

Self Love Yoga for Emotional Health: Being with Emotions



How to meet with your emotions as a secure parent, or an emotionally available friend?

1. Compassion
 - Latin root “com” + “passio” =
2. Acknowledge
 - “Thank you for showing up and letting me know. I hear you. I feel you.”
 - “I am sorry you are experiencing this now.”
 - “It must be uneasy to be in this state.”
3. Acceptance
 - “It’s OK to feel sad.”. “It’s OK you don’t want to talk now.”
 - “It’s OK to take time to trust.”
4. Allowing/encouraging to feel
 - Where do you feel this sadness? How does it show up in your body?
 - How does the emotion show up as an energy in your body?
5. What do you need now to express your emotions?
 - Do you want to cry? To punch something? To scream? To sigh? A quiet space? A hug? To say it aloud?
6. Nothing to judge. Nothing to figure out. Nothing to solve.
7. Anything you want to release from you?
8. How are you feeling now? Where do you want to be?
9. Thank you for sharing that with me. I am here and will check on you again.