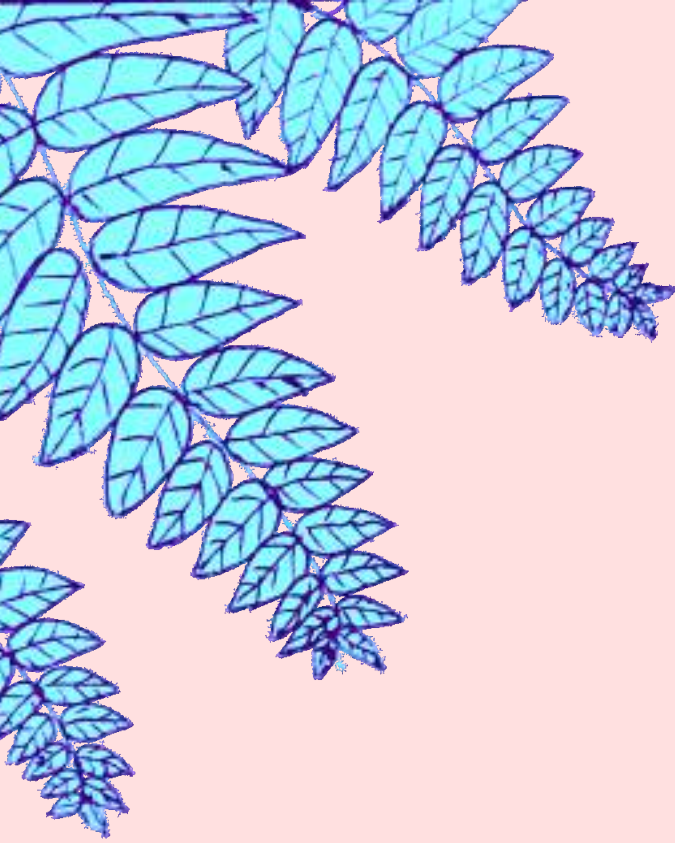


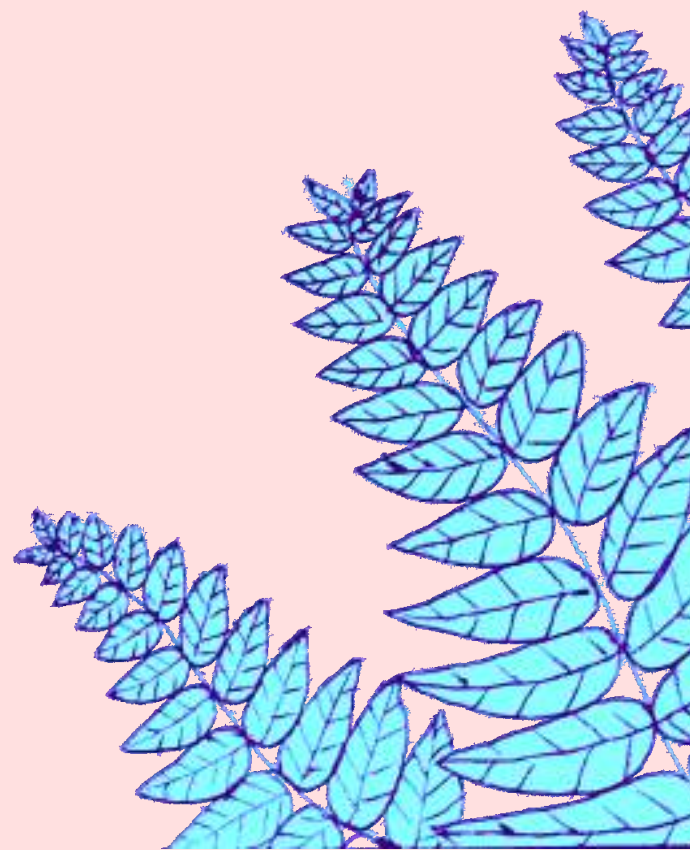


Emotions



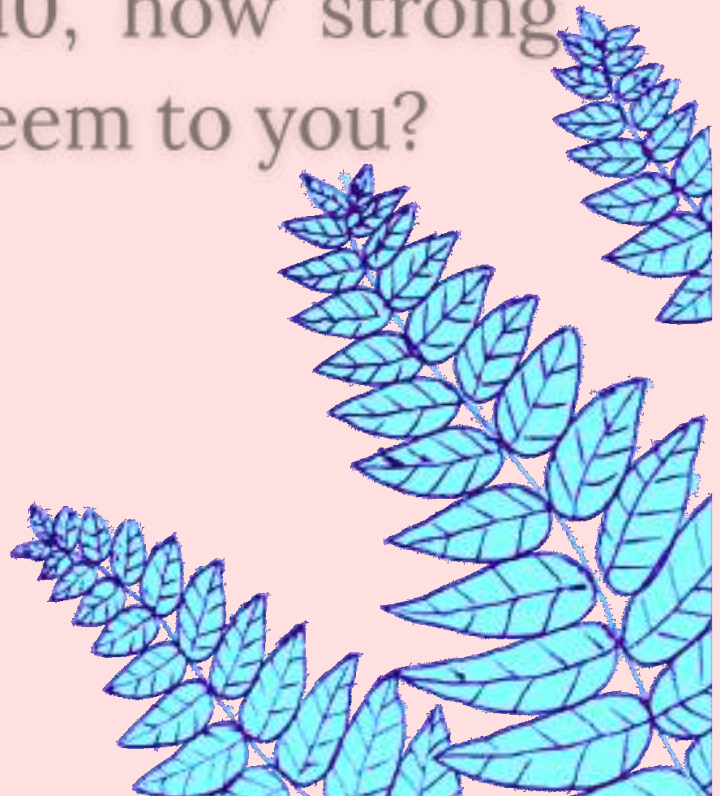
Water Yourself

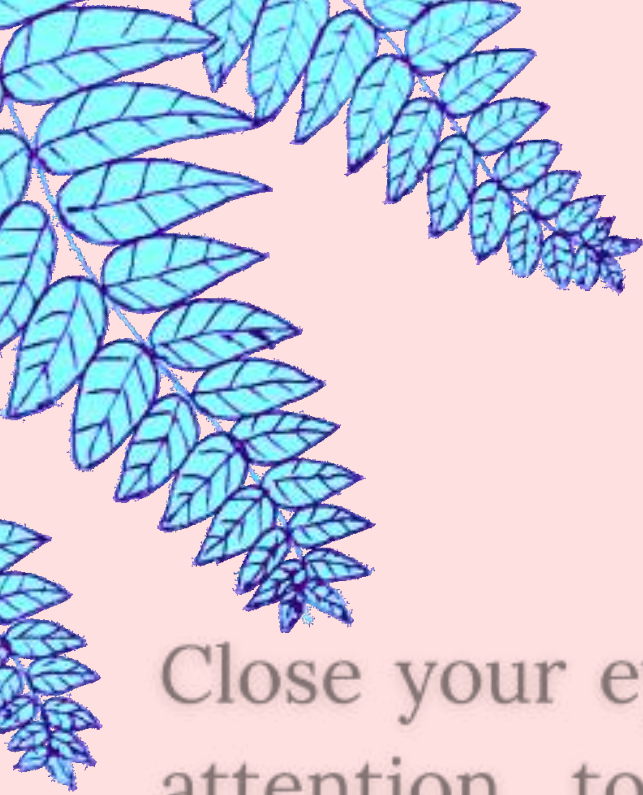
Emotions





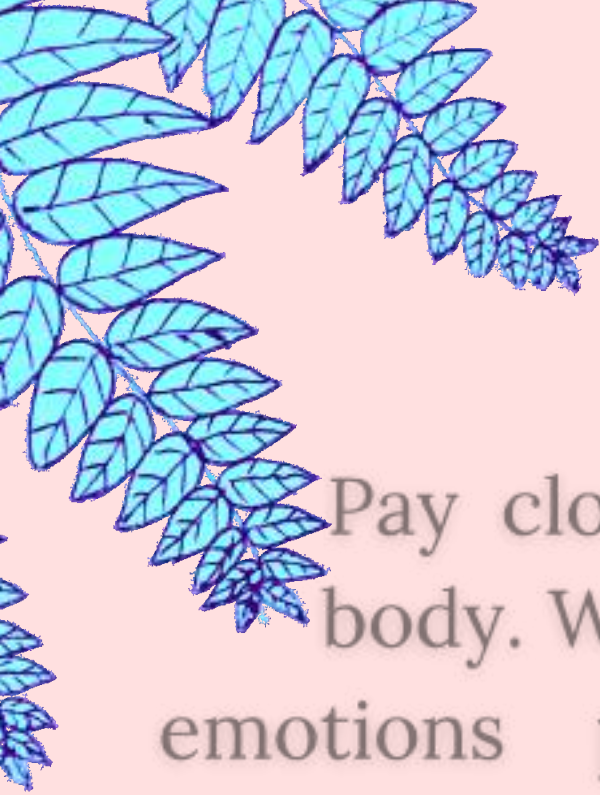
Take a moment to check in with yourself. What emotion are you experiencing right now? If you could assign a color to this emotion, what would it be? Imagine the intensity of the color—would it be light and gentle or deep and vivid? On a scale from 0 to 10, how strong does this feeling seem to you?






Close your eyes and bring your attention to your body. What emotion are you experiencing right now? Can you sense where an emotion you are feeling is located? Is it in your chest, your stomach, or perhaps your shoulders? Place a gentle hand on that area and simply notice how it feels without judgment.






Pay close attention to your body. Where do you feel your emotions physically? Is it a heaviness in your chest, a tightness in your jaw, or perhaps a light flutter in your stomach? Take a moment to breathe into that part of your body, imagining warmth and relaxation flowing there. Reflect on how emotions and physical sensations are connected.





Imagine your emotion as an external being or object sitting in front of you. If you could give it a form, what would it look like? Describe its shape, size, and texture. Does it have a voice? If so, what might it be saying to you? Spend a moment considering what this emotion might need from you or others to feel acknowledged or cared for.





Reflect on the last time you gave yourself a comforting physical gesture, like hugging yourself. When was it? How did it make you feel? If it's been a while, consider taking a moment now to give yourself that gesture of care. How does that make you feel? Did you know that in this way we are cheating our brain that we are being hugged by others and it brings comfort to our brain?



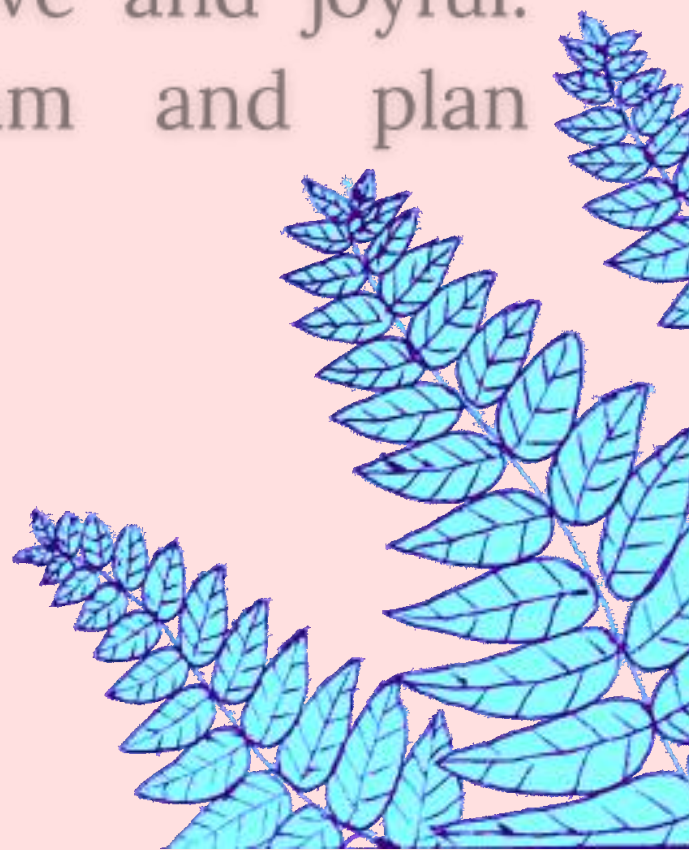



Find a quiet space where you won't be disturbed. If it feels right, light a candle and take a moment to think of three things you felt gratitude for today. Let these moments, big or small, fill you with warmth. As you reflect, include yourself in that gratitude — what is it that you appreciate about yourself today?






Consider your upcoming birthday or a meaningful occasion in your life. How can you plan to show love to yourself on that day? Maybe it's a small gift, some time alone, or doing something that makes you feel alive and joyful. Let yourself dream and plan freely.



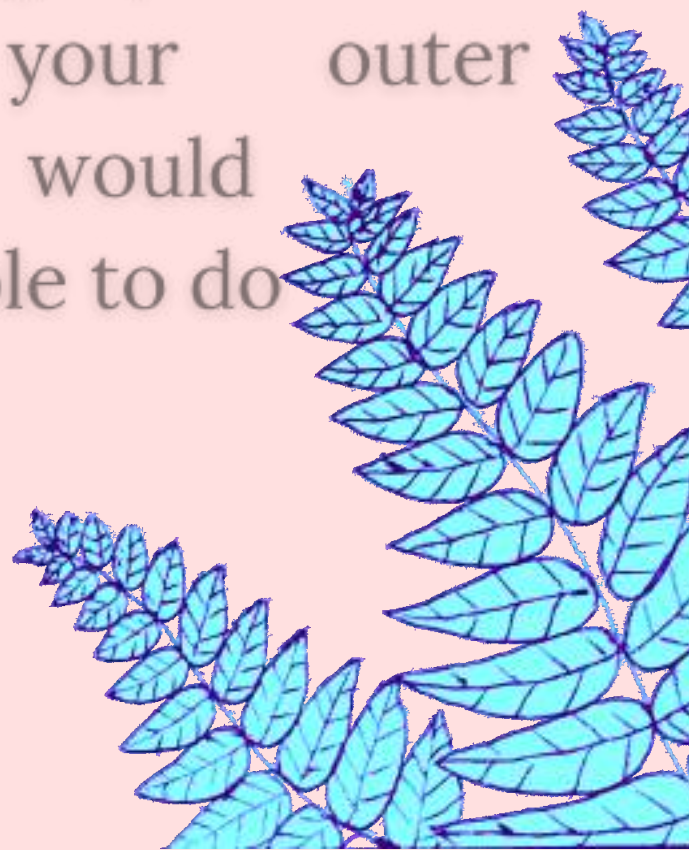


Look at the habits or activities you've been drawn to lately—whether it's certain foods, entertainment, or routines. Could these choices be connected to an underlying emotion? Reflect gently on whether these patterns might be your way of responding to something deeper. Is there anything you would like to change in how you do things? What is it that you could do to answer to your emotions more accordingly?



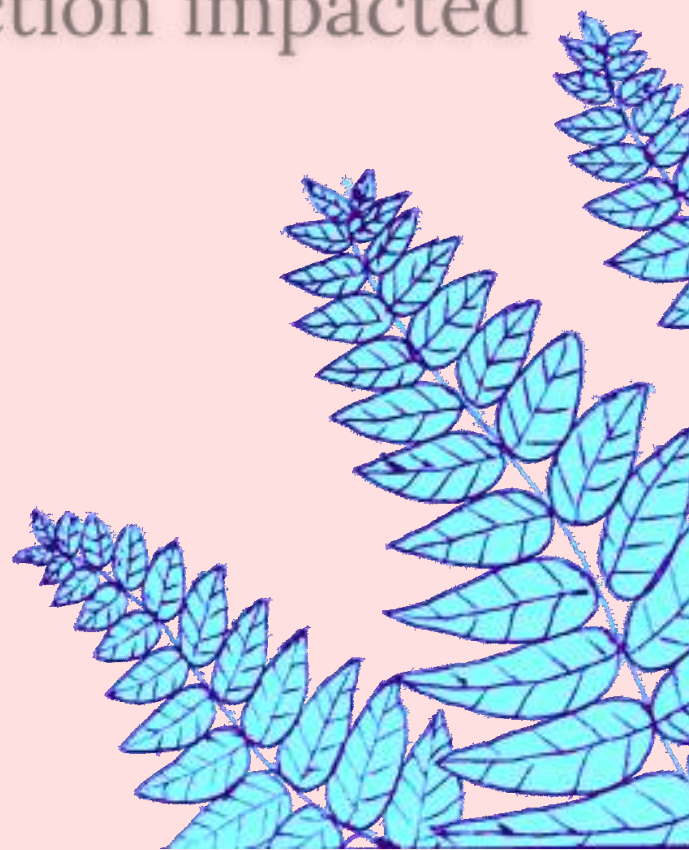


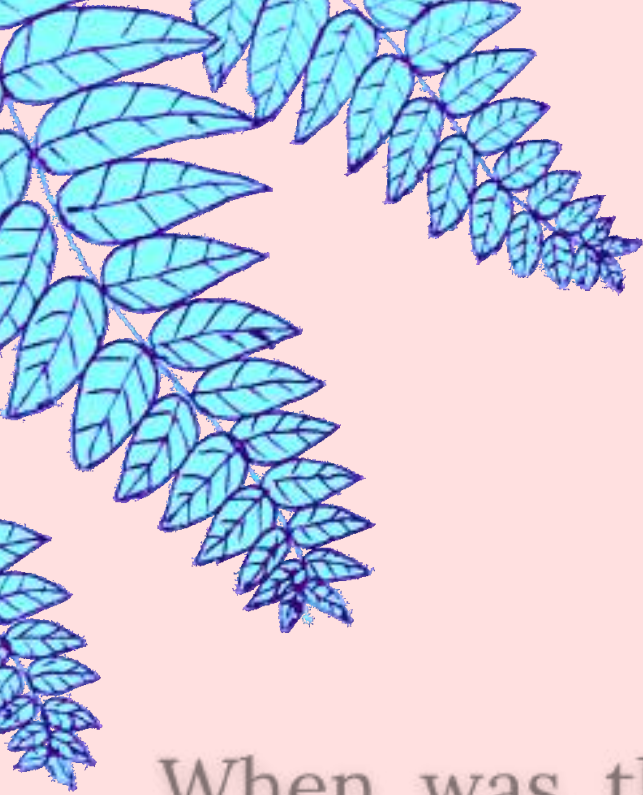
Take a moment to think about how you're feeling right now. Does this feeling match the emotions you're showing outwardly? If they're different, consider why that might be. What would it take to align your inner feelings with your outer expression? What would you need to be able to do that?



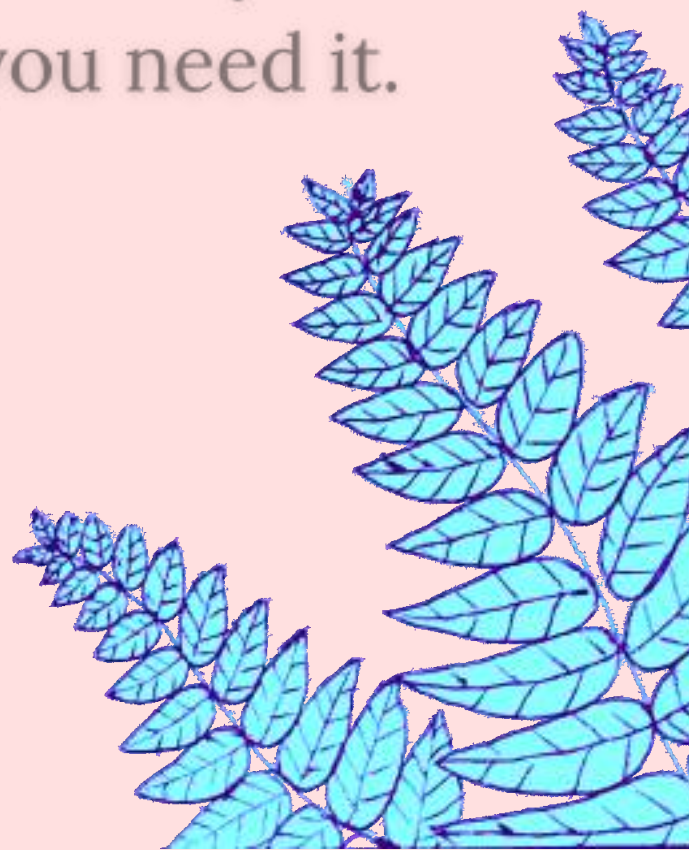


Recall the last time you felt deeply affected by another person's emotions. How did that experience feel for you? What emotions came up, and how did you choose to respond? Reflect on how this connection impacted you both.



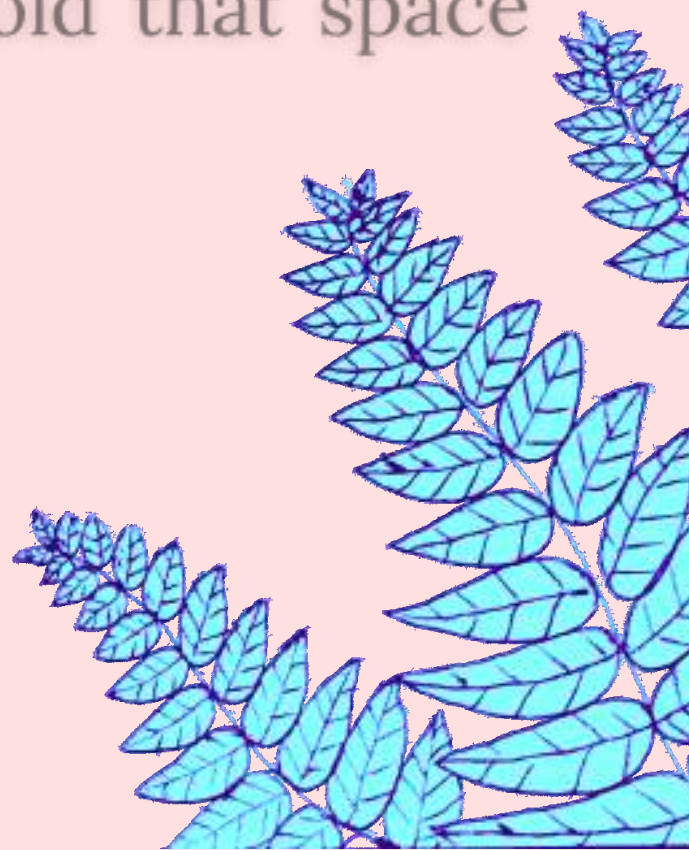


When was the last time you let yourself openly show your emotions to someone else? What made it easier for you to share? Think about what helped create that safe space and how you can seek it again when you need it.





Next time you feel a strong or overwhelming emotion, consider inviting someone you trust to be with you. You don't have to go through it alone. What might it feel like to share your experience and let someone hold that space with you?



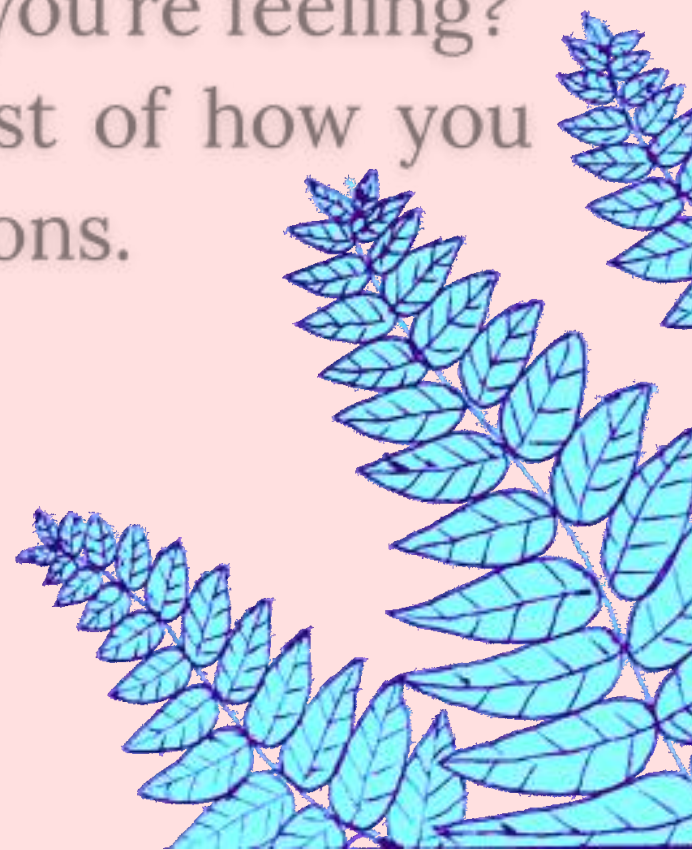


Take a moment to explore your emotions through your body. Find a position or movement that feels like it represents how you're feeling right now. Hold that pose for a moment and notice how it feels. Then, think of a metaphor that might describe your inner state: what comes to mind? A waterfall? A sunlight? An anthouse full of busy ants?





Our bodies often give us clues about our emotions. Try to recall and reflect on the physical signs you notice when certain feelings arise—maybe sweaty palms, a racing heart, a smile, or a sense of heaviness. What do these signals tell you about how you're feeling? You may make a list of how you feel different emotions.





Think about how you've been handling challenging emotions lately. Are there patterns in how you respond? Do you notice moments where you try to avoid or suppress those feelings? Gently reflect on what it might feel like to approach those emotions with curiosity and acceptance instead.





Find a comfortable place to sit and close your eyes. Focus on your breathing. Slowly inhale through your nose to a count of 4, hold the breath for another 4 counts, and then exhale through your mouth for 4 counts. Repeat this pattern a few times, noticing the sensations of fullness and emptiness in your lungs. Let this practice help you feel grounded. Check if anything changed in you afterwards.



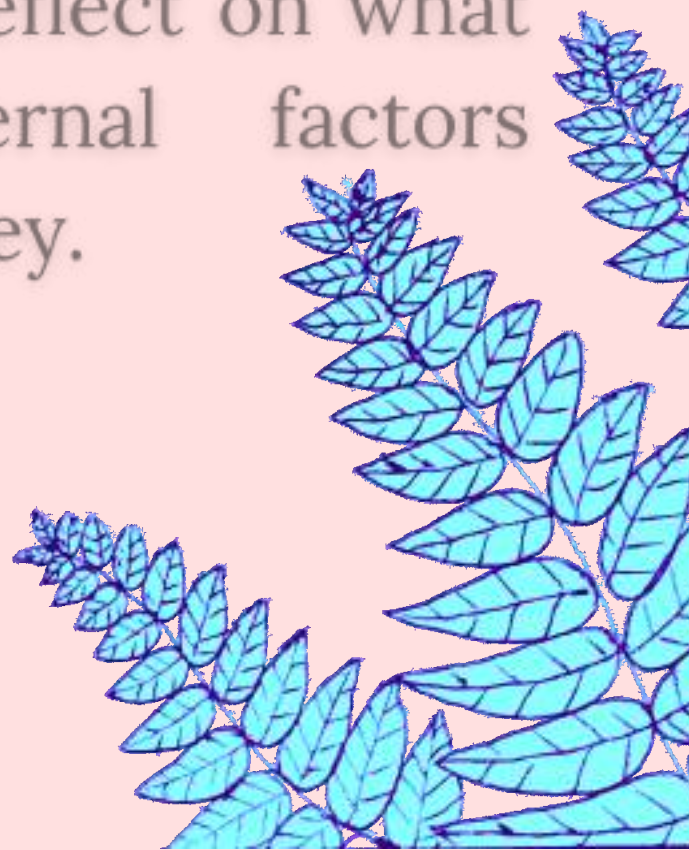


Reflect on what makes difficult emotions feel unbearable for you. Is it the intensity, the thoughts that accompany them, a fear of how others will take them or something else? What small step could you take to make those emotions feel just a little more manageable next time they arise?





Think about a strong emotion you felt recently—joy, sadness, anger, or excitement. Create a mental or physical timeline of how it evolved throughout the day. What triggered it? How did it grow, change, or fade? Reflect on what external or internal factors influenced its journey.





Think about how you would comfort someone you deeply love. Now, turn that care and kindness inward. Imagine speaking to your emotions as if you were soothing a dear friend. What would you say? How would you reassure and support them?

