

# - - - EMOTIONS IN MOTION - - -

Emotions are meant to be felt and moved through our bodies and experiences. When we deny ourselves a particular emotion, or refuse to acknowledge it, it can cause all kinds of issues, holdings, and blockages. Use this simple practice to give a voice and movement to those emotions you habitually suppress.

## PUTTING THE 'MOTION' BACK INTO EMOTION:

1. Find a quiet 'safe space' both physically and mentally, and focus on your breathing.
2. Stand or sit up straight. Feel your spine supporting you, and the surface you are on holding you up.
3. Take a few deep breaths, and then slowly massage your neck, shoulders, and upper arms. Notice how your body feels.
4. Visualize the situation or scene that triggered your emotion. Stay in that place until you can feel the emotion rising.
5. Give voice to that dominant emotion. Say out loud 'I feel lonely', 'I am scared', or 'I am angry'. Say it as many times as feel right.
6. How's your body feeling during this? Continue massaging, knowing you've got your back.
7. Check for other, connected, emotions. Give them voice also: 'I am embarrassed', 'I am anxious', and so on.
8. When you've given voice to all these feelings, return to your breathing and relax.
9. Write down or record this experience. You can start by writing, "It's ok to feel X emotion. It's safe and healthy to have these feelings. When I gave voice to my X feeling today, it felt..."

This exercise is adapted from [Mindful Anger](#) by Andrea Brandt