

Emotion Regulation Handout 9

Letting Go of Emotional Suffering

Mindfulness of Your Current Emotion

OBSERVE YOUR EMOTION

NOTE its presence

Step BACK

Get UNSTUCK from the emotion

EXPERIENCE YOUR EMOTION

As a WAVE, coming and going

Try not to BLOCK emotion

Try not to SUPPRESS emotion

Don't try to GET RID of emotion

Don't PUSH it away

Don't try to KEEP emotion around

Don't HOLD ON to it

Don't AMPLIFY it

REMEMBER YOU ARE NOT YOUR EMOTION

Do not necessarily ACT on your emotion.

Remember times when you have felt DIFFERENT

PRACTICE LOVING YOUR EMOTION

Don't JUDGE your emotion. Practice WILLINGNESS

Radically ACCEPT your emotion