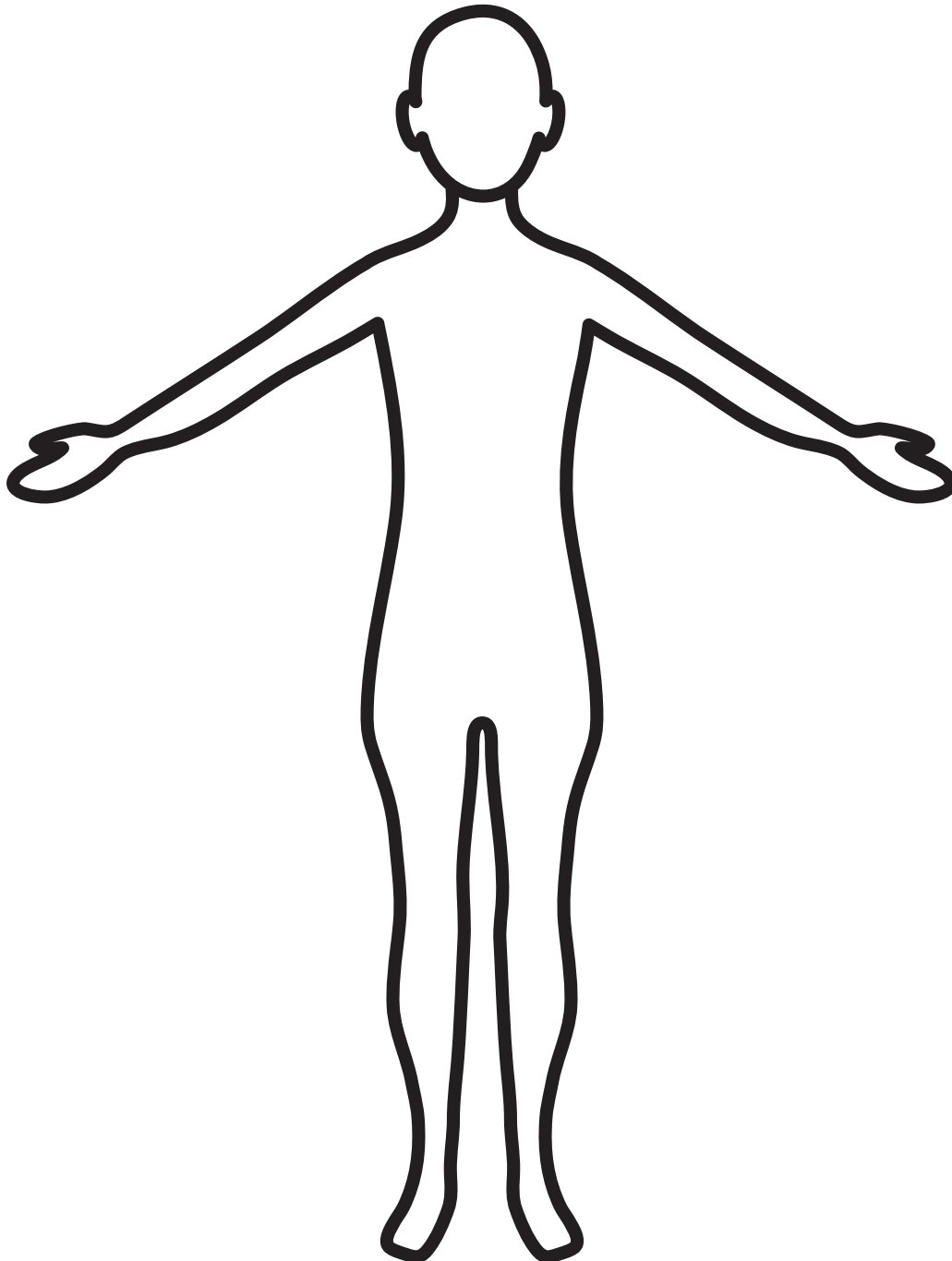


3. When did you notice the emotion appear? *(Example: when I remembered that my loved one didn't follow through on what I asked them to)*



Step 2

Make a sketch of what you feel and where you feel. Use symbols, scribbles, textures, color, or whatever feels right to sketch what you feel in your body.





When the feelings are there, try to accept the physical presence of these emotions and try to keep an open, curious mind about what's happening. Now, take a deep breath. Even imagining anger can bring the feeling into your body. Acknowledge this feeling and accept the associated sensations that are present now. Practice accepting these emotions and sensations by telling yourself some of the following:

"There is no need to resist this experience."

"It's OK that I feel this emotion right now."

"Emotions, even the difficult ones are part of the human experience."

"We all feel this way from time to time, I'm not alone."

"This is really hard for me to feel and it will pass."



IF IT FEELS RIGHT TO YOU —

Offer yourself a gentle touch on your chest or legs and continue repeating the above statements of awareness and acceptance a few more times. Really allowing yourself to dip into the intention behind the statements above. Inhaling slowly and exhaling slowly with each statement.

Learning how to acknowledge and manage strong emotions in this way can help you when you are triggered.

Mapping your emotions is one way to bring awareness to what happens for us when our emotional or reactionary mind seeks safety. To learn how to move from reactivity to responsiveness or to get more support, reach out to us today.



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Humans first. Therapists second.



Our team has been curated with individuals who are like you, human. We don't have this whole life thing completely figured out and won't pretend that we do. But we're committed to doing the beautifully messy work that's required to fully embrace the human experience. When you join us on that journey, you'll never be judged for being who you are.

It's our hope that eventually you will come to see that we're with you on each step you decide to take. Because we too are committed to relearning what it means to be human.

[FIND YOUR THERAPIST](#)