

# Emotional Release of Overwhelm or Anxiety

Ask yourself, “what am I saying to myself?” **EG.** Common thoughts are “It’s too much”, “I can’t handle it”, “nothing I do matters anyway.”

What is the consequence of the thought. **EG.** if it’s “too much” then “I’m going to fail.” Or “If I can’t handle it, no one will love me.”

Feel the emotional pain of that thought. On a 0 to 10 scale, how intense is the pain? .....

What colour (or sound) is the pain?

Where is the pain located in the body?

Take a deep slow breath and imagine that the breath is going into the pain ( colour/sound)

Breathe out very slowly. Imagine that the pain (colour/sound) is slowly moving out of your body through the pores of your skin. Think of it as a thick fog emerging out of your body. Do this at least 3 times.

Breathe into the middle of your brain and breathe out the middle of your forehead (third eye). Do this at least 3 times.

Breathe into the middle of your brain and breathe out your eyes. Do this at least 3 times.

Breathe into your chest and breathe out down your arms and out the palms of your hands. Do this at least 3 times.

Breathe into your abdomen and breathe out down your legs and out the bottoms of your feet.

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Scan your body to see if there is any pain (colour/sound) left in your body. If there is, breathe into that part of your body and then the pain (color/sound) out the pores of your skin in that area.

Re-evaluate the pain of the memory: Does it still feel charged when you think of the event again? On a 0 to 10 scale, how painful is the memory?

What is your emotional reaction now?

If the emotional reaction is painful, repeat the above process again on that feeling.