

# HANDLING BIG EMOTIONS

## **NOTICE THE EMOTION**

How do you feel?  
Can you describe it?  
Where do you feel it in  
your body?

## **NAME THE EMOTION**

What feeling is it?  
What words best  
describe it?

## **ACCEPT THE EMOTION**

Accept the feeling  
without judgement.  
Simply let the feeling  
wash over you.

## **INVESTIGATE THE EMOTION**

How intense is it?  
What are you feeling  
physically?  
Where did it come from?

## **ALLOW AND RELEASE THE EMOTION**

Notice your  
thoughts.  
Release judgements  
about your feelings.  
Breathe deeply