

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 FULLY

- As a WAVE, coming and going.
- Try not to BLOCK emotion.
- Try not to PUSH the emotion AWAY.
- Don't try to KEEP the emotion around.
- Don't try to INCREASE the emotion.
- Just be a witness to your emotion.

REMEMBER: YOU ARE NOT YOUR EMOTION

- Do not ACT on the sensation of urgency.
- Remember when you have felt DIFFERENT.
- Describe your emotion by saying "I have the feeling of _____", rather than, "I am _____."
- Notice OTHER feelings that you have at the same time you feel the strong emotion.

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PRACTICE RESPECTING, LOVING YOUR EMOTION

- Don't JUDGE your emotion.
- Practice WILLINGNESS with your emotion.
- Radically ACCEPT your emotion.