

# 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