

RIDING THE WAVES

Do this every time strong emotions happen to you. Find out WHY this is fundamental by watching this video by Dan Siegel: <https://www.youtube.com/watch?v=gm9CIJ74Oxw>

In the beginning, practice riding the waves every hour, to develop the habit and make it a reflex.

1. **AWARENESS:** become aware that something has happened that created a strong emotional re-action. Tell yourself: "I notice that I am having strong emotions. »
2. **STOP:** stop what you are doing and retreat. If you can, retreat to a quiet place. If you can't, close your eyes and retreat inside of you.

TAKE 3 CONSCIOUS DEEP BREATHS: INHALE COUNTING TO 4, EXHALE TO 6. THE HAND ON YOUR BELLY MUST RISE WITH YOUR IN-BREATH. Come to center.

3. **EMOTIONS:** ask yourself « What emotions am I feeling? ». Take your time, and really examine each emotion carefully. Make sure they are EMOTIONS AND FEELINGS (as opposed to thoughts). Tell yourself what emotions you are feeling. Do it respectfully and kindly. Give yourself compassion for feeling these emotions. Don't forget to keep breathing as you are observing your emotions. Breathe through the emotions. BE WITH the emotions – BE WITH yourself. BE IN THE MOMENT.

TAKE THREE MORE DEEP CONSCIOUS BREATHS- come back to center.

4. **BODY SCAN:** ask yourself "Where do these emotions live in my body? Where am I feeling them? ». Let the observer in you notice all the physical sensations your body is feeling and describe them to yourself.

TAKE THREE MORE DEEP CONSCIOUS BREATHS. THIS TIME, WITH EACH INHALE, SEND PEACE AND OXYGEN TO THE PLACES OF TENSENESS OR PAIN IN YOUR BODY. WITH EACH EXHALE, CONSCIOUSLY EXHALE THE STRESS AND TENSION.

5. **THOUGHTS:** ask yourself "What stories am I telling myself about these emotions?"

TAKE THREE LAST DEEP BREATHS.

**WITH THE FIRST BREATH, tell yourself: "I GIVE MYSELF LOVING KINDNESS."
WITH BREATH TWO, tell yourself: "I GIVE MYSELF COMPASSION AND LOVE."
WITH BREATH THREE, tell yourself: "I ACCEPT MYSELF."**