**Mindfulness 120 Name:**

**BREATHE - Letter E**

1. **E-** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. **Surf the waves of your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**
3. **Emotions are like\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. We can handle them by paying \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to them and watching them come and go.**
4. **Understanding and working with emotions (especially strong, uncomfortable emotions) is critical in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and balance; this complements awareness of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and physical sensations.**
5. **The ability to look at our experiences mindfully can help us shift out of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**
6. **By being mindful, we gain a little bit of space between our thoughts and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**
7. **We learn to “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_” so that we’re more relaxed and clear about what we want to do or say.**
8. **We become better able to let go of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_that distract us and affect our lives.**
9. **Food for thought: What are some ways that people deal with uncomfortable emotions or bad moods?**
10. **Food for thought: There is a human tendency to avoid or cover up uncomfortable feelings. Does the cover-up work? Why or why not? Is there a cost attached to the cover-up? What are the problems that can arise from covering up these uncomfortable feelings?**
11. **Sometimes we get really good at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_things that are unpleasant. The problem is, we miss out on the opportunity to become stronger and more\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**
12. **We miss out on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_strength for the times when the uncomfortable situations surprise us.**
13. **We can work with feelings with the same kind of mindful attention we bring to the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**
14. **Paying attention “without judgement” involves noticing emotions without giving them \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_much attention unless we choose to do so.**
15. **We can practice \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to ourselves by letting go of judgements about what we’re feeling.**
16. **When we become aware of a feeling, we can \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_it, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ it in the body, and let it go gently.**
17. **We can observe that we don’t need to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_on an emotion right away or cover it up.**
18. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_are like energy surges in the body. We can watch the energy \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and fall. We can learn to surf the waves of our emotions while keeping our \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**
19. **Food for thought: What’s the difference between saying to yourself-**

**“it’s just worrying” or “ stop worrying”**

**“that’s just some anger” or “I shouldn’t feel angry”**