



**EMOTION**  
**SEPARATION**  
*WORKSHEET*

A decorative key graphic is positioned to the right of the word 'SEPARATION'. The key has a heart-shaped head and a long handle with a small detail at the end.

# TECHNIQUE

## EMOTION SEPARATION



**EMOTION SEPARATION IS THE ACT  
OF SEPARATING OR DIFFERENTIATING  
YOUR FEELINGS  
FROM THE FEELINGS  
OF ANOTHER PERSON.**



As empaths, we can feel the full range of emotions of everyone around us and carry that with us when we arrive back home. Having a simple exercise like this can help you quickly identify which emotions are yours and which emotions are not yours so you can easily release them, lovingly send them back to where they came from, and give yourself the permission to no longer wear or hold that emotion in your body.

Anytime you are feeling particularly overwhelmed from socializing or an event, use this exercise to process your experience and simplify your emotional response to it. Write down on a piece of paper a list of all the things or emotions you are feeling. Then, start sorting through each one by claiming what's yours and what isn't by labeling it "Mine" or "Not Mine." Here's an example below that shows you how you can quickly filter through your experience and dissolve any unwanted feelings you may be absorbing from others.



# STEP ONE: WRITE DOWN YOUR FEELS

## FOR EXAMPLE:

I felt excited and nervous to see my friends tonight

I felt self-conscious about my body when ordering dessert

I felt awkward at the dinner table discussing politics

I felt sad because of a recent job loss and change of career path

I felt jealous or envious of people having a job they love

I felt uncomfortable discussing my dating life

# STEP TWO: LABEL IT

MINE OR NOT MINE

## FOR EXAMPLE:

I felt excited and nervous to see my friends tonight

Mine

I felt self-conscious about my body when ordering dessert

Julie

I felt awkward at the dinner table discussing politics

Mine

I felt sad because of a recent job loss and change of career path

James

I felt jealous or envious of people having a job they love

James

I felt uncomfortable discussing my dating life

Julie

## STEP THREE: CLAIM IT

Whole-heartedly claim your emotions! And anything else that isn't yours, lovingly send it back to where it came from so you don't have to wear other people's emotions :)

Use this technique, anytime you're feeling a cluster-f\*ck of emotions and need to take 5 mins to sort out your emotional laundry.