

EMOTIONAL ADULTING

- THE SKILLS YOU DIDN'T GET IN SCHOOL

CREATING SPACE FOR EMOTIONS

What: It is important to allow yourself to express emotions, even emotions that feel scary and overwhelming. Avoiding or concealing emotions can lead them to become more concentrated over time and cause hurt for yourself and those around you. By giving space to our emotions, we can allow them to release, transform, and naturally dissipate in intensity.

Where: Somewhere private, where you feel comfortable & safe.

When: A time when you can focus on your inner experience.

Why: This is a safe, responsible way to express and release emotion. It prevents emotions from coming out in unhealthy ways.

How: Create space for emotions by finding imagery that works for you. Imagine the emotion expanding out of you in a visual form that represents what you are feeling (i.e. waves of lava to represent anger; oozing slime to represent disgust; a drop of blue dye in an ocean to represent sadness). Feel confident that the world can hold your emotions, and it is okay to feel them.

Approach your emotion with curiosity and compassion. Perhaps in the process of watching this emotion be released, you will discover other emotions underneath. Let them flow out as well.

