PROCESSING EMOTIONS WITH F.L.O.W.

AWARENESS AND GUIDANCE OVER EMOTIONS

We have countless emotional experiences throughout the day. Some so subtle we don't notice, others so intense it may throw us into maladaptive reactions. F.L.O.W. can help provide the following:

- Prevent reactivity, outbursts, overly expressing or depressing emotions
- Simply flow through some emotions, while making time to come back to other emotions that need more attention to process
- Self-connected, aligned with personal values, needs, wants and limits
- Calmer nervous system, more 'feel good' neurochemicals and well-being

F

FEEL

NOTICE EMOTION IN YOUR BODY

As you go about your day, connect with your bodily sensations and feel your emotional experiences.

L

LABEL

LABEL EMOTION(S)
YOU ARE FEELING

Label your emotional experience as accurately as possible. Use tools like Feelings Wheel and Emotions Chart.

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OWN & OPEN

OWN, THEN OPEN OR CONTAIN BY CHOICE

ALL your emotions are 100% within your power. Own then choose when to open up your emotions and process emotions as needed.



WISE MIND

LEARN WHAT YOUR EMOTION NEEDS

With ideal time and place, 'sit with' your emotion, ask Inquiry Questions and understand its wants and needs.

FEEL EMOTIONS TO PROCESS EMOTIONS

Notice Where and What Emotion You Are Feeling



Tingly, Warm, Calm Cozy, Expansive, Fluid Felt in Heartspace and **Whole Body ALLOWS**

Endorphins Dopamine

MAD

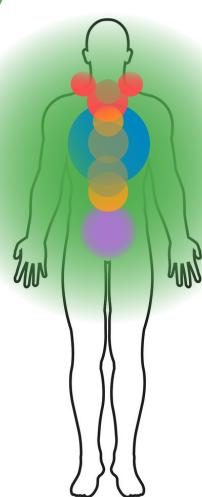
Hot, Tight, Powerful Felt in Neck, Jaw, Shoulders, Headache, **Upper Chest ALARMS**

Adrenaline Noradrenaline Cortisol Norepinephrine

INTEREST

Expands, Moves Stimulates, Excites Felt in Gut, Core, Belly, **Erogenous Zone** Oxytocin **ENERGIZES**

Dopamine Endorphins Testosterone Estrogens



SAD

Slowing, Tugging Heaviness, Sinking De-pressing, Felt in **Upper and Mid Chest SLOWS**

There in the

Endorphins Leucine Enkephalin GABA

SHAME

Worst Feeling, Gunky Core Disgust, 'I'm Bad' **Guilt, Gut-Wrenching Heart-Stabbing COLLAPSES**

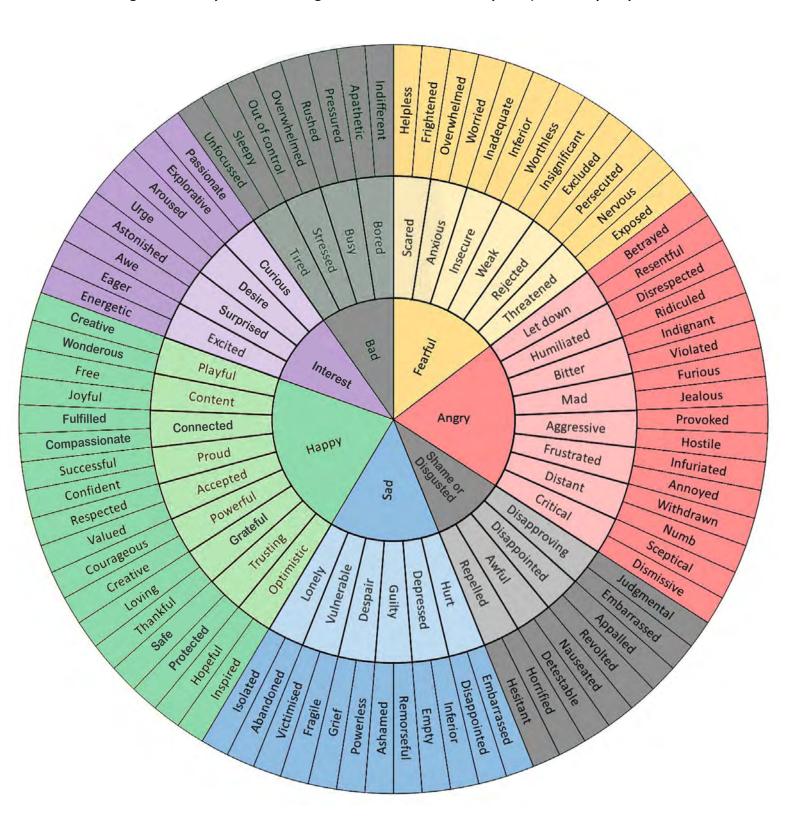
Adrenaline Noradrenaline Cortisol Norepinephrine

FEAR

Tense, Stings, Urges **Burns, Irritating** Felt in Stomach, Chest, Heartspace **ACTIVATES**

LABEL EMOTIONS

Recognize what you are feeling in the moment. Identify as specifically as you can.



OPEN OR CONTAIN YOUR EMOTION

IMMEDIATE DANGER? Ensure immediate safety

90 SECOND RULE

Does my emotion deactivate within 90 seconds or does it continue to need my attention to understand its needs?

TIME AND PLACE TO OPEN OR CONTAIN

Is now the time and place to OPEN my emotion fully with Wise Mind and Conscious Emotional Processing?

If now isn't the time or place, CONTAIN your emotion and schedule a time later to OPEN it with Wise Mind.



WISE MIND PROCESSING FOR BIG EMOTIONS

AWARENESS AND GUIDANCE OVER EMOTIONS



W

WHERE AND WHEN

Connect within and open up to feeling emotions and thoughts.
See if feelings stem from PAST or FUTURE.

INQUIRY QUESTIONS

Use Inquiry Questions from the following pages to understand your emotions.

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SENSORY CHECK

Notice your 5 senses as they can impact your emotions, needs and wants in the moment. Am I cold? Are the lights too bright? Am I hungry?

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EMPOWERED ACTION

Sometimes we need to take action or make action plan based on what we discover from Inquiry Questions and Sensory Check.