Gaining insight into your reactions….

Step 1: Tune in

STOP what you’re doing

TUNE IN to the feeling or sensation or unease

Breathe into it

Describe the feeling or sensation or unease

What is that feeling telling you?

Acknowledge and validate your emotions – every emotion is valid.

Step 2: Become curious

Imagine when you’re talking to your children….

If you say to them – how stupid were you for not putting your hand up in the class and telling the teacher what you knew about South America….

How does that child feel?

What about if instead you said to your child… I wonder what stopped you putting up your hand? Were you nervous/unsure/scared/didn’t care? I wonder what would have helped you handle it differently next time? How can I help you to manage it in the future?

How does that feel to your child?

Being curious about your feelings is one of the ways to gain insight….

* I’m curious to what this feeling is in my stomach
* I’m curious as to why this situation is making me feel angry
* I’m curious as to why I’m resenting my husband about working all day – what need of mine isn’t being met? Am I jealous? Is it because I want to work? Is it because I need a break?

Step 3: What’s the fear or concern

What’s this feeling or part scared of?

Why does it feel this way?

What happened or didn’t happen in the past that makes it function in this way?

Step 4: Compassion

What does this feeling, or this part need to happen or need to hear to help it feel safe and accepted?

Overcome the Overload, Copyright of Tricia Murray 2020

No permission to share or reproduce without explicit consent