

Accepting Our Emotions

All emotions are acceptable and valuable. There is no emotion we should not feel. They are all part of what it is to be a human being. The challenge is to find appropriate ways of expressing them.

EMOTIONS THAT ARE SOMETIMES DIFFICULT FOR US TO HANDLE

- Anger:** When mobilised and appropriately expressed, anger is a fire for change and a way of letting others know their behaviour is unacceptable to us. Look for the hurt that is sometimes underneath.
"I need change. I need to communicate this."
- Resentment:** Resentment is an export job, blaming others for how we feel or for the situation we're in.
It is immobilised anger. Look for what could help it to shift.
"I need to take responsibility for how I really feel and to change this situation."
- Hurt:** Hurt tells us that our needs are not being met, or that our self-esteem has been wounded. Often it deepens our relationship if we can communicate our hurt without resentment.
"I need to be close. I need to be healed."
- Fear:** Fear warns us that we need to proceed with caution, to seek help, to get more information, and to separate fantasy from reality.
"I need to take care. I need help."
- Guilt:** Guilt comes about when we act or feel something different to what we expected of ourselves. It indicates there is the possibility for a better response.
"I need to make amends or do things differently next time."
- Regret:** Regret is a huge feeling that can encompass pain and sorrow. It is the acknowledgement of the unfulfilled potential of a situation. It is often the last emotion before we let go of the "if only" and reach a place of acceptance.
"I need to acknowledge my pain and accept it without denial. "



