

Meditation For Holding Your Emotions

In this activity you will be challenged to hold into your awareness stronger emotions based on a series of statements. The goal of this is to make space for these and boost your capacity to not react or respond to what your mind might automatically want you to do. This meditation may not be for everyone if it becomes intensely overwhelming feel free to stop and try a grounding or sensory meditation or talk to a trusted support or therapist.

Activity:

This guided meditation script will have you practicing the skill of not avoiding your emotions once they get triggered and taking one small step which is suppression. It will include a series of statements that are meant to provoke emotion. By provoking these emotions you will begin practicing making space for these emotions in your mind and dealing with the emotion. Often when we deal with negative emotions we avoid it. We try to convince ourselves cognitively it's not a problem or physically we avoid the situation entirely. One step forward along this process is to suppress it which is to acknowledge it, hold it, and not indulge it further.

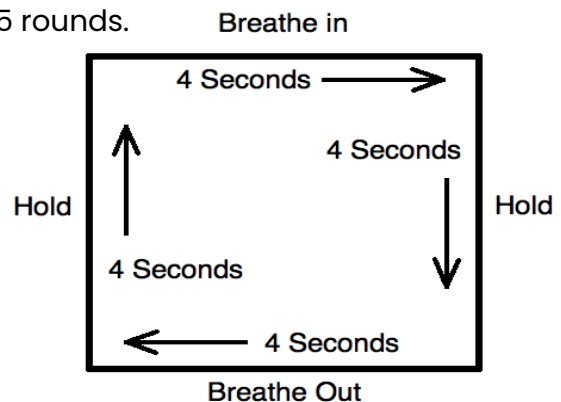
During this **notice** what your mind wants to do in response as these statements come up.

- It may want to engage with the emotions such as sending lots of additional thoughts
- It may try to distract you.
- You may want to indulge it or avoid it depending on the emotion.

Try to notice your mind's reaction. Instead of giving in to it whatever it is instead hold it in your mind. Almost work at it directly. It's okay to even push it down or fight with it. But don't indulge it.

Script:

1. Start by adopting a posture of ease. Close your eyes, if it is comfortable, or slowly lower your gaze down toward the floor in front of you.
2. Bring your awareness to your breathing. Notice as you inhale through the nostrils, as your chest and abdomen expand with each inhalation and contract with each exhalation. Follow this slow rhythm as the breath flows in and out of your body.
3. If you are comfortable try "Box Breathing" For 4-5 rounds.
 - a. Inhaling for 4 seconds
 - b. Holding for 4 seconds
 - c. Exhaling for 4 seconds
 - d. Holding for 4 seconds and restart
4. After, return to breathing naturally.
5. Noticing the slowing of your breath



humantold

6. Read **slowly** or Listen to the statements below that will hopefully provoke an emotional response. Remember to hold, acknowledge and notice how your mind wants to react.
 - You are a wonderful person.
 - You deserve so much more than what you have in life.
 - I'm so proud of you.
 - You are a terrible person.
 - Everything wrong that has happened in your life is your fault.
 - You don't deserve forgiveness.
 - You do deserve forgiveness.
 - Even if it's your fault, you still deserve forgiveness.
 - You do deserve love.
 - You are loveable.
 - You are unloveable.
 - You're broken on the inside.
 - You can pretend as much as you want to, but you will never be fixed.
 - You are broken on the inside and that's okay.
 - You don't need to be fixed.
 - You can be loved in spite of being broken.
 - I accept you despite you being broken.
7. **Take a moment to sit and hold. Notice your emotional reactions.** Did something within you float to the surface of your mind with these statements. If something arose did your mind push to either accept or reject what was said.
8. Now take another moment to realize the emotional reaction is artificial, these statements have just been written on a page. The person who created this activity doesn't know you. They are not grounded in reality. These words are simply words and vibrations that your eyes are seeing or you are hearing. Despite that your emotions have awoken and you are pulled left, right and all over.
9. Although these feel real and in a sense they are, they are also artificial. Notice your tendency to indulge your mind's reaction. Whether that is getting angry, fighting against it, arguing, proving it wrong, giving in to the hurt that is brought up, or agreeing.
10. Notice that these artificial words created an emotional response and that response creates further emotional, cognitive, and possibly physical responses. It is so easy to get caught up in all of it. Take a deep breath exhaling slowly and as best you can step away from this. You may have already begun stepping away from it already.
11. Realize and appreciate that this is a skill. No matter what is said and emotion arises. You can exert a degree of control. That the fundamental ability to step away and how your reactions control your behaviors can be overcome. Through practice, awareness and dedication. You can gain more influence over your emotional reactions
12. Take one last deep slow breath and as you exhale slowly open your eyes.