

SESSION 3

Being Fully Human: Working with Emotions

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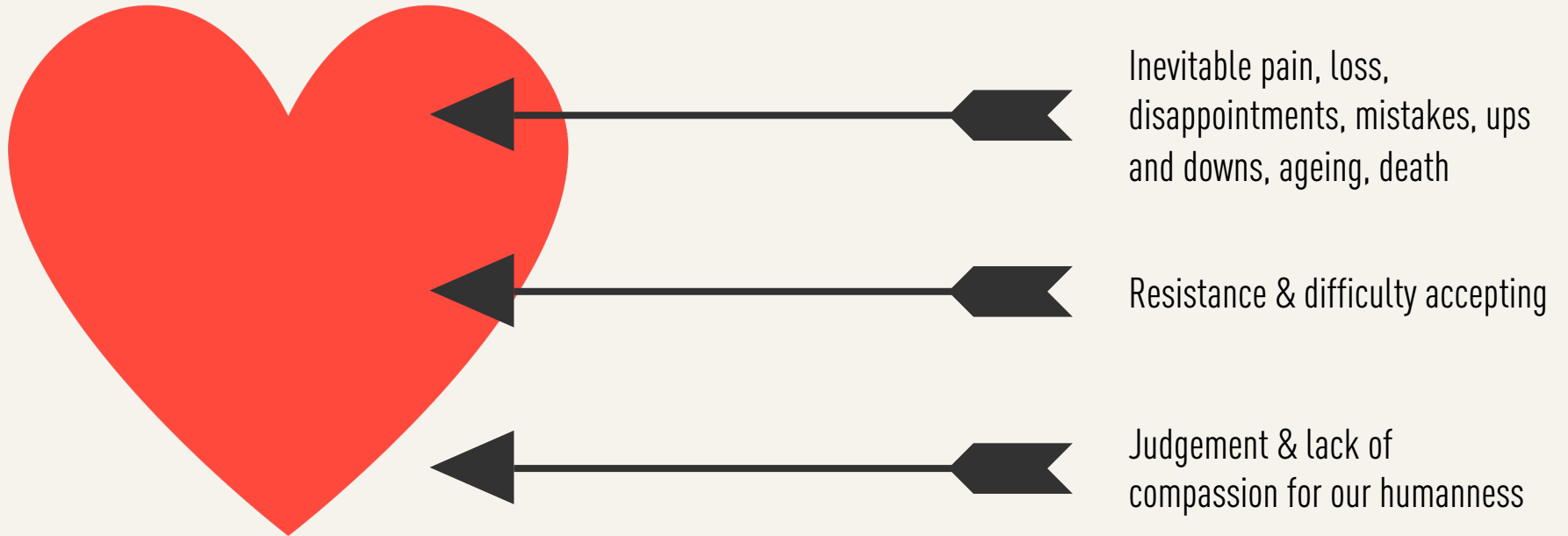
We think that the point is to pass the test or overcome the problem, but the truth is that things don't really get solved. They come together and they fall apart. Then they come together, and they fall apart again. It's just like that. The healing comes from letting there be room for all of this to happen: room for grief, for relief, for misery, for joy.

– PEMA CHODRON

where do difficult emotions come from?



double arrow... triple arrow



What is the antidote to all these arrows?



Acceptance



Compassion

The Guest House

by Rumi

This being human is a guesthouse
Every morning a new arrival
A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.
Welcome and entertain them all!
Even if they are a crowd of sorrows,
Who violently sweep your house
empty of its furniture,
still, treat each guest honourably.
He may be clearing you out
for some new delight.
The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.
Be grateful for whoever comes,
because each has been sent
as a guide from beyond.

Recognize what is going on

Allow the experience to be there, just as it is

Investigate with interest and care

Nourish with self compassion

some additional ways to handle difficult emotions

REFRAIN FROM OVERIDENTIFYING

Don't identify with the emotion – you might be experiencing anger, but it does not define you as a person and it does not make you 'bad'. Naming the emotion can be helpful.

RECOGNIZE YOUR HUMANNESS

All humans experience difficult emotions, all humans struggle with how to handle emotions.

PAUSE

Respond rather than react. The moment between being triggered and reacting is where the possibility for a different response lies.

BE KIND

Apply self compassion when confronted with difficult emotions. Ask yourself:

- “Would I judge a friend in the same way?”
- “What do I need right now to be with this emotion?”
- “How can I take care of myself if I can't be with it?”

STAY IN YOUR WINDOW OF TOLERANCE

If the difficult emotion is too much, return to your anchor or stop meditating. Learn to 'touch in' to difficult emotions with care for yourself.