

PRACTICING EMOTIONAL INTELLIGENCE

INSTRUCTIONS

Step 1: Define the core emotion you are feeling (sad, scared, angry, joyful, sexual)

Step 2: Locate the sensation in your body . Bring your attention to the sensation and describe its precise nature as accurately as possible. Use verbs to describe the sensation like twisting, popping, tightening, swirling or flowing.

Step 3: Breathe Take a few gentle full breaths, breathing as deeply into the belly as possible.

Step 4: Allow, Accept, or Appreciate the sensation Ask yourself these questions:

Can I allow these sensations to be here?

Can I accept these sensations as they are?

Can I appreciate these sensations just as they are?

Step 5: Match Your Experience With Your Expression Use moving, breathing and vocalizing (no words) to match the sensation in and on your body. Ask the questions:

If the sensation could make a sound, what would it be?

If the sensation could move, how would it do that?

Step 5: Get the Wisdom of the Emotion

Anger	What is not or no longer of service? What is not aligned? What needs to be changed or destroyed so something better can be put in place?
Sadness	What needs to be let go of, said goodbye to or moved on from? What person, dream, vision, belief or opportunity needs to be released?
Fear	What needs to become known? What needs to be faced? What do I need to wake up to? What needs wants to be learned?
Joy	What needs to be celebrated? What wants to be appreciated? What wants to be laughed at?
Sexual Feelings	What wants to be birthed or created? What attraction wants to be acknowledged?