ACCEPTANCE OF EMOTIONS

1. **OBSERVE** — Notice the feeling. Observe the feeling closely, as if you're a curious scientist who has never encountered anything like this before. Notice where it is. Notice where it's most intense.

2. **BREATHE** — Notice the feeling and gently breathe into it.

3. **EXPAND** — Notice the feeling and see if you can just open up around it a little — give it some space.

4. **ALLOW** — Even though you don't like this feeling, see if you can just let it sit there for a moment. You don't have to like it — just allow it to be there.

5. **NORMALIZE** — Recognize that it's normal and natural to have painful feelings — that this is an inevitable part of being human. This feeling tells you valuable information: that you're human, that things in your life matter. This is what we humans feel when there's a gap between what we want and what we've got — the bigger the gap, the bigger the feeling.

6. **SHOW SELF COMPASSION** — Be kind and caring towards yourself, place a hand where you feel this most intensely and see if you can open up around it.

7. **EXPAND AWARENESS** — Notice the feeling. Also notice your breathing … and notice your body. Also notice the room around you. Notice there's a lot going on. There's a feeling inside a body, inside a room, inside a world full of opportunity. You have the opportunity to make room for your feelings and continue to move towards what makes life meaningful for you.

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