

Healthy Emotional Release

Too often, when we have a feeling we stuff it instead of dealing with it. This worksheet is designed to help you learn a process of dealing with feelings that come up so they don't come back to haunt you later.

Imagine a Feeling Jar. Each time you have a feeling you don't want to feel you put it in the jar. Eventually, the Feeling Jar is full and no more feelings can be stuffed in it. When you try to put a feeling in the full jar, it doesn't fit and the feeling has to be expressed. Other similar feelings try to escape with the feeling that is being felt. For example, have you ever been in a situation where you are angry but the anger is so much more than the situation calls for? Let's say a family member spills their drink at the table onto your food. Some anger may be normal in this situation, especially if you are hungry. But is explosive anger appropriate for the situation? In this case, other angry feelings are also trying to escape and this is why the anger is so much more than what the situation warrants.

Below is a process to help you deal with current feelings and also clean out the Feeling Jar.

Notice It – Start to notice how you are feeling and that you *are* feeling. Look for what feelings you are having instead of moving unconsciously from situation to situation

Feel It – Allow yourself time to let the feeling come in. Sit with it instead of pushing it away. Allow it to wash over you.

Name It – This feeling has a name. It is related to something, maybe more than one thing. Take some time to name what this feeling is. Use the items below to explore its name.

- ✧ What color is it?
- ✧ What would it smell like?
- ✧ What would it feel like, burlap, silk, etc?
- ✧ Does it have a sound? If you could taste it, how would it taste?
- ✧ Are there any events from your past where you felt this way before?
- ✧ Are you using any cognitive distortions?
- ✧ Are you using any self defeating beliefs?
- ✧ Does this feeling ask for action?

Release It – After you have noticed the feeling, actually felt it and spent time naming the feeling, it is time to release it. This can be done in many ways, some of which are listed below. You may want to come up with your own creative way of releasing the feeling in a healthy way.

- ✧ Write the feeling down on a piece of paper and tear it up.
- ✧ Imagine yourself holding the feeling in your hand and it is blown away by the wind.
- ✧ Say the following numerous times: “(Name of feeling), I let you go.”
- ✧ Write the feeling down on paper, put it in a container of water and put it in the freezer.