

A woman with long dark hair is shown in a meditative pose, sitting cross-legged with her eyes closed. Her body is semi-transparent, revealing a dense forest scene with tall trees and sunlight filtering through the leaves. The background is a light blue gradient with a diagonal white line. The text is centered over the image.

MINDFULNESS
EXERCISE

***observing
your
emotions***

Close your eyes and take a few deep breaths. Now I would like you to try and think of a negative emotion. At the moment, it is best not to pick an emotion that is too intense as we are just starting out. Think of a time where you felt sad, ashamed, angry, embarrassed. Pick a time when you have had an emotion that is strong enough that you recognise you are having it, but not too strong that you are very overwhelmed. Take a moment to really think of a time in your past where you have felt that emotion. Even though it is not pleasant, just sit with how you feel at this time, remembering that emotion.

1.

Identify the Emotion

The first step is to identify the emotion you are having. See if you can give an emotion you are having a name and think it to yourself (e.g., sadness, anger, shame).

2.

Observe the Emotion

Now, I would like you to consider the following questions:

Where are you feeling that emotion in your body?

How intensely do you feel it?

If your emotion had a size, what size would it be?

If your emotion had a shape, what shape would it be?

If your emotion had a colour, what colour would it be?

Just watch your emotion for a few moments and recognize it for what it is. Just watch it as if you were a curious scientist who had never seen this before.

3.

Get Some Space

Now that you have identified the emotion, imagine reaching inside of you and taking hold of it. Then take that emotion with its shape, colour, size, and then imagine holding it out in front of you.

From this perspective, does it look any different?
Can you notice a hole where it was taken from in your body? How does that feel?

Just spend a moment looking at your emotion from a distance and observe it without judgment.

4.

Acceptance

Finally, think about putting that emotion back in your body. What reaction do you have to putting it back? Maybe anger, fear, or even calmness.

Now, imagine you put that emotion back where you took it from in your body. Just put it back gently.

Notice if it takes up the same space as before, or if it has changed.

Does it look and feel the same as it did before?

Do you feel as strongly connected to that emotion as when you first started?

Whatever you experience is OK! Either your emotions will change or they won't. Either way, this exercise is not about changing your feelings, it is about observing them and accepting them for what they are.