



Feel Your Feelings



The Feel Your Feelings skill is about being mindful of your emotions. This means noticing and experiencing your emotions and letting them naturally come and go (Linehan, 1993b).

Feel Your Feelings sometimes means experiencing painful emotions without turning the painful emotions into suffering.

We create emotional suffering by stuffing or sticking to our emotions.

STUFFING

FEEL YOUR FEELINGS

STICKING

Stuffing: Stuffing means bottling up, ignoring or rejecting your emotions. People who are emotional stuffers try to push their emotions away. In other words, they try not to feel what they are feeling. Stuffing leads to suffering, because ignored emotions don't go away-stuffing just causes emotions to build up. Eventually, those emotions will become too overwhelming and cause an emotional breakdown.

Sticking: Sticking means holding on to emotions and trying to keep them around. People who are emotional stickers will replay a stressful situation and experience difficult emotions over and over. Sticking leads to suffering because emotions naturally come and go, but sticking does not allow the emotions to fade. In other words, sticking to emotions causes painful emotions to last much longer than they would naturally.

Feel Your Feelings: Feel Your Feelings is the middle ground between stuffing and sticking. When you Feel Your Feelings, you notice your feelings without holding on to them. In other words, you feel emotions and then let them go when they are ready to go. To practice the Feel Your Feelings skill, Observe and Describe your emotions, body sensations, thoughts and urges. Notice how the intensity of, your emotion comes and goes. When you are ready to feel something new, let the old emotion go and notice the new feeling.



Kinwell

