

## INEFFECTIVE WAYS OF DEALING WITH UNHEALTHY FEELINGS

FEED.....Thinking and behaving similar to your feelings  
*What you feed will grow.*

CONTROL .....Trying to change your feelings  
*What you resist, persists.*

ACT OUT .....Stems from frustration with trying to control  
*What you act on you reinforce.*

SUPPRESS.....Pushing your feelings into your unconscious  
*What you suppress lives on in darkness.*

## RAIN

- **Recognize that a strong emotion is present**  
*Often you can easily be swept up by the emotion itself and immediately begin acting on it, so begin with recognition of the emotion.*
- **Accept that the emotion is there**  
*Do not resist the emotion or try to pretend that it isn't there. You accept that, in this moment, you're experiencing an unhealthy emotion. You say to yourself, "I am experiencing a strong feeling of ..... at the moment."*
- **Investigate thoughts, feelings and bodily sensations**  
*Do not analyze. Observe. What thoughts are running through your mind? What feelings are you aware of? What physical sensations do you notice?*
- **Non-identification with the passing emotion**  
*No emotion stays completely fixed forever. Distance yourself and create a space between you and your emotion. By offering a space, the emotion is more likely to do what emotions do quite naturally, which is to keep moving. Remember that you are not your feelings. Feelings come and go – but you don't come and go. You are always here.*