



EMMA GERASIMATOS

STEPS FOR LETTING GO



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1. Observe your emotion

Think about which emotion you are feeling. Acknowledge that the emotion exists ('I feel angry'). In your mind, stand back from it and get yourself unstuck from it.

2. Just watch the emotion and try to experience it as a wave, coming and going.

You may find it helpful to concentrate on some part of the emotion, like how your body is feeling, or some image about it. Don't try to push the emotion away. This makes it bigger, and increases our suffering. Don't reject the emotion, don't judge your emotion. It is not good or bad. It just is. There are no bad emotions, just emotions. Anger, fear, sadness are all painful emotions, but they are not bad. Everyone has them, and they are just as valid as the happy emotions. At the same time, do not hang onto your emotion. Sometimes, when we feel a very painful emotion, like anger or grief, we hold onto it, or intensify it, making it stronger or bigger, in our efforts to deal with it we give it our full attention – and it grows! Don't rehearse it over and over to yourself. Don't escalate it or make it bigger. Your emotion is not in control.

3. Remind yourself that you are not your emotion.

Your emotion is part of you, but it is not all of you. You are more than your emotion. Having the emotion does not mean you have to act. You may just need to sit with the emotion.

4. Love your emotion.

See them separate from you and try to cultivate loving kindness for your emotions. We can learn to love our emotions just the way we can learn to love (accept) anything else about ourselves or our experience that we cannot change - our age, our height, freckles, the birds that sing early in the morning and wake us up, the weather, the size of our feet. Remember that acceptance (love) and approval are two different things. You don't have to like your freckles, but they are there and you can't change that, so if you just accept or love them, you will feel a lot better than if you keep fighting the idea that they are there.