

humantold

Observing Internal Experiences

Just as you are not your thoughts, you are also not your emotions. They are all a part of your experience, along with physical sensations, but sometimes we talk about our emotions as though they are who we are. We say things like “I am sad,” “I am bored.” or “I am lonely.”

Instead you can try saying “I am noticing the emotion of sadness,” “I am noticing a heaviness in my chest,” or “I am noticing that I feel emptiness.”

Try out this strategy for gaining awareness of and distance from your emotions that might make it easier to accept or embrace them.

Gustafson, C. (2019). *Reclaim your life: Acceptance & commitment therapy in 7 weeks: Strategies to manage depression, anxiety, Ptsd, Ocd, and more*. Rockridge Press.