



## Four Steps to Deal with Hard Moments

### Step One:

Take a moment to really **recognize** the fact that something is coming up for you. Maybe you're triggered or upset about something. It sounds simple, but state to yourself exactly **what** you are feeling. For example, "I am frustrated." "I am feeling hurt." "I am really missing him/her right now."

### Step Two:

Now that you've recognized what's happening, **allow** your feelings to flow freely. This involves watching what mechanisms come up for you that entice you to "shut down" or interrupt the emotion, and continue to soften into the hard feeling.

As you witness the things that try to keep you from feeling the feeling, use words of encouragement directed towards yourself to keep allowing your emotion to flow freely. Affirmations like "this is really hard for you right now," or "oh, darling, I know how sad it is to feel this way" can be helpful. Find something that feels honest and helpful to you.

### Step Three:

Start considering what caused you to have such a deep reaction to whatever caused your emotion. Usually there is something beyond the surface level that brings up big feelings. For instance, getting passed up for a promotion at work may bring up feelings of inadequacy that remind you of when you were being bullied in grade school. Consider other times in the past you have felt this same way. It's likely that the pain from those experiences is coming out now, especially if it's never been properly grieved about.

If this triggers more emotions to be released, repeat steps 1-2.

### Step Four:

You've just done some hard hard work. You deserve some loving care. Ask yourself "what would feel **nurturing** to me right now?" Think about things that address the emotion you just experienced. This question may be hard to answer if you've never had to care for your own hard emotions before. If you don't know, some suggestions may be taking a walk around the block, calling a good friend and telling them about your experience or taking a nap.

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