

WHAT AM I FEELING?



Because negative feelings have largely been experienced as an impediment, society's tendency is to diminish our emotional experiences into generalizations.

Commonly, when we are emotionally upset, we say we are feeling stressed, overwhelmed, or burnt-out. While these descriptions have merit, there's more that is wanting to be addressed when we experience those uncomfortable internal states. What those internal states are telling us is that there are unprocessed negative feelings that need our attention.

Some of you may readily connect with the different feelings you are experiencing. If you know what you are feeling comes easy to you, honor yourself for having this level of sensitivity. While being sensitive has often been seen as a weakness, you will find that with Emotional Empowerment it is an advantage to provide you with greater insight toward yourself and others.

If you are someone who has a more challenging time connecting to your feelings, don't despair. This is often helpful for you, as it may be easier for you to carry on with activities despite emotional upset. When this is the case, it is still important to discover what negative emotions you may be carrying, as unprocessed negative feelings impact your health and relationships. To find this connection to your emotions, it may be better for you to turn to your body's physical sensations especially any physical unease. For instance, you may experience a tightening of the heart, sensation that your throat is closing off, an upset stomach, a headache, etc... When this is the case, go to the uncomfortable physical sensation and sit with it for a moment. Then ask this part of your body if there is an unprocessed negative emotion that it is a part of this your physical discomfort. Trust whatever feelings come to mind, rather than overthink or dismiss what comes forward.