

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"