



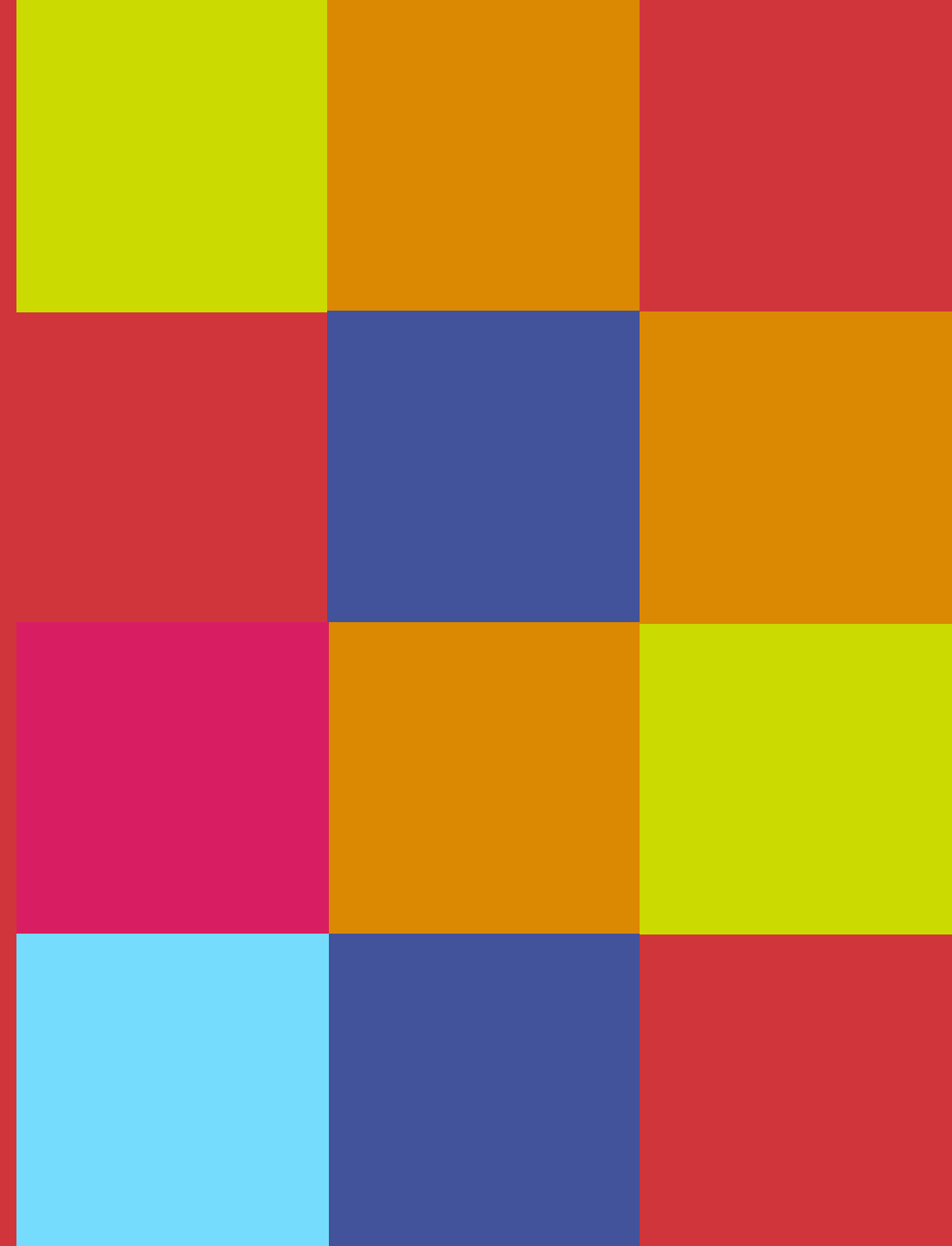
# Exploring & Processing Emotion

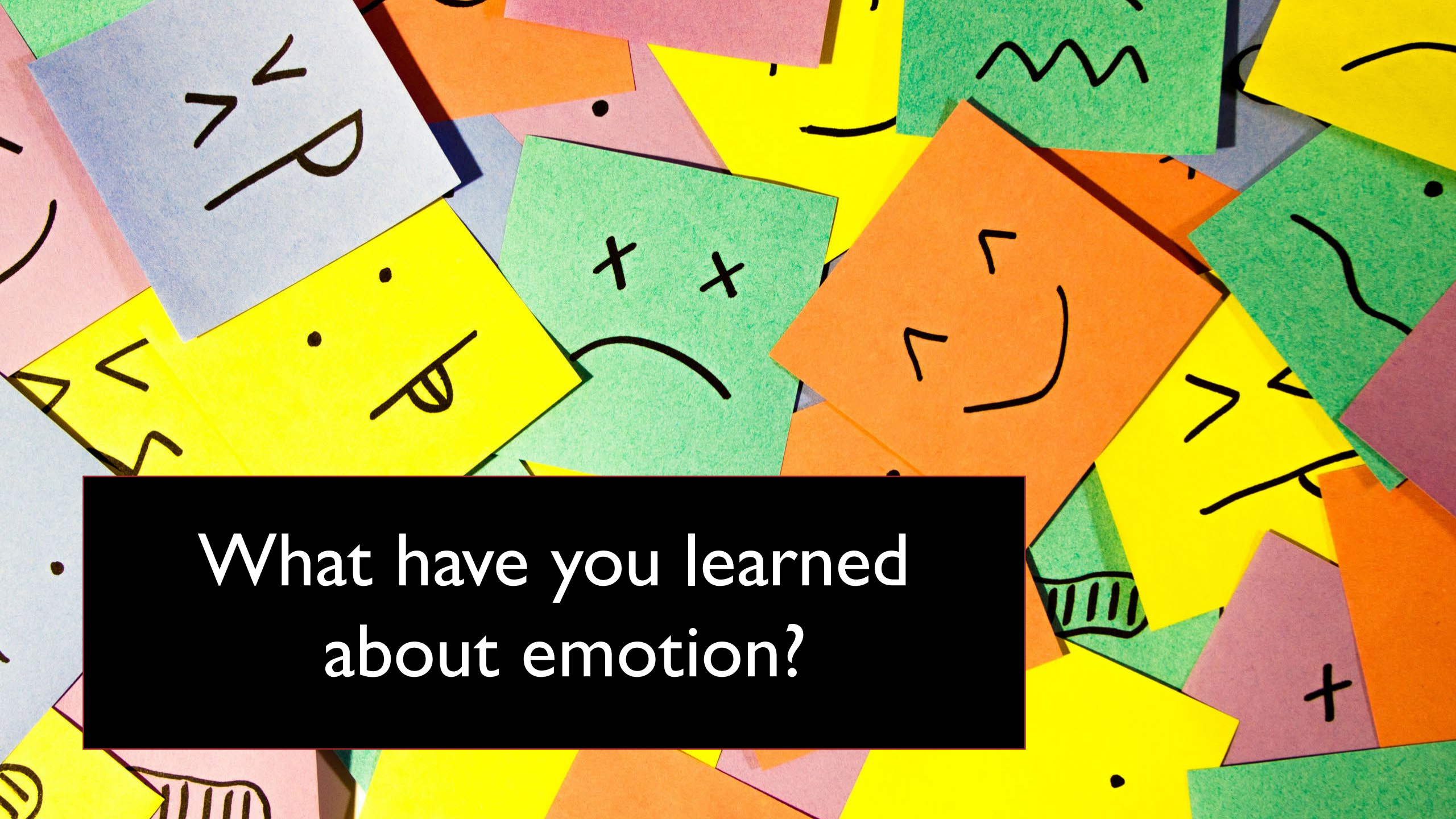


Lynn McLaughlin & Karen Iverson Riggers  
Ebb & Flow Connections Cooperative

i stopped resisting  
the unpleasant feelings  
and accepted that happiness  
has nothing to do with  
feeling good all the time

*balance* - rupi kaur



A collage of various colored sticky notes (yellow, green, orange, blue, pink) scattered across the frame. Each note has simple hand-drawn symbols or shapes in black ink, such as dots, lines, zig-zags, and abstract forms. The notes are overlapping and tilted at different angles, creating a vibrant and busy background.

• What have you learned about emotion?

# Conditioning Examples

“Don’t be silly”

“Grow up”

“Silence is golden”

“You’re too sensitive”

“Suck it up”

“Be responsible”

“Cry baby (tears are weak)”

“Sit still, be quiet”

“There’s nothing to be mad about”

“I’ll give you something to cry about”

“Be a good girl/boy”

“You know better”

“It’s not that bad”

“You are disappointing”

“Get over it; it’s in the past”

“Stop crying/whining/being ...”

“You’re making such a big deal”

“Boys don’t cry”

“Girls don’t get angry”

The message is “please, prove & accommodate.”

# Emotions are normal!

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Through societal conditioning, we learn that emotions are bad and to push them away.

We have emotions for a REASON!

Emotions give us important information about ourselves and the world around us.

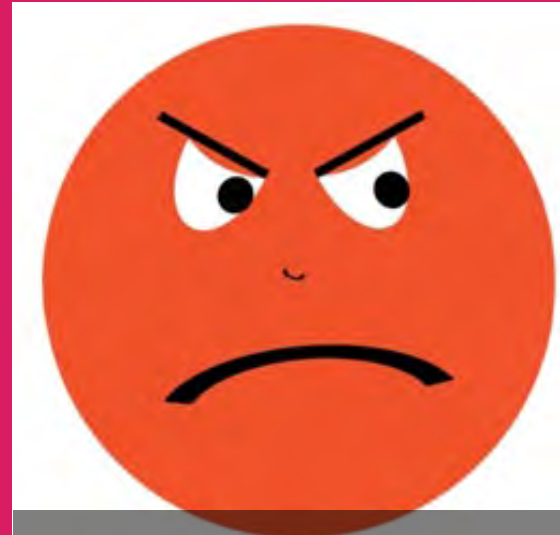
Emotions motivate us to act and help us make decisions.

Emotions help us avoid danger.

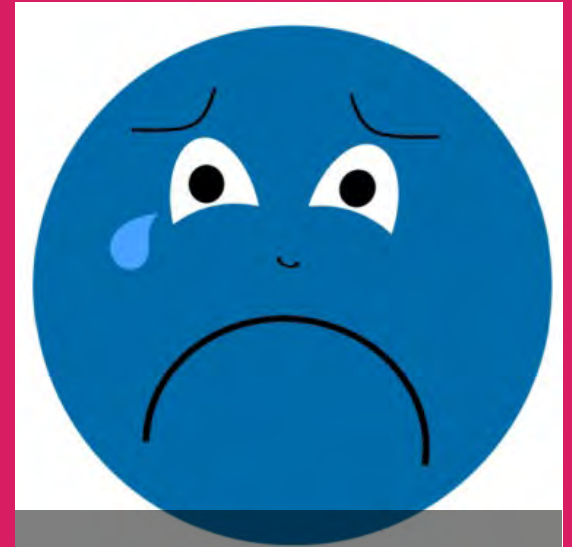
Emotions help others understand us better, and deepen our understanding of ourselves.



- Fear lets us know that our safety has been threatened (emotional, mental, physical, spiritual)



Anger lets us know that there has been an injustice.

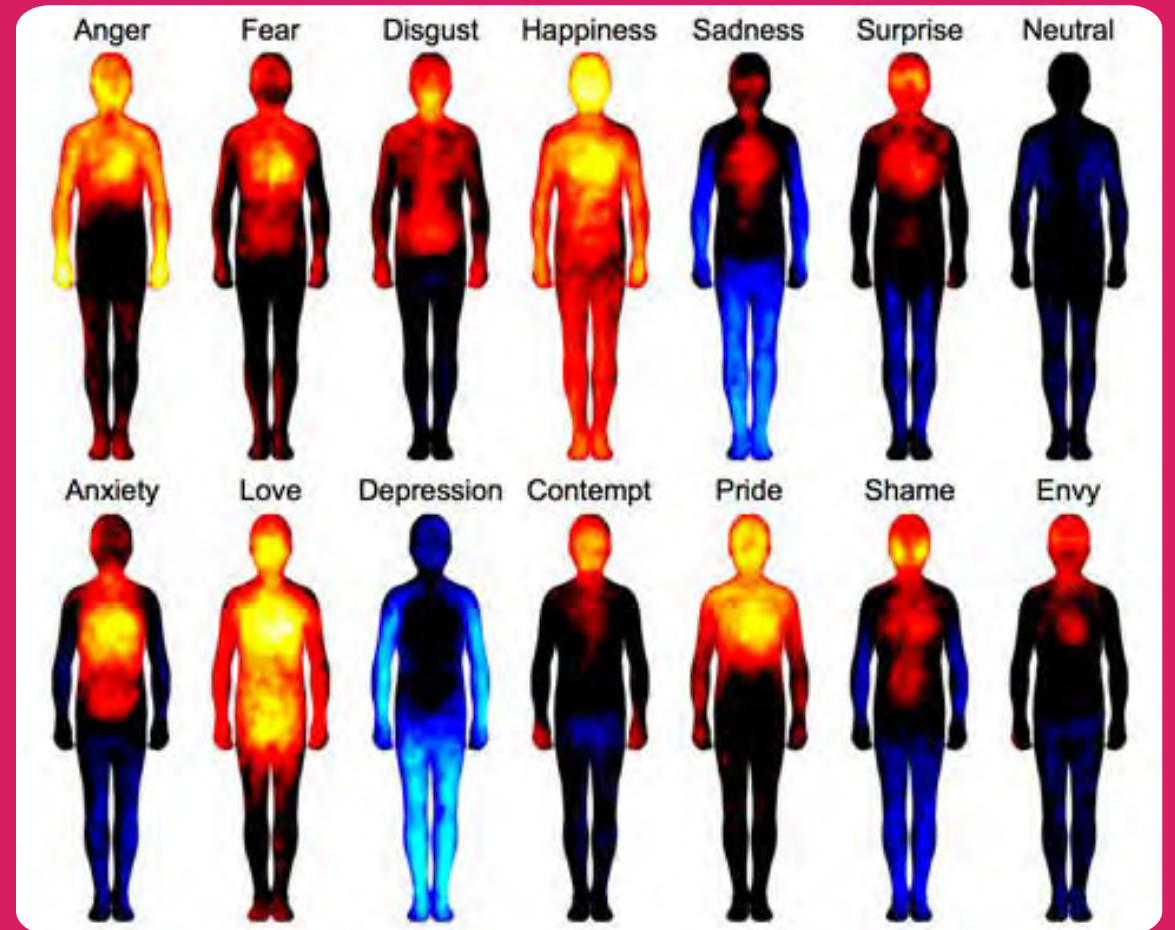


Sadness lets us know that we are experiencing a loss.

Emotions give us important information about ourselves and the world around us.

# Emotional Biology

- Core emotions are “programs” that make us move to promote survival and thriving.
- They are physical which is why we feel them deeply and react strongly.
- Blocking emotions leads to anxiety, depression and other psychological and physical symptoms.





“So often, when we feel lost, adrift in our lives, our first instinct is to look out into the distance to find the nearest shore. But that shore, that solid ground, is within us.”

- Brene Brown -

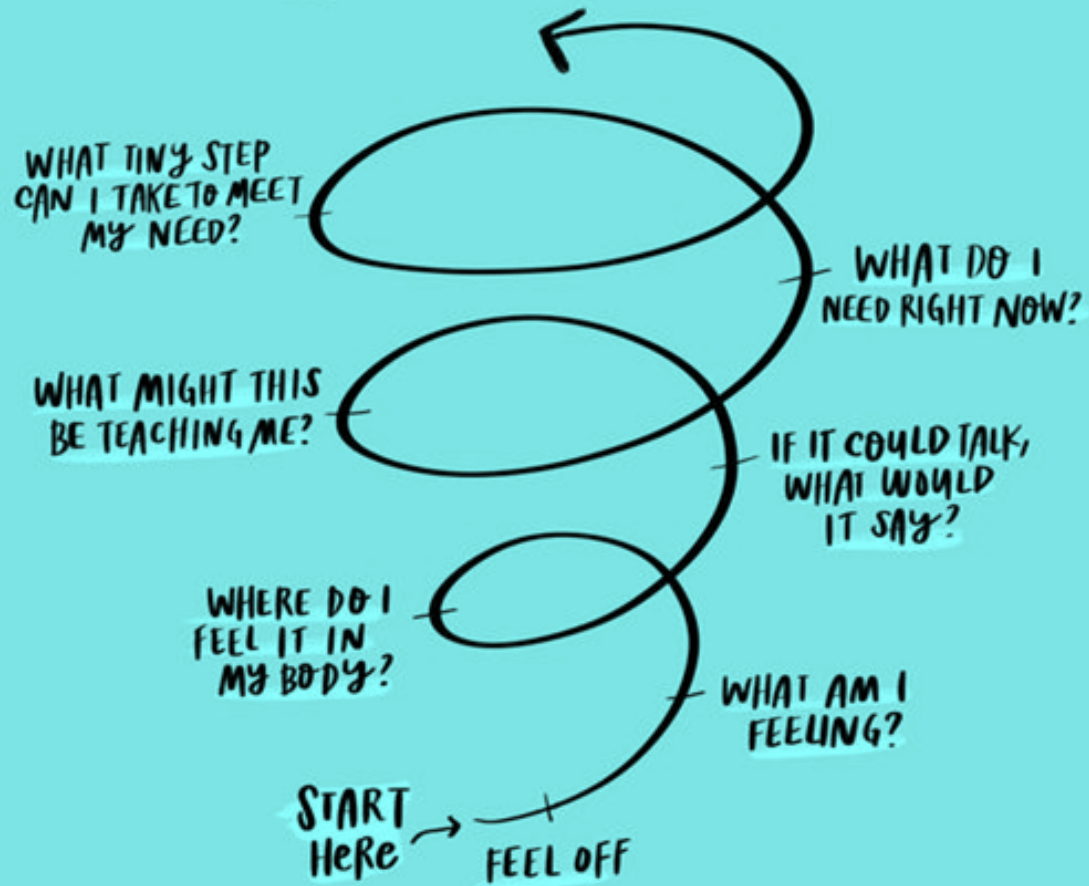


# Embrace Your Emotional Body

"WE ARE EMOTIONAL BEINGS  
AND THEREFORE, WE MUST  
DEVELOP BOTH COGNITIVE  
AND EMOTIONAL SKILLS TO  
BECOME OUTSTANDING  
HUMAN BEINGS."

ERIKA TWANI

# HOW TO FEEL YOUR FEELINGS



xo @heyamberrae

Take time to pause, honor the discomfort, and allow for processing

What gets in the way? Here are a few examples of ways that we avoid emotion.

- You scroll on your phone anytime you're bored, alone or need distraction
- You find yourself online shopping often
- You go straight for sugary/salty food when you're upset
- You always have music or podcasts or TV on to distract from silence or being with yourself
- You tell yourself to snap out of it, get over it, or that you don't have time for the feelings
- You believe being human gets in the way of being perfect
- You rely on comparison to determine your worth
- You don't want to upset anyone



# What is Discomfort?

Discomfort is not pain.

Discomfort is not a threat.

Discomfort does not require me to “do” anything.

Discomfort does not require urgent action.

Discomfort is an opportunity to slow down and allow yourself to feel.

Navigating discomfort requires practice. It increases tolerance and helps us work through emotion and identify our needs.



# Breakout questions

1

What emotions are you comfortable expressing?  
What emotions are less comfortable?

2

How do you respond to discomfort?  
Are you aware of ways that you avoid emotion?

3

How can you allow space for all emotions?

# Takeaways

Why We Forget How to Feel by Gabor Mate PhD

<https://www.youtube.com/watch?v=FGnf4c7cxq4>

The Gift & Power of Emotional Courage by Susan David PhD

<https://www.youtube.com/watch?v=NDQ1Mi5I4rg>

# Thank you

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