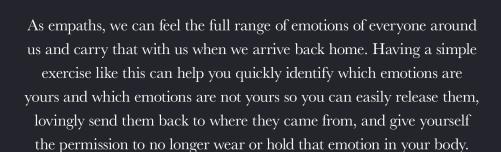


EMOTION SEPARATION NORKSHEET

TECHNIQUE EMOTION SEPARATION



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



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

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

Mine

Julie

Mine

James

James

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 clusterf*ck of emotions and need to take 5 mins to sort out your emotional laundry.