

EXERCISE: Unhooking Toxic Emotions

Here's a concise method to unhook and embrace toxic thoughts and emotions. Keep in mind that one cannot simply read and understand this method; it must be applied, each and every time you get a toxic emotion attack.

1. Identify the exact thought and emotion that is occurring. As an example: "judging thoughts and unworthy emotions."
2. Once the thought and emotion have been identified, remind yourself that "This thought and this emotion is not me, nor is it other than me. It is simply the current emotional weather pattern that is occurring."
3. Notice that the current emotional weather pattern is arising within conscious awareness, like storm clouds arising in the open space of the sky.
4. Let go of focusing on the thoughts and emotions (which does not mean to deny or repress them) and notice the space-like quality of awareness. Take whatever time is necessary to acknowledge and get the feel for conscious awareness.
5. Notice how conscious awareness is not caught within the thoughts and emotions. Take a moment to really feel and know this.
6. Notice how conscious awareness is not separate from thoughts and feelings -- not caught but not apart from them. Every thought and every emotion arises within conscious awareness, never apart from it.
7. From conscious awareness kindly and lovingly say to the thoughts and emotions, "I am not you but I lovingly welcome you into the space that I am."
8. Feel in your body the welcoming and the embrace of what has been repressed and resisted.
9. Allow yourself to feel the safe and quiet quality of conscious awareness.

Repeat as needed as often as is needed. Remember that you are not trying to be perfect at this exercise, only consistent. And part of the resistance to what is arising will be to resist doing this little exercise at times. And even that resistance can be embraced as part of the exercise.