Caryl Ward LCMHC, CFLE ©

1. OBSERVE

- Note Mental and Physical Feeling

- Label Primary and Secondary Emotion

- Rate your Emotion 1-10

-Release Fight, Flight, and Freeze to Achieve Wise Mind (frontal lobes)

- Label Primary and Secondary Emotion

1. ACCEPT

- Give Permission to Feel

- Don’t Judge it

- Allow Time

- Boundaries Around Values

**EMOTIONS**

5. PRACTICE

- Emotional Regulation

- New Skills and Practice 10 min Distraction

- Vulnerability

- Higher Purpose

- Willingness/Openness

4. SELF-TALK

- You are Not your Emotion

- Release Judgment

- Replace Thinking Errors and Negative Stories

2. EXPERIENCE

-Try not to Block or Push it

- Be a Witness to the Emotion

- Be Present

- Observing 5 Senses